

Keto Caprese Omelette



Indulge in the light and fresh flavors of this Keto Caprese Omelette, where creamy mozzarella meets the juicy sweetness of tomatoes, complemented by the aromatic freshness of basil. This simple yet elegant breakfast is perfect for starting the day with a touch of Italian flair.

Ingredients for 2 serving (US/Metric)

- 3.5 *pieces* **Eggs**
- 41g / 1.4oz **Mozzarella**
- 58g / 2oz **Cherry tomatoes**
- 24g / 0.8oz **Basil**
- 1.5 *tbsp* **Olive oil**
- **Salt & pepper to taste**

Nutrition (US/Metric)

- **Protein:** 22%
- **Fat:** 75%
- **Net carbs:** 3%

Instructions

- **Prepare Ingredients:** Dice the mozzarella and halve the cherry tomatoes. Roughly chop the basil.
- **Beat Eggs:** In a bowl, whisk the eggs with salt and pepper.
- **Cook Omelette:** Heat the olive oil in a non-stick skillet over medium heat. Pour in the eggs, cooking until they begin to set, about 3 minutes.
- **Add Fillings:** Sprinkle the mozzarella and tomatoes over one half of the omelette. Allow the cheese to melt slightly.
- **Fold and Serve:** Fold the omelette over the filling, cook for another 2 minutes, then transfer to a plate. Garnish with fresh basil and serve.