

Rainbow Veggie Frittata

Serves 8

Ingredients

8-10 large eggs
1 onion, diced
1 head broccoli, chopped and blanched
1 bell pepper, diced
1 carrot, grated
1 cup grated Parmesan or cheddar cheese
1/2 cup chopped parsley
2 Tbs. olive oil
Salt and pepper

Preparation

1. Preheat oven to 400 degrees
2. Beat eggs until frothy. Add cheese, parsley and salt
3. In a large oven-proof sauté pan, onion, pepper and carrots. Add blanched broccoli and cook for another minute
4. Pour eggs over the sautéed veggies in the same pan. Cook at medium heat until barely set. About 7-8 minutes.
5. Transfer pan to oven. Bake for about 5 minutes or until cheese is melted and middle is firm.

Make your own Autumn Oatmeal Raisin Cookie Smoothie

Serves 1-2

Ingredients:

1/2 cup apples and pears, chopped
2 Tablespoons raisins
1/4 teaspoon cinnamon
1/4-1/2 cup yogurt
1/4-1/2 cup milk
1/4 teaspoon vanilla extract
optional: 1/4 cup frozen bananas

Directions:

1. Blend all ingredients. Adjust taste as necessary, enjoy!

