



The Perfect Spinach and Mushroom Omelette

(For 100% Alkaline Breakfast)

Adapted from 'That Girl Cooks Healthy'

INGREDIENTS

- 3 large eggs (free range)
- 1 cup of mushrooms (vertically sliced)
- ½ tsp. of black pepper
- 2 tsp. of chives
- 1 cup of spinach (tightly packed)
- ¼ of a small onion (diced)
- ⅛ tsp. of sea salt
- 2 Tbsp. of olive oil

INSTRUCTIONS

- Whisk the eggs, black pepper, salt, chives and set aside.
- In a small frying pan with 1tbsp of olive oil, under medium heat, add the onions and sauté for 1 minute, then add the mushrooms and cook until lightly golden.
- Carefully fold in the spinach and stir the ingredients until the spinach begins to wilt and set aside.
- Under medium heat, add olive oil and pour the egg mixture into the frying pan.
- Cook the omelette until slightly brown, check the readiness by using an egg spatula to lift the side of the omelette and tilt so the egg runs over the sides.
- On one half of the omelette layer with the mushrooms, spinach and onions. Fold over the other half onto the vegetables and cook for another 2 minutes until the omelette is slight pale yellow in color.
- Use an egg lifter to remove the omelette and serve accordingly.