

Breakfast in the Afternoon

Green Julius

Ingredients

- 2 medium orange
- 1 medium banana
- 1/2 cup milk
- 1/2 cup Greek yogurt, plain
- 1 teaspoon vanilla extract
- 1/2 cup ice
- 2 cup spinach

Instructions

1. Peel oranges and banana. Place all ingredients in a blender and blend until frothy

Mini Fruit Pizzas – makes 4

Ingredients

- 4 medium tortilla, whole wheat
- 1/2 cup Greek yogurt, plain
- 1 teaspoon honey
- 1/2 teaspoon vanilla extract
- 3/4 tablespoon orange juice
- Toppings: Strawberry, Kiwi, Grapes, etc.

Instructions

1. Using a small cookie cutter or drinking glass, cut circles into tortillas. Set aside.
2. In a small mixing bowl, blend together yogurt, honey, vanilla and orange juice until fully blended. Prepare toppings.
3. Spread yogurt mixture onto tortillas and top with fruit.



Egg in a Basket – makes 4

Ingredients

- 4 slice bread, whole wheat
- 4 large egg
- 1 tablespoon butter, unsalted

Instructions

1. Using a drinking glass, cut a hole out of the center of the bread slices.
2. Place the butter in a large skillet and heat over medium until the butter begins to foam. Place bread slices into skillet, however many will fit. Break open an egg into each hole in the slices. Cook for 3-4 minutes or until the egg whites have fully set.
3. Carefully remove from skillet with a large spatula. Continue until all have been cooked. Cook the remaining bread circles in hot skillet to toast up and use for dipping.

