



Nutrition News



English Muffins

Breakfast Combinations

- ★ Scrambled or fried egg + bacon + avocado
- ★ Ricotta + banana + honey
- ★ Almond butter + honey + bananas
- ★ Scrambled or fried egg + cheese + salsa
- ★ Cream cheese + raspberries + basil leaves
- ★ Cottage cheese + pineapple
- ★ Almond butter + sliced apples

Lunch Combinations

- ★ Hummus, + sliced cucumbers
- ★ Avocado + edamame + lemon juice
- ★ Guacamole + sliced tomatoes
- ★ Refried beans + cheese + fried egg + salsa
- ★ Hummus + pesto + arugula
- ★ Marinara sauce + parmesan cheese
- ★ Goat cheese + sliced pears

Serve with a bowl of your favorite soup for lunch.

English Muffin French Toast

- 4 split English Muffins
- 2 eggs
- 1 cup milk
- 2 Tbsp. sugar
- 1/4 tsp. cinnamon

Combine eggs, milk, sugar and cinnamon and whisk until completely blended. Pour into an 8 inch square pan and place the muffin halves cut side down to soak for 3 minutes then turn them over to soak for another 3 minutes.

Heat a frying pan with butter and place the muffins in the pan for about three minutes each side.

Continue the process with the remaining muffin halves.

Enjoy with your favorite topping.



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Buy whole wheat or whole grain English muffins to increase the nutritional value.

