

Brainy Bellies Kimchi Omelette with Greek Yogurt Dip

A protein-packed, probiotic-rich omelette that kids absolutely love! The kimchi adds a powerful gut-health boost and the creamy organic Greek yogurt makes the perfect dipping sauce. Ready in under 10 minutes - perfect for busy mornings!

Ingredients

- 3 large eggs
- 3 tbsp water
- 1/2 cup Volcano Kimchi, chopped (regular or Naked and Famous for less spice)
- 1 tbsp avocado oil
- 1 cup organic full fat Greek yogurt for dipping
- 1 ripe avocado, sliced

Instructions

Step 1 - Whisk the eggs: Crack the eggs into a bowl and add the water. Whisk together until fully combined and slightly frothy.

Step 2 - Cook the egg pancake: Heat the avocado oil in a skillet over medium heat. Once the oil is hot, pour in the egg mixture and spread it out evenly like a thin pancake.

Step 3 - Add the kimchi: Once the bottom of the egg pancake is set and cooked through, add 1/2 cup of chopped kimchi evenly over one half of the omelette.

Step 4 - Fold and finish cooking: Carefully fold the omelette in half over the kimchi filling. Press gently with a spatula and make sure the egg is fully cooked through. Flip once more for 30 seconds to make sure both sides are golden.

Step 5 - Serve: Slide the omelette onto a plate. Add extra chopped kimchi on top if desired. Serve alongside a generous scoop of organic full fat Greek yogurt for dipping and fresh avocado slices on the side. Kids love dunking pieces of the omelette into the cool creamy yogurt!

Tips

Volcano Kimchi is one of our absolute favorite gut-health products at Brainy Bellies! It is probiotic, vegan, gluten-free, and made with clean organic ingredients. If the spice level is too much for your little ones, Volcano Kimchi makes a milder version called Naked and Famous - my kids love it so much they eat it straight out of the jar! The avocado adds a boost of healthy fats, fiber, and potassium that are wonderful for gut health and brain development. Pair the omelette with organic full fat Greek yogurt for dipping - it naturally balances the flavor of the kimchi and adds an extra boost of probiotics and protein. Full fat Greek yogurt is best for growing children as the healthy fats support brain development. This meal delivers a double dose of probiotics from both the kimchi and the yogurt - a powerful combination for your child's gut microbiome!