

FLUFFY EGG WHITE OMELETTE

Time

10mins

Serves

1

Calories (per serving)

260

Carbs (per serving)

2g

Fat (per serving)

1g

Protein (per serving)

11g



Ingredients

- 1tbs cooking grade coconut oil
- 2 green onions, sliced
- 50g baby spinach
- 1 tablespoon chopped fresh dill
- sea salt and cracked black pepper
- 3 egg whites

Method

Lightly coat a non-stick frying pan with cooking grade coconut oil. Add green onion, spinach and dill, and cook over medium heat until spinach is wilted. Remove from pan and season with sea salt and cracked black pepper.

Lightly coat pan again with a little oil. In a bowl, whisk egg whites with electric beaters until soft peaks form.

Add egg whites to the pan and cook over medium heat for 2 minutes or until nearly set. Sprinkle spinach filling over half the omelette and cook for further 3 minutes or until the base is golden.