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**Posh Baked Omelette**

Eggs, nature always provides; great source of protein and essential fatty acids.

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Gluten Free, Wheat Free, Vegetarian, Meatarian if you add meat !,

Ingredients

1 Red Bell Pepper, chopped finely

1 Green Bell Pepper, chopped finely

¾ cup (3oz) grated cheese (use parmesan or chedder or Leicestershire cheese)

Handful of flat leaf parsley leaves, finely chopped

4 x eggs, beaten

Directions

1. Lightly spray a non stick baking dish with olive oil.

2. Evenly sprinkle the chopped peppers, grated cheese and parsley into the pan.

3. Turn on a oven, medium heat, (middle shelf)

4. Gently pour beaten egg over the other ingrediants.

5. Bake for 30 minutes, allow to cool slightly, cut into wedges.

6. Serve with rocket and spinach leaves.

Serves: 4 - 6

Swaps: For those of you who can’t eat some of the ingredients, you can swap alternatives in –

Mushrooms

Feta Cheese

Coriander

Finely chopped ham

Jalapenos

Chopped Olives

Asparagus

Avocado

