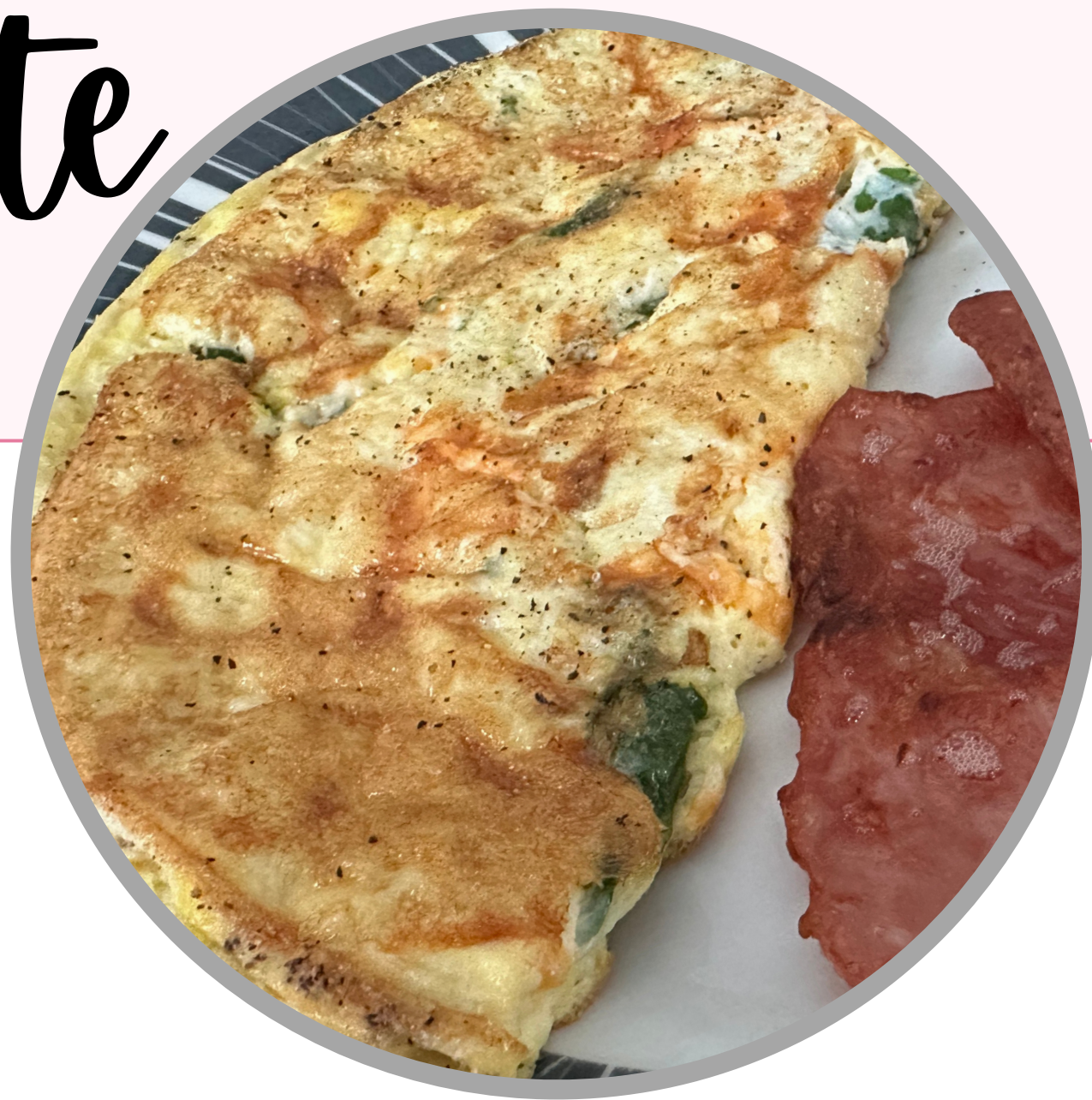


Veggie & Cheese Omelette



Ingredients

For 1 serving

- 1-2 tsp Coconut Oil (*For Pan*)
- 1-2 Large Egg
- 1/4-1/2 cup Egg Whites
- 1/4 cup of Light Cheese
- Veggie of Choice (*Baby Spinach, Bell Peppers, Onions, etc*)
- 1-2 tsp Pink Himalayan Salt
- 1-2 tsp Ground Black Pepper

Directions

1. Measure coconut oil into the pan and let it heat up on medium temp.
2. Measure out and whisk together egg whites with egg
3. Add egg mixture to pan then top with veggies and salt and pepper
4. You can scramble these or cook them as omelet and get creative with the veggies and topping you add!

You can also do these with only egg whites or black forest ham!

