

FIVE WAYS WITH OMELETTES



WWW.BUBBLEANDSQUEAKIDS.COM



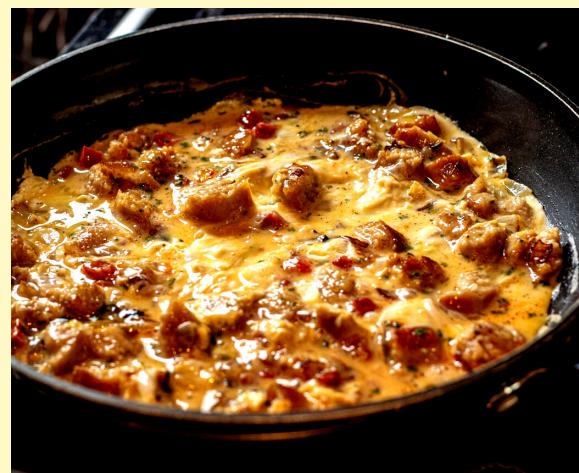
*Ham, peppers and
Gruyere cheese*



*Sweet potato and
chorizo*



*Vegetable and feta
cheese*



Sausage and onion



*Chicken, tomato and
mozzarella*



Ham, peppers and Gruyere cheese

- Half a bell pepper
- 2 slices of ham, chopped
- 30g grated Gruyere cheese (or more if you fancy it!)
- 3 eggs
- 2 tsp Milk

Sweet potato and chorizo

- 1 sweet potato, peeled and cubed
- 100g chorizo
- 1 tomato, chopped
- 3 eggs

Vegetable and feta cheese

- 1 garlic clove
- ½ courgette
- 3 cherry tomatoes
- ½ bell pepper
- 3 eggs
- 2 tsp milk
- 50g feta cheese

Sausage and onion

- Ingredients:
- 2 sausages
 - 1 onion
 - 3 Eggs
 - 2 tbs milk
 - Salt and pepper

Chicken, tomato and mozzarella

- ¼ roasted chicken, shredded
- 4 cherry tomatoes
- 75g mozzarella cheese, chopped
- A sprinkling of chopped parsley
- 3 eggs
- 2tsp milk
- Salt and pepper