



Recipe (Eggs & Veggies): Veggie Omelet

Serves 1

1 teaspoon coconut oil

1 or 2 eggs (how hungry are you?)

¼ cup diced veggies (grated zucchini and/or sliced mushrooms and/or diced peppers)

½ diced avocado

dash salt, pepper and/or turmeric

Add coconut oil to a frying pan and melt on low-medium heat (cast-iron pans are preferred).

In the meantime grab a bowl and beat the egg(s). Add your vegetables, avocado, and choice of spices.

Tilt pan to ensure the bottom is covered with the melted oil. Pour egg mixture into the pan and lightly fry the eggs without stirring.

When the bottom is lightly done flip over in one side and cook until white is no longer runny.

Serve & Enjoy!

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