**Veggie Omelet**

**2 servings  
15 min. prep time**

**10 min. cook time**

* 5 pasture raised eggs
* 1 avocado
* 1 cup spinach
* 1 medium tomato, diced
* ¼ cup medium red onion, diced
* ¼ cup minced shallot
* 1/4 cup almond, oat or coconut milk
* 1 Tbsp coconut oil
* 1-2 Tbsp dairy-free pesto
* 1/2 sliced bell pepper
* 2 mushrooms sliced
* 2 cloves minced garlic
* 1 tsp chili flake
* 1 tsp himalayan salt
* 1 tsp turmeric
* 1 tsp fresh ground black pepper
* 1 tsp cayenne
* 1 tsp chili powder

1. Combine egg, pesto, dairy-free milk and spices in a medium bowl whisking until the ingredients are completely

combined.

2. Add the garlic, shallot, and veggies.

3. Heat oil over a stainless steel skillet or cast iron and evenly distribute the mixture into the pan on medium heat.

4. Allow for the entire bottom to cook before attempting to flip. To help this process use a thin spatula to work slowly around the sides to prep for the flipping processing.

5. Around 5-8 minutes it should appear as if it has cooked for the most part evenly alongside the bottom, and be easily flipped in half. Allow for this to cook another few minutes before flipping onto the other side.

6. Once it appears the omelet is cooked to liking, transfer it to a large plate, or split in half to serve on two separate plates. Garnish with spinach, avocado and your choice of hot sauce. Enjoy!

*Tips:*

* We enjoy our omelet with a fresh side salad with oil and apple cider vinegar and/or homey-potatoes. Mm-mm!
* Add cheese as desired for those dairy lovers. You can also substitute alternative oil and milk for your preferred dairy choice.
* Refer to this guide for what oils are used for best results: <http://www.mindfulwellness.us/lifestyle-feed/fats-and-oils-which-to-eat-which-to-ditch>