

Omelette & Cinnamon Toast



Ingredients

Veggie Omelette

- 1 Large Egg
- 40-80g Egg Whites
- 30g of Light Cheese
- 50g Baby Spinach or Bell Peppers
- 1-2 tsp Pink Himalayan Salt
- 1-2 tsp Ground Black Pepper
- 2 tsp Coconut Oil (For Pan)

Directions

For Omelette:

1. Measure coconut oil into the pan and let it heat up on medium temp.
2. Then whisk together eggs, cheese, veggie and add to pan
3. Add salt and pepper while cooking, you can scramble or cook as omelette

Cinnamon Toast

- 1-2 tsp Coconut Oil
- Ground Cinnamon to taste!
- 1 tsp (Package) Splenda
- Multigrain bun or whole grain bread

For Toast:

1. Toast bun or bread then spread coconut oil when bread is HOT so it melts, then right away top with cinnamon!
2. Top with a package of splenda or stevia!

***You can also do these with only egg whites or add diced deli meat!*

