

LITE OMELET



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Ingredients

Yield: 1 serving

- 3 egg whites
- 1 egg yolk
- 1-2 tbsp unsweetend almond milk
- ¼ tsp salt
- Black Pepper to taste
- Additional seasonings as desired (onion powder, diced fresh onions or peppers, etc)

Directions

1. Break open egg whites and yolk into a bowl, add milk and seasonings. Whisk together with a fork until well blended.
2. Put into medium pan on low to medium heat and cook until done, flipping omelet once.

Tip: Easy to make this into scrambled eggs as well by stirring instead of flipping.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 omelet	113	6 g	15 g	1 g	348

(calculated with 1/8th tsp of Salt)

Nutritional Information

Carbohydrate Exchange: 0