

SAVORY COLLAGEN PROTEIN OMELET

Collagen-Rich / Low-Carb / Gluten-Free

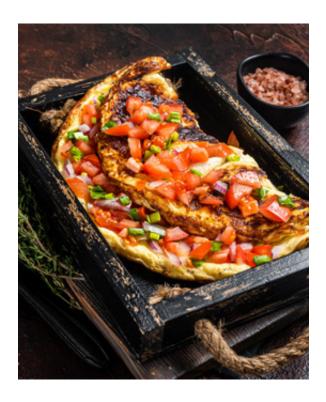
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INGREDIENTS:

- 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

- 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.
- 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)



