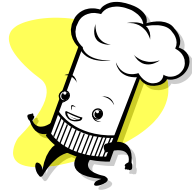


# Speedy Egg Sandwich

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## **Ingredients:**

- 2 Eggs
- 2 Slices of bread or toast
- Slice of cheese
- Bacon Bits
- Milk (soy almond or cow)
- Pepper or other seasonings
- Non-stick spray
  
- Berries or Banana

## **Tools:**

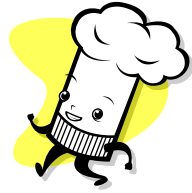
Microwave, Toaster, Microwave-safe large bowl, Small bowl, Plate, Fork, Spoon

## **Directions:**

1. Spray large bowl with non-stick cooking spray.
2. Crack two eggs in another bowl.
3. Add a splash of milk and seasonings.
4. Beat with fork and pour into the large bowl.
5. Toast Bread, if desired.
6. Place on plate, quickly add a slice of cheese.
7. Sprinkle with bacon bits.
8. Cook bowl of eggs in microwave 1 minute on 60% power.
9. Stir, and cook 1 more minute.
10. Scoop eggs onto toast and add any condiments.
11. Eat with some berries or banana.

# Oatmeal Raisin Strudel

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## **Ingredients:**

- 1 packet of quick oats
- ½ c Milk (Cow, Soy or Almond)
- 1T Raisin (or use dried cranberries)
- 1t Brown sugar
- ¼ t cinnamon
- 1T quinoa granola or ancient grain granola

## **Tools:**

Microwave, Large microwave-safe bowl, Liquid measuring cup, Spoon

## **Directions:**

1. Pour oat packet, raisins, brown sugar and cinnamon into large bowl, making sure there is room for the mix to expand and boil
2. Stir in milk.
3. Microwave on high for 90-120 seconds.
4. Stir and add granola on top.

*Alternate flavors: Blueberry with slivered almond and maple syrup.  
Nut butter with chocolate chips.*

