

# Orange omelette



## Ingredients (serves 1)

2 eggs

20 g carrots

1 tbsp of extra virgin olive oil

Salt (restrict in case of hypertension and/or fluid retention)

Turmeric powder (optional)

## Method

1. Bring water to a boil.
2. Peel and dice the carrot. Add it into the boiling water and cook for five minutes until tender.
3. Drain well and set aside in the fridge.
4. Blend the eggs with the carrot until obtaining a homogeneous orange color. Add salt to taste.
5. Add a little turmeric to intensify color.
6. Heat the olive oil in a small non-stick frying pan. Pour the eggs and cook the omelet, covering it to help it sets.
7. Serve.

## Recommendations

You can also use pumpkin or sweet potato instead of carrot.  
Add an egg white to enrich the preparation with protein.