

## AVOCADO AND MANGO OMELETTE



**Serves 2-3**

### **Ingredients:-**

Avocado	1	
Mango	1 pack or 1 mango	
Natural yoghurt	3-4 tbsp	We like it with 0% Fat Greek yoghurt
Eggs	4	

### **Instructions:-**

1. Mash the avocado
2. Chop up the mango and add to the avocado
3. Add 3-4 tablespoons of natural yoghurt to the mango and avocado and mix together
4. Mix the eggs and fry in a large frying pan
5. Once the omelette is cooked turn onto a plate, put the avocado and mango mix onto one side of the omelette and fold in half
6. Cut into 2-3 pieces and serve
7. If you are feeling adventurous - puree some spare mango and use to drizzle over your omelette before serving

Check out our website for meal plans and more recipes [www.myfitzone.co.uk](http://www.myfitzone.co.uk)