



Breakfast: Farm Veggie Omelet

A simple, nourishing start to the day

Farm Produce You Can Use:

- Eggs
- Peppers
- Tomatoes
- Onions
- Greens (spinach, callaloo, or similar)
- Fresh herbs (optional)

Ingredients

- 2-3 eggs
- A handful of chopped fresh vegetables
- A small handful of greens
- Salt & pepper
- A little oil or butter

Directions (How to Make It)

1. Whisk eggs with a pinch of salt and pepper.
2. Lightly sauté vegetables in a pan until softened.
3. Add greens and let them wilt slightly.
4. Pour eggs over vegetables and cook gently.
5. Fold and cook until set.

Tip(s)

- Add herbs or a small sprinkle of cheese if available.

Wellness Focus

- Protein + vegetables = steady energy and fullness.