**Berry omelette**

Serves 1

* 1 large egg
* 1 tbsp skimmed milk
* 3 pinches of cinnamon
* ½ tsp rapeseed oil
* 100g cottage cheese
* 175g chopped strawberry, blueberries and raspberries

1. Beat egg with milk and cinnamon. Heat oil in a 20cm non-stick frying pan and pour in the egg mixture, swirling to evenly cover the base. Cook for a few mins until set and golden underneath. There’s no need to flip it over.
2. Place on a plate, spread over cheese, then scatter with berries. Roll up and serve.