

Everything
HERBAL
by Cheryl Jabz

Classic Garden HERB OMELETTE

*Light, fresh, and perfect for
breakfast or brunch.*

*Fresh herbs
make every bite
bright, flavorful,
and good for
you!*

INGREDIENTS:

- 2–3 eggs
- 1 tbsp milk or water
- 1 tbsp chopped fresh parsley
- 1 tsp chopped fresh chives
- 1 tsp chopped fresh basil
- Salt & pepper
- 1 tsp butter or olive oil

INSTRUCTIONS:

 Whisk eggs with milk, salt, and pepper.

 Stir in herbs.

 Heat butter in a pan over medium heat.

 Pour in eggs and let set slightly.

 Gently fold and cook until done.

Fresh herbs keep it light and detox-friendly.

PERFECT PAIRINGS:

Serve with sliced avocado, fresh fruit, whole grain toast, or a green salad.



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