

Apple Pie Omelet

Recipe from www.peachesandcake.com

Adapted from [Livin Paleo](#)

Makes 1 omelet.

- 2 tsp. coconut oil or butter, divided
- 1/2 of a large apple, cored and very thinly sliced (I used an organic green apple)
- 1/4 tsp. ground cinnamon
- 1/8 tsp. ground nutmeg
- 2 large eggs
- Pinch of sea salt
- 1/8 tsp. vanilla extract



Warm 1 teaspoon coconut oil or butter in a non-stick sauté pan over medium low heat. Season apple slices with cinnamon and nutmeg and add to pan in a single layer. Cook for 4-5 minutes, turning slices over halfway through.

Meanwhile, crack the eggs in a bowl and add a pinch of sea salt and 1/8 tsp. vanilla extract. Beat vigorously with a fork until lightly fluffy. Add another teaspoon coconut oil or butter to pan and let melt. Pour eggs over apple slices and swirl to coat the entire pan. Shake the pan vigorously and let cook for 3-4 minutes or until eggs begin to set. Omelet should move freely. Tilt the pan over a plate and carefully fold the omelet in half. Garnish with additional cinnamon, if desired.