

Healthy Adventures Circus

Want to raise the **barn** on your health? Check out these

Big Top Breakfast Quesadillas

INGREDIENTS



8 large eggs



8 medium whole
wheat tortillas



1 tablespoon
low fat milk



1 tablespoon
extra virgin olive
oil, plus extra



5 cups fresh
spinach



1 (10-ounce)
can white beans



1/2 teaspoon garlic powder
1/2 teaspoon salt
1/2 teaspoon pepper



1 1/2 cups
freshly grated
low fat cheese



MAKES
8 quesadillas

INSTRUCTIONS

See who can do the best circus mime impression!

1. Done miming? Whisk together the eggs, milk, salt, garlic powder and pepper.
2. Add the olive oil to a large skillet over medium heat. Once it's hot, add the spinach and stir for 1 minute. Then, add the beans! Then, add the egg mixture!
3. Cook for about 3 minutes. Then, set aside.
4. Sprinkle a tortilla with some cheese. Then, top with some of the egg mixture and fold the tortilla in half.
5. Wipe off your skillet, then lightly coat with olive oil again (or cooking spray). Over medium heat, cook the quesadillas on both sides until the tortillas are golden.
6. Drizzle with salsa (so it looks a circus tent!), cut into triangles... then enjoy!

DON'T FORGET TO GET 60!

An exciting way to get 60 minutes of activity? Turn your home into a fun house! Clown around with some balloon juggling or hula hooping, or tumble around the living room like an acrobat!

Dig this: you can find tons more healthy summer adventures at





Shape Your Future

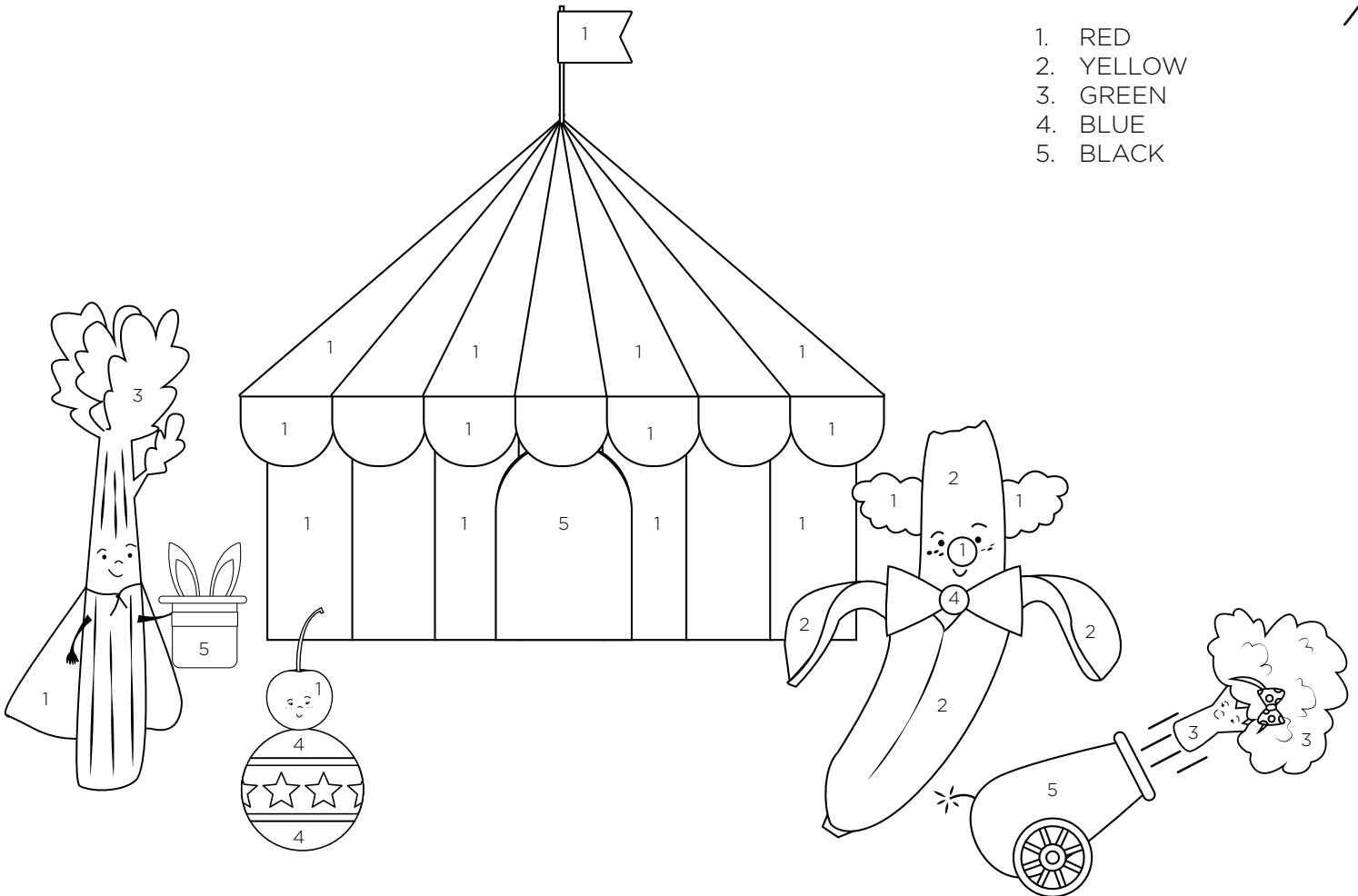
Healthy Adventures Circus



COLOR BY NUMBER

Add some color to the page by following the number codes below.
Then, add some color to your life by filling half of your plate with colorful fruits and veggies!

- 1. RED
- 2. YELLOW
- 3. GREEN
- 4. BLUE
- 5. BLACK



Master some more healthy adventures at

ShapeYourFutureOK.com

