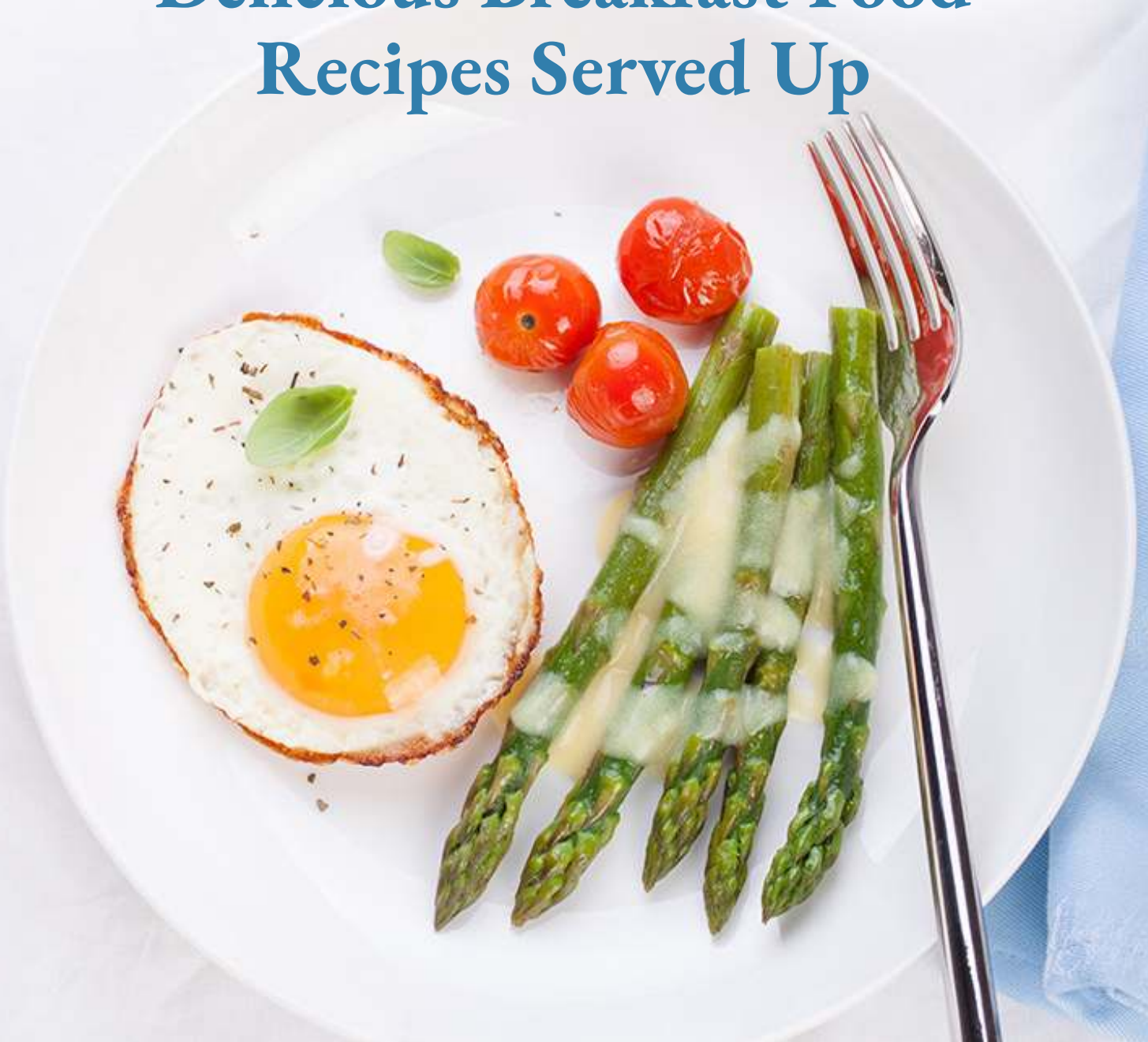




## Delicious Breakfast Food Recipes Served Up



### **PEACHY YOGURT BREAKFAST SUNDAE RECIPE**

Ingredients:

- 1/2 c of peaches; sliced (canned, fresh or frozen)
- 1/2 c of vanilla yogurt
- 1 pc of blueberry or raspberry (frozen or fresh, optional)
- 2 Tbsps of wheat germ

Instructions:

Lay all the peaches into a bowl and top it with wheat and yogurt. You may add blueberries or raspberries as garnishing.

### **MCDONALD'S BREAKFAST BURRITOS RECIPE**

Ingredients:

- 1/2 lb of sausage (spicy); browned & crumbled
- 2 pcs of eggs; scrambled
- 1 pc of tomato (medium); diced
- 6 pcs of tortillas (soft flour); steamed
- 6 Tbsps of Cheese Whiz; melted

Instructions:

Combine tomatoes, eggs as well as sausage then drop 1/6 of mixture in tortilla's middle. Sprinkle with a Tbsp of cheese and fold tortilla's 1/3 bottom part above filling. Then fold tortilla's right portion towards left and right to left. Leave top portion open. Wrap in wax paper then put in refrigerator for 4 hrs. Microwave briefly prior to serving. Serve with partnered picante sauce.

# SPICY SAUSAGE AND EGG BREAKFAST MUFFINS

This is a great “make ahead” breakfast idea for those busy mornings when you don't have time to cook a healthy meal. The best part is you can freeze a batch of them, then pull out as many as you need for a healthy, on-the-go breakfast option.

Ingredients:

1 pound spicy turkey or pork sausage  
12 whole eggs  
¼ cup finely minced sweet onion  
½ cup shredded sharp cheddar cheese, divided  
1 medium red bell pepper, finely chopped  
1 teaspoon ground oregano  
salt and pepper, to taste

Instructions:

Preheat oven to 350°

Brown sausage in large skillet over medium-high heat. Cook all the way through and break into small bite-sized pieces. Drain excess fat.

Crack eggs into a large glass bowl and beat thoroughly with a fork. Add cooked sausage, onion, ½ of the shredded cheddar cheese, red bell pepper, oregano, salt and pepper and mix thoroughly.

Line cupcake tin with paper cupcake liners (or spray thoroughly with non-stick cooking spray) and scoop ¼ cup of egg mixture into each container. Top each “muffin” with equal amounts of the remaining cheddar cheese.

Place in oven and bake for 20 – 25 minutes. Remove from oven and serve immediately or cool and place in freezer-safe bag to freeze for later use. Yields 15 medium-sized muffins.



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