



Orange Berry Breakfast Salad

(Makes 1 Serving)

266 Calories, 38 g carbs, 6 g fiber
Prep Time: 5 minutes

1. Toss fresh baby spinach (or Spring salad mix) with olive oil and balsamic vinegar.



+



+



2. Top with mandarin oranges, strawberries (or blueberries or blackberries), and granola.



+



+





Kale, Sweet Potato & Apple Hash

(Makes 1 Serving)

232 Calories, 36 g carbs, 7 g fiber
Prep Time: 20 Minutes

1. Heat avocado (or canola) oil in a nonstick skillet over medium-high heat for 5 minutes. Add frozen sweet potatoes and fresh baby kale. Cover and cook for 5 minutes, stirring occasionally.



2. Remove lid. Add fresh diced onion and fresh red apple with skin. Continue to cook for 5 minutes, stirring occasionally. Season with salt and pepper.





Southwest Salsa

Toast Topper

(Makes 1 Serving)

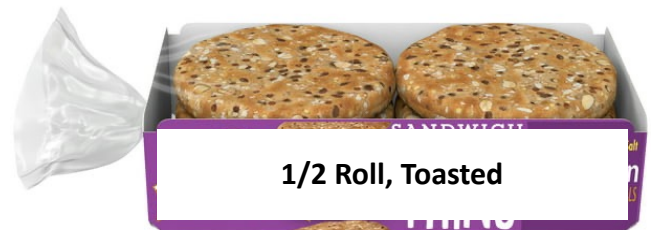
193 Calories, 23 g carbs, 6 g fiber

Prep Time: 5 minutes

1. Spread fresh guacamole onto $\frac{1}{2}$ of a toasted multigrain or whole wheat sandwich thin.



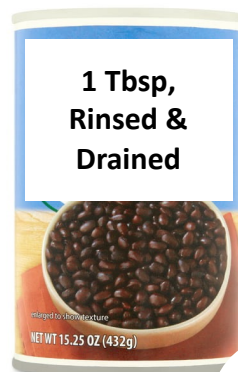
+



2. Top with fresh salsa (or pico de gallo) and beans. Garnish with fresh cilantro, if desired.



+



+

