

Bacon and Cheese Omelette

2 eggs, scrambled with a splash of milk and pepper

2 slices of cooked bacon, (I cut into 1 inch pieces then fried them)

1/4 cup of shredded extra sharp cheese

Spray a small pan with cooking spray and pour in eggs, cook on medium heat. When eggs start to bubble, pick up the pan and run the liquid on top around the edge of the pan so that gets cooked too. Once the edges are cooked, flip with a large spatula. Cook the other side a minute or two, then turn off heat. Fill the center with bacon and cheese, fold and serve. Enjoy with a side of fresh fruit.