

**BACK TO  
BETTER**

**B-well™**

**MEAL PREP**



APPROVED AS PART OF  
THE HEART RISK CLINIC  
FOUNDATION EATING PLAN



**Prep time:**  
5 min



**Cook time:**  
1 min



**Servings:**  
1 person

## MICROWAVE OMELETTE

### Method

Lightly grease a microwave-safe bowl with a little B-Well Extra Virgin Olive Oil.

Crack the eggs into the bowl, then add the B-well Original Tangy Mayonnaise.

Whisk until smooth and well combined.

Microwave on high for 1 minute, or until just set.

### Ingredients

1 tsp B-Well Extra Virgin Olive Oil

2 eggs

2 tbsp B-Well Original Tangy  
Mayonnaise