

HEALTHY BREAKFAST COMBO!

Banana Pancakes serves 2 (thanks Kathy & Lorriaine for the recipe!)

2 large ripe bananas

1 egg, beaten

1 tsp. Coconut oil

Honey

1. Peel & smash bananas in a bowl with a fork, add egg and mix well
2. Heat up coconut oil in a skillet on medium heat. Spoon banana mixture into pan like you would a pancake. Make as many as you like, just not too thick.
3. Keep close eye, they take a while to firm up enough to flip, just be patient-worth the wait!
4. When browned on each side plate and drizzle with honey.



Avocado Toast (serves 2)

1 ripe avocado

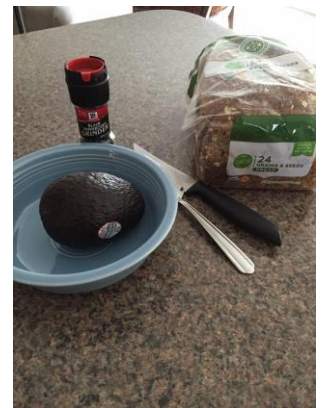
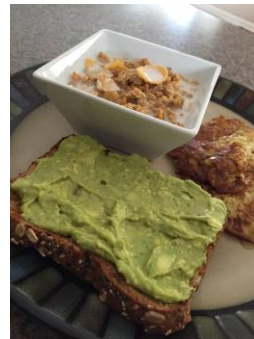
Drizzle of olive oil

Cracked black pepper

Garlic powder

2 slices of multigrain/seed bread

1. Sliced avocado in half, remove seed and scoop out contents into a bowl. Add olive oil, pepper & garlic powder to taste. Smash with the spoon until creamy.
2. Toast bread and top with avocado mixture. DELICIOUS!



Granola Side

Small bowl of Simple Truth Sweet Nut Cluster & Flake Granola

Coconut/Almond Milk

Heather Cutlip (credit to Lorraine & Kathy for banana recipe)

