

# BREAKFAST

## Berry, almond and banana omelette

### INGREDIENTS

- 1 banana
- 2 eggs
- 2 tbsp ground almonds
- splash of almond milk
- tsp coconut oil/butter
- handful of mixed berries

### METHOD

- Mash a banana in a bowl and then add two eggs.
- Add 2 tablespoons of ground almonds and a splash of almond milk and beat together.
- Pour the mixture into the omelette pan that you've melted a teaspoon of coconut oil/butter in.
- When nearly cooked, gently add the berries. Then finish off under the grill.



EATING YOUR  
WAY THROUGH  
THE  
MENOPAUSE