

Recipe: Omelette

Eggs are a great source of protein which is important for growth and can help keep your body and immune system strong. Adding a protein rich food to a meal will also help keep you feeling fuller for longer, which may stop you from reaching for a high sugar snack!



Ingredients

- 2 eggs*
- 1 tbsp oil
- Filling of your choice e.g. cheese*, mushrooms, spinach, or ham*, peppers and onion

Method

- In a bowl, beat 2 eggs with a fork
- Heat the oil in a frying pan on a medium-high heat.
- Add the beaten eggs to the frying pan
- Use a spatula to scrape the egg mixture away from the edge of the frying pan
- As the egg starts to cook add the fillings of your choice

*Please note this food is or may contain one or more of the 14 common food allergens.



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