Fluffy Spinach Feta Protein Omelette

A high-protein, low-carb fluffy omelette packed with fresh spinach and tangy feta cheese—perfect for a nutritious and satisfying breakfast.

Servings: 2 **Time:** 15 minutes

Ingredients

- 4 large eggs
- 2 oz fresh spinach, chopped
- 1.5 oz feta cheese, crumbled
- 1 tbsp olive oil
- 2 tbsp water
- Salt, to taste
- Black pepper, to taste
- 1/4 tsp garlic powder (optional)

Instructions

1. In a medium bowl, whisk together eggs, water, salt, pepper, and garlic powder until fluffy.
2. Heat olive oil in a non-stick skillet over medium heat.
3. Add chopped spinach to the skillet and sauté for 1-2 minutes until wilted.
4. Pour the egg mixture over the spinach evenly.
5. Sprinkle crumbled feta cheese on top of the eggs.
6. Cover the skillet with a lid, reduce heat to low, and cook for 4-5 minutes until eggs are set and fluffy.
7. Carefully fold the omelette in half and slide onto a plate.
8. Serve immediately while warm.

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