

# No-Egg Vegan Omelette Extraordinaire



This is the perfect breakfast, lunch or snack item for people with allergies or dietary restrictions. It's gluten-free, lactose-free and vegan.

1. Select green vegetables like spinach or broccoli and tear leaves or mince into small pieces
2. Chop onions, garlic, and some red peppers
3. Mix chick pea flour with water and add all the ingredients above. The mixture should have the consistency of pancake batter.
4. Add salt and black pepper to taste
5. Stir until the mixture reaches the consistency of batter
6. On medium heat, grease a pan and pour mixture as you would when making an omelette, flipping part way through. Enjoy!

