

Please be advised that not all of the recipes are appropriate for all people.  
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

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## Southwestern Omelet

[The Real Food Diet Cook Book, by Dr. Josh Axe]

### Ingredients:

- 1 tbsp coconut oil
- 3 eggs
- ¼ onion, chopped
- ½ bell pepper, chopped
- 1 tsp chili powder
- ¼ tsp black pepper
- ½ cup black beans
- ¼ cup guacamole
- ¼ cup salsa

### Directions:

- Beat eggs in a small bowl, then stir in onion and bell pepper. Season with chili powder and pepper.
- Heat oil in a large skillet over medium heat and pour in egg mixture. Cook about 3 minutes, or until partially set. Flip with spatula and continue cooking 2-3 minutes.
- Top with salsa, black beans and guacamole before serving.