

Broccoli & Turkey Bacon Frittatas

Preheat oven to 350 degrees

Sautee in a little olive oil until tender & crisp:

2 cups broccoli florets

3-4 pieces of turkey bacon, crumbled after cooking

Coat a 12-cup muffin tin with cooking spray:

Place broccoli & turkey bacon pieces in each muffin tin

Crack in a bowl:

10 large eggs

Add & whisk:

½ cup 2% (low fat) milk

½ teaspoon salt

pepper to taste

Divide mixture evenly into each muffin cup

Sprinkle & top above mixture with:

¾ cup of cheddar cheese

Bake at 350 degrees for 18 minutes or until just set.

Cool for 2-3 minutes.

Run a knife around edge of each cup to loosen frittata.

Yogurt Smoothie

In a blender place & blend:

1 cup strawberries (frozen)

1 banana

1 ripe pear, peach, or nectarine

½-1 cup yogurt

2 Tablespoons maple syrup (optional)

Fruit juice

