

# waffle iron omelet

## SERVES 1

RECIPE FROM: [Kirbie Cravings](#)

COOK TIME: 5 minutes

1 egg

1-2 Tbsp milk

Omelet ingredients of choice, about ¼ cup total  
(shredded cheese, chopped bell peppers,  
broccoli, mushrooms and/or tomatoes, cooked  
sausage, spinach, etc)

Salt and pepper, to taste

**If you don't have time to pull out your waffle iron in the morning, make these ahead of time and store in the fridge. They re-heat surprisingly well!**



PREHEAT waffle iron.

SPRAY waffle iron with olive oil spray or melted coconut oil, butter or ghee (if not non-stick).

WHISK egg and milk in a medium sized bowl.

STIR in omelet ingredients of choice and salt and pepper.

SLOWLY pour into preheated waffle iron. There should be a thin layer of batter across the entire surface of the bottom of the waffle iron (don't add too much or it'll leak out over the sides!).

COOK until eggs are set.

GENTLY remove from iron and enjoy!

MAKE IT A MEAL: Serve with fruit or roasted potatoes or enjoy as is with a slice of avocado.