SPINACH OMELETTE

- 14g Olive oil
- 50g Eggs
- 25g New potatoes – boiled in unsalted water
- 20g Mushrooms
- 25g Double cream
- 10g Mature cheddar cheese
- 30g Baby spinach
- 4g Butter

You may also need a little seasoning if desired.

Chop the spinach, mushroom and potato.
Grate the cheese.
Beat together the cream and egg.
Heat the butter and oil together in a small frying pan and fry the potato and mushroom until done.
Add the spinach, stir it in then pour over the egg mixture, you can add a little seasoning if required.
Sprinkle over the cheese and cook gently until the egg is set and the cheese is melted.

Mo’s tip: You can fold it over to serve or you can brown under a hot grill if you prefer it well done!

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION