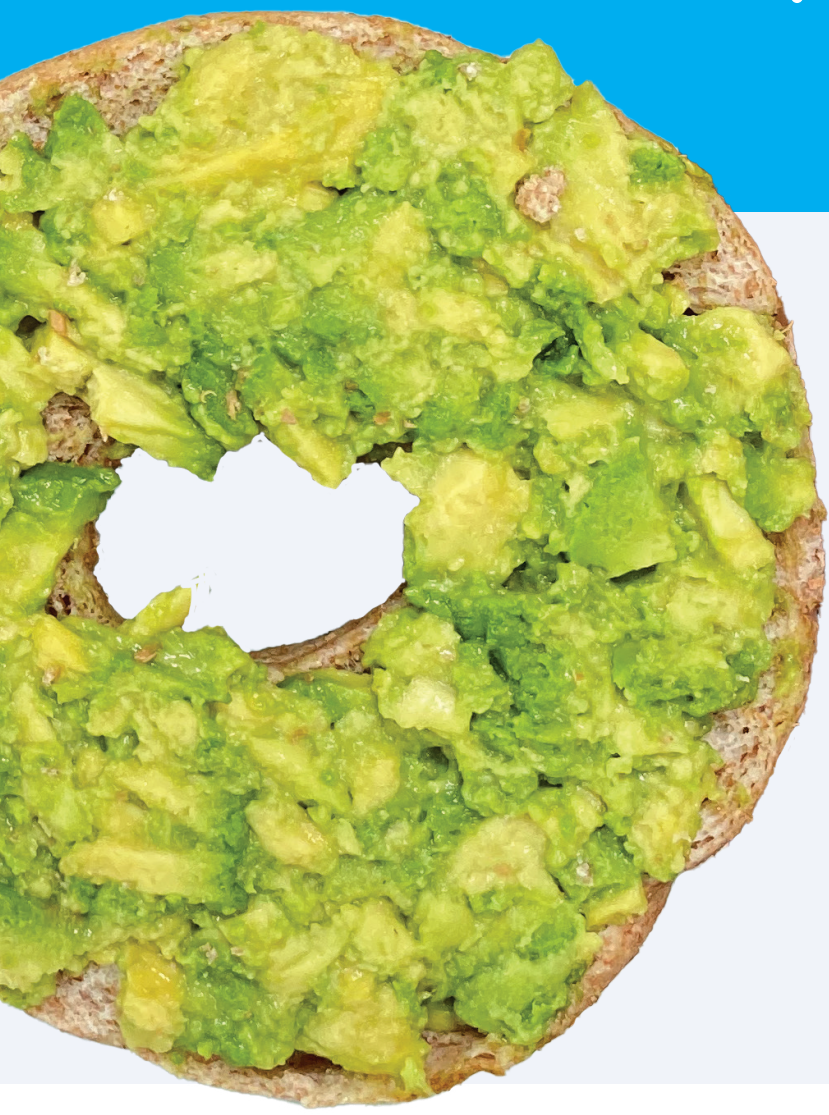




# 4 QUICK AND EASY BREAKFASTS

Fast food ... redefined.



## Avocado Toast, 3 Ways

- Top with an egg.
- Garnish with fresh herbs.
- Change it up and use guacamole!

## Peanut Butter and Fruit Rollup

Spread peanut butter on a whole wheat tortilla. Add banana or apple slices, dried fruit and cinnamon. Voila! Your rockin' rollup is ready to go.



## Strawberry Fruit Wrap

Spread low fat cream cheese on a whole wheat tortilla, add a handful of strawberries ... and that's a wrap!

## Microwave Egg Scrambler

- Microwave 2 tbsp. chopped bell peppers and onions on high for 30 sec.
- Beat in 1 egg, 1/2 a slice of diced deli turkey, 1 tsp. water, salt and pepper.
- Microwave for 30 sec. Stir, then heat for another 30-45 sec. Enjoy on a whole wheat English muffin.

