

<p>Smoothie Recipe:</p> <p>1 1/2 cups Kale 1 cup Mango and/or pineapple, frozen or fresh 1 Orange (peel removed) 1 1/2 cups Spinach 8 Strawberries, fresh or frozen 1 tbsp Honey 1/3 cup Greek yogurt 1/4 cup Water</p> <p>Put all in blender and mix well. Serves 2.</p>	<p>Egg in a Basket Recipe:</p> <p>Egg Bread Butter Salt Pepper</p> <p>Cut a circle in the middle of a piece of bread. If you don't have a round cookie cutter, the top of a glass will work. Heat a skillet or griddle sprayed with Pam or Mazola. Place the bread in the pan. Put about 1/2 t butter in the hole in the bread. Heat the butter until very hot. Crack an egg in the hole. Use a spatula to move the white around so it gets done. When the egg is fairly-well set, turn the bread and egg over to cook the other side, being careful not to break the yolk. Toast the holes from the bread for dipping in the yolk. Salt and pepper as desired. Serves One.</p>	<p>Baked Eggs in Bacon Wraps on a Toasted English Muffin Recipe:</p> <p>12 slices Bacon (can be Turkey Bacon) 12 Eggs Salt Pepper</p> <p>Preheat oven to 375 degrees In medium frying pan fry bacon to soft transparent stage. Drain on paper towels. Line each slice around the side of each muffin cup. Ends may overlap. Break egg directly in the center of each muffin cup. 12 cup muffin pan. Slightly salt and pepper. Cook 15 to 20 minutes. Cut English muffins in half and toast. Watch for whites and yolks to begin to set. Take out with small spatula and place on half of the toasted English Muffin.</p>	<p>Southern Style Whole Grain Pancakes Recipe:</p> <p>1 1/2 c. All-purpose Flour 1 1/2 c. Wheat flour 1 c. Instant Oats 2/3 c. Cornmeal 3 T. Sugar 2 T. Baking Powder 1 t. Salt 6 Eggs, Separated 6 T. Canola Oil, plus 1/2 c. separated 3 c. Buttermilk 2 cups Assorted Berries Maple Syrup</p> <p>Whip egg whites until stiff with a beater. Set aside. In a separate bowl mix together the flours, oats, cornmeal, sugar, baking powder and salt. In a smaller bowl blend the egg yolks, buttermilk and 6 T. oil, thoroughly. Blend the buttermilk mixture with the dry ingredients completely. Gently fold in egg whites. Heat 1/4 c. oil in griddle or large frying pan. (Add extra oil, as it gets dry). Cook the pancakes 1/2 c. at a time. Makes 16 pancakes. Top with berries and syrup!</p>	<p>Eleanor's Blueberry Muffins Recipe:</p> <p>2 c. flour 1 c. sugar 1 T. baking powder 1/2 t. salt 1 egg 1 c. milk 1/4 c. canola oil 1 c. rinsed and dried, destemmed blueberries</p> <p>The night before, mix together in a batter bowl the flour, sugar, and milk, stir well. Cover and refrigerate overnight. The next morning, preheat oven to 400 degrees. Spray muffin pans with cooking oil spray (large or small). Then add the egg, baking powder, salt and oil. Stir thoroughly. Gently mix in blueberries, trying not to crush them. Fill each muffin cup 1/2 full and cook in oven for 20-25 minutes, when golden brown. Makes 18 regular sized muffins or 36 mini muffins. This is my grandmother's recipe. Can add a streusel topping for added sweetness...(3/4 c. flour, 1/2 c. brown sugar, 1/2 c. butter mixed together and sprinkled on top evenly before baking) .</p>
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