

SAVORY



Avocado Toast

- 1 slices of bread
 - 1/2 avocado
 - 1/2 tomato
 - Seasoning to taste
1. Toast the bread
 2. Mash the avocado up in a bowl and then spread on the toast
 3. Slice the tomato and layer over avocado
 4. Season it to taste

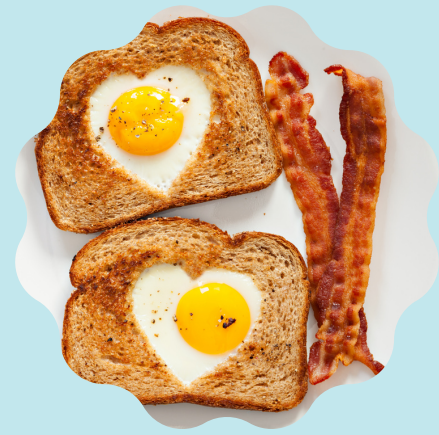
Pro tip: Everything bagel seasoning is amazing on this, and hot sauce!



Breakfast Burrito

- 1 tortilla
 - 1 egg
 - 1 slice cheese
 - 1 tbsp salsa
 - Slice of bacon
 - Seasoning to taste
1. Scramble the egg in a pan and season to taste
 2. On a plate assemble your burrito with cheese, the scrambled egg, salsa and the slice of bacon
 3. Roll it up and place it back into the pan and cook until a little browned

Pro tip: Don't be afraid to switch up the ingredients such as using sausage, beans, avocado, spinach etc.



Egg in Basket

- 1 slices of bread
 - 1 tbsp butter
 - 1 egg
 - 1 slice of cheese
 - Seasoning to taste
1. Cut a hole in the toast with a cup or cookie cutter
 2. Place the bread on an oiled pan over medium heat and crack the egg into the hole
 3. Cook, undisturbed, for 2 to 3 minutes, depending on how runny you like your yolk. Flip and let cook 20 to 30 seconds
 4. Season to taste and add the slice of cheese on top



Egg Bites

- 5-6 egg
 - Favorite veggies, chopped
 - Cheese
1. Combine eggs and veggies in a large bowl and mix well
 2. Spray muffin tin with non-stick spray and evenly distribute batter, sprinkle the cheese on top
 3. Cook at 350 F for 10 minutes

Pro tip: Bell peppers and spinach work really well, you can also add bacon or sausage for extra protein

SWEET



Overnight Oats

- 1/2 cup oats
 - 1/2 cup milk of choice
 - 1 tsp maple syrup
 - 1/4 cup blueberries
1. Mix oats, milk and maple syrup together in airtight container.
 2. Let sit in fridge overnight.
 3. Add berries in the morning and its ready to go!

Pro tip: Choose whatever toppings you want, examples are chia seeds, nut butter, banana, chocolate etc.



Nut Butter Toast

- 2 slices of bread
 - 2 tbsp nut butter of choice
 - 1 banana or fruit of choice
1. Toast the two pieces of bread
 2. Put 1 tbsp of nut butter on each piece.
 3. Cut up your banana and layer them on the nut butter

Pro tip: Choose whatever other toppings you want, examples are chia seeds, granola, fruit, jam, honey



Yogurt Parfait

- 1 cup yogurt
 - 1/3 cup granola
 - 1/3 cup berry of choice
 - drizzle of honey
1. It is up to you, have fun with it! Layer it however you would like!

Pro tip: Don't be afraid to switch up the ingredients and add anything that sounds yummy. For extra protein use Greek yogurt!



French Toast in a Mug

- 1/4 cup milk
 - 1 1/2 tablespoons maple syrup
 - 1 teaspoon cinnamon
 - 1 large egg
 - Kosher salt
 - 1/2 tablespoon unsalted butter
 - 1 slice white bread
 - 1 tablespoon chocolate chips
1. Whisk together the milk, maple syrup, cinnamon, egg and a pinch of salt in a large mug until combined.
 2. Spread the butter on one side of the bread. Cut the bread into small pieces and add to the mug, pressing down so the bread pieces are covered. Sprinkle with the chocolate chips
 3. Microwave the bread mixture for 2 minutes, pausing every 30 seconds. Let cool in the mug before serving.