

Spinach, Mushroom, and Chicken Bacon Omelet



Nutrition Facts:

Calories: 312
Carbs: 10.6g
Fat: 12.4g
Protein: 41.1g

Ingredients:

2 organic eggs
3/4 cup egg whites
1 cup organic raw spinach
4 organic baby portabella mushrooms
3 slices of uncured chicken bacon

Directions:

Mix eggs and egg whites in a bowl then pour into a heated pan. Use organic coconut oil on the pan so the egg does not stick. After a few minutes, add remaining ingredients and cook into an omelet.

Optional:

Combine Dijon mustard and Buffalo Bleu Hope Humus together and use as an amazing low carb sauce for this dish. Enjoy!