!DOCTYPE html>

<html>

<head>

<meta charset="utf-8">

<meta name="viewport" content="width=device-width">

<title>JS Bin</title>

</head>

<body>

</body>

</html>

<!DOCTYPE html>

<html>

<head>

<h1>Power Breakfast</h1>

</head>

<head>

<meta charset="utf-8">

<meta name="viewport" content="width=device-width">

<p>Today, we are making spinach omelette. Its my favorite high protein

breakfast boost made with eggs, spinach and milk.</p>

<title></title>

</head><b>Spinach Omelette</b></head>

<p>Ingredients</p>

<body>

<ul>

<li>spinach

<li>eggs

<li>milk

<li>oil</li>

</ul>

</body>

</html>

<html>

<p>

<head>Method</p>

<body>

<ol>

<li>wash and steam spinach

<li>chop finely and set aside &#128515;

<li>break eggs in a bowl &#129370;

<li>add spinach to eggs and mix &#129367;

<li> heat a skillet then add oil

<li>fry for one minute on each side &#128539;

<li> remove from heat and serve hot &#129316;

</ol>

<p>When the omelette is done, it should be of a thick consistency

and smell like breakfast in heaven.</p>

<p><img src="//as1.ftcdn.net/jpg/01/15/89/52/500\_F\_115895226\_nRaWAX304AUHl712K8rcvTBvrKzaHgpv.jpg"></p>

<head><b>More spinach omelette recipes<b></head>

<ul>

<li><a href="https://www.allrecipes.com/recipe/69471/baby-spinach-omelet">baby spinach</a></li>

<li><a href="https://www.myrecipes.com/recipe/spinach-and-cheese-omelet">spinach and cheese</a></li>

<li><a href="https://cooking.nytimes.com/recipes/12266-spinach-and-garlic-omelet">spinach and garlic</a></li>

</ul>

<p>Try out these recipes and let us know how they turn out for you! Feel free to <a href="mailto:fantek68@gmail.com">email us</a> for more recipes.</p>

</body>

</html>