

Omelet Waffle

Servings: 1

RECIPE BOX

INGREDIENTS

2 EGGS

2 TBSP MILK

1/4 CUP MUSHROOMS CHOPPED**

1/4 CUP SPINACH LEAVES CHOPPED**

1/4 CUP PICO DE GALLO or SALSA

**option to choose any veggies you would like!



DIRECTIONS

STEP 1: Heat waffle maker and spray with nonstick cooking spray.

STEP 2: In a small bowl, whisk eggs and milk. Stir in rest of ingredients.

STEP 3: Pour egg mixture into the waffle iron, shut, cook 2-3 minutes or until egg is cooked through.

STEP 4: Remove and top with fresh Pico de Gallo or salsa.



This recipe is gluten free as written.



This recipe is vegetarian as written.

Nutrition per Serving: Calories 164, Total Fat 9.6g, Carbs 7.1g, Protein 13.8g, Fiber 1.4g, Sugars 4.4g.

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