



# Purple omelette

## Ingredients (serves 1)

2 eggs

20 g cooked beets

1 tbsp of extra virgin olive oil

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

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## Method

1. Blend the eggs with the cooked beets until obtaining a homogeneous purple color. Add salt to taste.

2. Heat the olive oil in a small non-stick frying pan. Pour the eggs and cook the omelet, covering it to help it sets.

3. Serve.

## Recommendations

Add an egg white to enrich the preparation with protein.