



Breakfast Recipe: "Eggergize Me" Omelette

Ingredients

- 1 cup of kale (fresh)
- 1 egg with yolk
- 2 egg whites
- 1 ½ teaspoons of red bell peppers
- 1 ½ teaspoons of green bell peppers
- 1 Serrano chili
- 1 ½ teaspoons tomato
- 1 ½ teaspoons of cilantro
- 1 ½ teaspoons of shredded mozzarella (light, skim milk)
- ¼ teaspoon of salt (to taste)
- ¼ teaspoon of Life is a Recipe® Garam Masala
- ¼ teaspoon of paprika
- 1 ½ teaspoons of onion (chopped finely)
- 1 teaspoon ghee or coconut oil

Instructions

1. On high heat warm ghee or coconut oil.

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2. Add the egg into the bowl and pour in egg whites.
 3. Whisk well. Next, add in tomatoes, red bell peppers, green bell peppers, onion, cilantro, salt, garam massala, paprika, serrano chili and shredded cheese.
 4. Mix well.
 5. Pour the egg mixture into the pan.
 6. When the egg begins to bubble, fold the egg in half and press it down.
 7. Flip again and press down.
 8. When the egg is no longer dripping fold over again to make a triangle.
 9. On a bed of kale place the omelet and drizzle with Sriracha.