



OMELETTE

Ingredients:



- 75 gr of chickpea flour ¼ tsp salt pinch of pepper
 - ½ tsp turmeric ½ tsp baking powder
 - 2 tsp nutritional yeast ¾ cup water (180 g)

For the omelette topping:

- 1 mushroom, sliced 50 gr of spinach
 - 20 gr of red bell pepper, chopped
 - 10 gr of red onions, sliced
 - 1 tbsp of vegetable oil
 - 2 slices of GreenVie Cheddar
 - Salt, black pepper







Mix the omelette mix ingredients until smooth. Put the omelette in a hot pan with some vegetable oil, and place the cheeze slices on top, while cooking.

Cook for 3 minutes on each side and put aside.

Now start cooking the topping.

In a hot pan with some vegetable oil, start by cooking the red onions and mushrooms.

Season with salt and black pepper.

After 3 minutes you can add in the bell peppers and the spinach.

Cook for another 2 minutes and then serve on top of your omelette.



