



Spinach and Mushroom Omelet

An excellent, protein-packed breakfast



(See ingredients and recipe on back)

An omelet is an excellent breakfast option to start your day with. Packed with protein and satiating, nourishing fats. Here's a basic omelet recipe to keep you full and focused for your day.

Feel free to add or remove ingredients from this dish. Avocados, tomatoes, cheese, and onions are also great in this omelet. As always, we encourage you to use the highest quality ingredients that you can get (organic produce and pasture-raised eggs are ideal).

Ingredients:

- 1/2 cup mushrooms
- 1/4 cup onion chopped
- 1 cup fresh spinach leaves
- 1 tbsp tallow, butter, or coconut oil
- 3-5 eggs slightly beaten
- 1/8 tsp sea salt
- 1/8 tsp pepper

Instructions:

1. In a skillet sauté the mushrooms, onions, and spinach leaves until tender, remove from the skillet.
2. In a small bowl stir together the remaining omelet ingredients except cooking fat.
3. In the same skillet, heat cooking fat. Pour egg mixture into the skillet.
4. Cook over medium heat lifting slightly with spatula to allow uncooked portion to flow underneath until omelet is set (3-4 minutes).
5. Place sautéed mushrooms and spinach on half of the omelet.
6. Gently fold the other half of the omelet over filling.
7. Serve hot and enjoy!

Tip: For even fluffier omelets, add 1/3 cup of cream or grass-fed milk to the egg mixture before cooking. Beat thoroughly.

Recipe (and more meals) available on the MaxLiving Healthy Recipes website!