



Egg White & Spinach Omelet

Serves 1 / Cooking Time: 20mins

2.2 carbs / 24.9 fat / 25.3 protein / 330.7 calories

Ingredients:

- 2 whole eggs
- 3 egg whites
- 1 tablespoon olive oil
- 1/2 cup baby spinach
- Salt and pepper

Directions:

Combine the eggs with the egg whites. Heat a nonstick skillet over medium heat and add the olive oil and eggs to the pan. Top with the spinach and season with salt and pepper. When the eggs are cooked, fold over and serve.

