

INGREDIENTS

2 Eggs
1 tsp Coconut Oil
1 tsp Honey
2 Tbsp Plain Yoghurt

Topping:

1-2 Tbsp Pure Almond Butter
1 Tbsp Raw Almond Chunks

Optional Fig, sliced

INSTRUCTIONS

1. Beat eggs, add honey and yoghurt and beat again.
2. Heat the coconut oil in a non-stick pan and add the egg mixture.
3. Level the egg and cook until set on top.
4. Fold in half and cook for a further couple of mins.
5. Top with the almond butter, almond chunks. Serve with a fig on the side.



Sweet Omelette



Serves 1



10 mins

A sweet omelette may sound weird, but we are here for it. In fact if you want to make it sweeter, add some berries or a banana to your topping.

