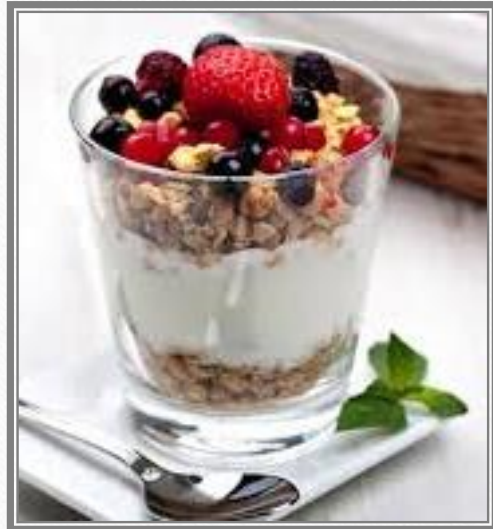


Healthy Breakfast Recipe



- Yogurt Parfait
 - Yogurt- flavored, Strawberry or blueberry, granola
 - Layer yogurt, fruit, granola 3 times with fruit topped
 - Low calories, high in vitamin D
- Avocado toast- with egg
 - Sturdy bread (wheat, multigrain sprouted) – Toasted
 - Egg (to your liking- poached)
 - Avocado spread- ripe and smashed with garlic powder, paprika, pepper
 - Antioxidants and protein

Healthy Snacks

- Trail Mix
 - Peanuts, cashews, pecans, almonds, cranberries
 - Mix with banana chips and dark or milk chocolate
- Toasted Pita chips with hummus
 - Cut pita bread in sections & toss with olive oil, bake on 325 until crispy 8 min
 - Humus (variety of flavors) & cheese cubed

