



## Fruit-Eze™ Fluffy Omelet

Fluffy omelet filled with a layer of Fruit-Eze™ pure fruit regularity blend and topped with a cheese sauce.

### Ingredients

- 1 Tblsp Butter
- 2 Eggs
- 1 Tblsp Water
- 1/8 tsp. salt
- 2 Tblsp Fruit-Eze (mixed with one tablespoon water to thin)
- Dash of hot sauce
- Cheddar or Jack Cheese
- 1/4 c. Milk or Cream
- Fresh French Tarragon
- Scallions for garnish



### Directions

Separate Eggs. Cream yolks until thick, risen and lemon colored. Whip egg whites with water and salt until very fluffy but not stiff. Gently fold egg yolk into egg whites. Optional: Add a splash of hot sauce.

Melt butter in omelet pan over medium low heat. Carefully pour egg batter into pan, spread out the batter so that the outside edges are higher than the center. Cook on stove top about 8-10 minutes until center is risen and gently lift the edge to see if the sides have turned golden in color.

Place in a preheated 350° oven for 10 minutes. Omelet will rise and puff. Remove omelet from oven and slide it onto a plate, gently folding it in half.

In a preheated double boiler, melt cheese in the cream with chopped fresh tarragon. Peel back the folded omelet, gently spread Fruit-Eze™ fruit blend over half of the omelet and add some of the cheese sauce. Close the omelet and top with the remaining cheese sauce. Garnish with scallions.

For an interesting Pan-Asian twist, add about 1/8 teaspoon Chinese Five Spice to the egg batter, and one teaspoon soy sauce in place of the salt. Use toasted sesame seed oil in place of butter. Skip the cheese sauce. Serve the omelet over a bed of stir fried bean sprouts or string beans.

*Get Going...Naturally™ with delicious and nutritious Fruit-Eze™ pure fruit regularity blend.*



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1-888-734-8527

One omelet provides one adult with one daily serving of Fruit-Eze™ fruit blend (two tablespoons). You can adjust the amount of Fruit-Eze™ used in this recipe.

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