



Because breakfast is the most important meal of the day, why not have pack it with a ton of nutrients? This nutrient rich milky omelette is the ultimate!

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### Ingredients

1/4 cup of milk

2 eggs

1/2 a tomato, diced

Fresh coriander, chopped

Avocado, diced

Sesame seeds

Salt to taste

## Method

Crack your eggs into a bowl. Add your diced tomatoes, some salt and the fresh coriander and pour in the milk. Whisk all of this until it is all evenly mixed.

Put some oil in your frying pan and heat it. Pour your whisked omelette and turn the heat to medium low. Allow this side 3-4 minutes and then flip.

Allow the other side to cook too and once it is done, remove from the heat and plate.

Dice your avocado and place them on the omelette. Garnish with your sesame seeds and dig in!



SERVE WITH: on its own or with some tea/coffee and fresh bread

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This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/avocado-and-sesame-seed-milky-omelette/>