

Natrel[®]

Simple omelette

You're in a rush? Don't worry! This omelette is so simple and easy to make. It's a good time to start your morning right with our Natrel fine-filtered 2% milk. Enjoy!



SERVES
2



PREPARATION TIME
5MIN.



COOKING TIME
10MIN.

Ingredients

3 eggs

3 tablespoons (30 mL) Natrel fine-filtered 2% milk

Salt and freshly ground pepper

Choice of filling

Preparation

1. In a small bowl, whisk together the eggs, milk, salt and pepper.
2. Add oil to a non-stick frying pan. Heat to medium and pour in the egg mixture.
3. Using a flexible spatula, gently scrape around the edges. Reduce the heat and cook until the top is no longer liquid.
4. Add the filling, if desired, and then fold gently in half to serve.