



Are your kids fussy about eating green vegetables because of its bitter taste? They could be lacking in fiber, some essential vitamin & minerals in their diet which are essential for their growth & immune system. **Wheatgrass** has many phytonutrients in vitamins & minerals which helps to improve our body's **acid-alkaline balancing**, circulatory system & immune system, etc. While **Mushrooms** have properties like anti-inflammatory, antioxidants, anti-cancer, etc which helps to improve hypothyroidism & our body's immune system. Furthermore, added with **Eggs** which provide proteins for our body's energy, promote growth & cell regeneration.

**Serving size:** 2 persons.

**Benefits:** Helps to improve cardiovascular system, circulatory system, **detoxify liver & purify blood**, digestive system, hypothyroidism, immune system and our body's **acid-alkaline balancing**, etc. Also, provides **Proteins requirement** which helps to improve our body's energy, growth & cell regeneration.

### **Ingredients**

- (1) **Button Mushrooms (Fresh or canned)** – 4 nos. (Washed & cut into slices)
- (2) **Shitake mushrooms (Fresh or dried type)** – 2 nos. (Washed & cut into slices)
- (3) **Wheatgrass (Fresh type)** – 50-60 strips or 10 grams. (Washed & cut into ½ centimetre length)
- (4) **Eggs** – 2 nos.
- (5) **Black bean soy sauce paste** – 2 teaspoons.
- (6) **Cooking Oil** – 1 tablespoon. (**Healthier choice: Canola oil, coconut oil, olive oil or walnut oil, etc**)
- (7) **Pepper** – to taste.

**\* Daily recommended usage: Mushrooms 1-2 cups (75-150 grams); Wheatgrass Fresh leaves 30-240 grams & Wheatgrass powder 1-2 teaspoons (3-6 grams)**

### **Preparation**

- (1) Break **Eggs** into a bowl & add in **Sliced Button mushrooms, Shitake mushrooms, Wheatgrass, Black bean soy sauce paste, Pepper, a little cooking oil** and beat mixture till foamy.
- (2) Heat a frying pan with cooking oil over middle flame & when oil is warm, pour in the egg mixture. Cooked one side till golden brown, then turn over the other side & cooked till golden brown too.
- (3) Place **Omelette** on a plate & serve hot with salad, bread or rice.

### **Note**

- (1) Suitable for everyone **especially for kids who are fussy about eating green vegetables.**
- (2) For those who have **high blood pressure & cholesterol**: Advisable take this omelette 1 to 2 times weekly because **Eggs** may cause aggravate their symptoms.
- (3) Moderate intake of **Mushrooms** for those who are on **hypothyroidism medication & hyperthyroidism** because the iodine in **Mushrooms** may increase thyroid hormones level.
- (4) Moderate intake of **Mushrooms** for those who have **gout or skin allergies**, Auto-immune diseases such as **Multiple Sclerosis, Lupus, Rheumatoid Arthritis, etc** because **mushrooms** may aggravate their symptoms.
- (5) **Mushrooms & Wheatgrass** have not enough reliable information about the safety intake for pregnant or breastfeeding women if you are pregnant or breast feeding so **take in moderation.**

**Caution:** To take this recipe at an interval of ½ to 1 hours from medications.