

Sweet Cinnamon Omelette Stuffed with Berries



Preparation time: 15 mins

Serves: 1 person

User Rating: ★★★★★

Publication: 17 July 2018

Categories: Breakfast Recipes, Vegetarian

This sweet cinnamon omelette is a great quick breakfast, which is a twist on the traditional savoury omelette. It is reminiscent of a soft cinnamon crepe, but it's easier to make! The gentle creaminess of eggs works perfectly paired with cinnamon, berries and a touch of maple syrup.



Ingredients

2 eggs

2-3 tbsp milk of choice

½ tsp ground cinnamon

2 tsp maple syrup

1 cup frozen mixed berries

⅓ - ½ cup Greek or coconut yoghurt

Handful of your favourite granola, for topping (optional)

Olive oil, coconut oil or butter, for cooking the omelette

Method

1. Place frozen berries in a small saucepan and add ¼ cup of water. Cook over the stove on a low heat until warm and thickened, stirring occasionally. Set aside.
2. Whisk together eggs, milk, cinnamon and maple syrup. Heat a non-stick pan up to a moderate heat and add a teaspoon of oil or butter.
3. Pour in the egg mixture and cook until almost set, then flip and cook for a minute more.
4. Slide the omelette out onto a plate. Spread one half with yoghurt, then the berry compote, then fold the other half of the omelette over on top. Scoop over any remaining berry compote and sprinkle over granola, if using. Enjoy immediately.

Notes

- If you don't like flipping omelettes, an alternative cooking option is to make the omelette in an oven-safe fry pan and finish it quickly in the oven. To do this, preheat your oven to 180C before you start cooking the omelette. Start making the omelette on the stove as above, but when it's starting to set, pop it in the oven for 3-5 minutes to cook the top. Too easy and no need to flip!
- Fresh berries can be used in place of frozen berries. You can cook them into a compote or simply use them fresh as they are.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
384g	1590kJ 380kcal	19.5g	17.9g	5.8g	31.7g	30.4g	222mg	5.3g

All nutrition values are per serve.