

Hawaiian Omelette

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1 1/2 tsps Coconut Oil
- 5 Egg
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/2 cup Pineapple (cored and diced)
- 2 2/3 ozs Prosciutto (sliced into small pieces)
- 1/2 cup Goat Cheese (crumbled)
- 2 cups Baby Spinach

DIRECTIONS

- 01 Heat coconut oil in a medium-sized frying pan over medium heat.
- 02 In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy. Divide into portions.
- 03 Pour 1 portion of the egg mixture in so that it covers the skillet and let cook until almost set. Place some of the pineapple, prosciutto and goat cheese on one half of the omelette and fold the other half over top. Remove from heat. Transfer to a plate and serve with a cup of baby spinach on the side.
- 04 Repeat with remaining ingredients to make additional omelettes. Enjoy!

