

Smoked Cheddar Omelette

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Ingredients:

- 1 large apple (leave peels on)
- 1 tbsp butter or coconut oil
- 4 eggs
- ¼ cup smoked cheddar
- ¼ cup sharp cheddar
- black pepper/spice to taste

Preparation:

1. Preheat small skillet over medium heat.
2. Core and slice the apple as depicted.
3. Once butter or oil has melted, layer slices covering entire pan.
4. Whisk eggs and pepper/spice together.
5. Once eggs are ready, pour over layer of apples.
6. Turn heat to low and slowly cook through.
7. Cook until the top of mixture is mostly cooked (watch your stove heat and be careful not to burn the underside of the eggs).
8. Cover half of surface with cheese and with a large spatula fold one side of the omelette over the other half.
9. Cook for approximately 30 seconds or until cheese is melted.