

## **Egg Yolk Omelet**

Serves: 1 Baby and 1 Mommy :)

2 eggs  
1/2 cup milk, divided  
1/2 cup shredded cheese, divided  
half of a ripened avocado (half diced, half sliced)  
salt, to taste  
pepper, to taste  
2 Tbsp olive oil, divided

In two small bowls, separate the egg yolks from the egg whites. Set aside the whites.

Pour 1/4 cup of the milk into the bowl with the egg yolks. Use a whisk to beat together. Stir in half the cheese and 1/4 of the diced avocado. Season to taste with salt and pepper. (Remember, this is for the baby, so season lightly.)

Heat 1 tablespoon of the oil in a small skillet. Pour the egg yolk mixture into the hot skillet all at once. Once the bottom of the omelet is cooked, flip. (This is where I also turn it into scrambled eggs, which is fine, as I never flip it successfully.) Continue to cook until the egg yolks are cooked through. Let cool before serving to baby. Serve with avocado slices.

For the egg white omelet for mommy, repeat above steps with the bowl of egg whites and enjoy!