

OMELETTE

INGREDIENTS

- 2 eggs
- 1 tablespoon organic, unsweetened milk (soy, rice, etc.)
- A small handful of baby spinach
- 1 medium sized mushroom
- 1 tablespoon of chopped onions
- Salt and pepper to taste

METHOD

- Beat eggs.
- Combine all ingredients into the egg mix.
- Pour into a frypan.
- Cook without stirring for two minutes then fold the omelette in half.
- Serve.



DETOX