



SAVORY COLLAGEN PROTEIN OMELET

Collagen-Rich / Low-Carb / Gluten-Free

MariGoldFoods.com

INGREDIENTS:

- 3 large eggs
- 1 scoop of MariGold Unflavored Grass-Fed Collagen Peptides
- 1/4 cup diced red bell pepper
- 1/4 cup diced tomatoes
- 2 tablespoons diced green onion
- 2 tablespoons diced red onion
- Salt and pepper, to taste
- 1 tablespoon olive oil or butter
- Sliced avocado

DIRECTIONS

1. Dice the red bell pepper, tomatoes, green onion, and red onion.
2. In a bowl, whisk together the eggs and the scoop of Collagen Peptides until well combined.
3. Heat olive oil or butter in a non-stick skillet over medium heat. Add the diced red bell pepper, tomatoes, green onion, and red onion. Sauté until the vegetables start to soften, about 2-3 minutes.
4. Season the sautéed vegetables with a pinch of salt and pepper. Pour the whisked egg and Collagen Peptides mixture evenly over the sautéed vegetables in the skillet.
5. Allow the eggs to cook undisturbed for a minute or so, until the edges start to set. Gently lift the edges of the omelet with a spatula and tilt the skillet to let the uncooked eggs flow to the edges. Continue cooking until the omelet is mostly set but still slightly runny on top.
6. Place the sliced avocado on one half of the omelet. Carefully fold the other half of the omelet over the avocado, creating a half-moon shape.
7. Slide the omelet onto a plate and serve hot. You can garnish with additional diced tomatoes and green onion on top.



Featuring MariGold
Grass-Fed Unflavored
Collagen Peptides
(MariGoldFoods.com)

