





# Omelettes

# Ingredients

- 2 eggs
- 1/2 bell pepper chopped
- 1/4 cup shredded cheese
- 1/4 tsp pepper
- 1/4 tsp salt
- Additional optional items: ham, mushrooms, bacon

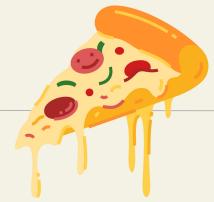


- Crack 2 eggs in bowl and whisk eggs until fluffy
- Add salt and pepper into bowl with eggs and whisk
- · Pour whisked eggs into a skillet
- Add in toppings
- Once eggs start to harden, fold omelette in half

# Pizza

## Ingredients

- 1 package refrigerated pizza dough
- · 1 jar pizza sauce
- · pizza toppings of choice
- · Mozzarella cheese, shredded



- · Preheat oven to 375
- · Form dough into a circle or any shape
- · Add pizza sauce to dough
- · Add however much cheese on pizza sauce
- Add toppings
- · Put in oven to bake

# Pancakes

### Ingredients

- 3/4 cup organic flour
- 3/4 teaspoon baking powder double acting
- 1/8 teaspoon salt
- ½ cup milk
- 1 large egg
- 1 tablespoon unsalted butter melted and cooled
- 1/4 teaspoon vanilla extract
- 1 tablespoon organic cane sugar



- · In a large bowl, mix, flour, baking powder and salt
- Add milk, cracked egg, melted butter, vanilla extract and granulated sugar and whisk until smooth
- Scoop out mix and add to griddle or skillet
- Add toppings
- · Wait for pancake mix to bubble, then flip

# Chicken Strips



## Ingredients

- · 3 Tbsp. olive oil
- · 3 cloves garlic, minced
- 1 Tbsp. fresh lemon juice
- 2 tsp. honey
- 1 3/4 tsp. salt
- · Fresh black pepper, to taste
- · 1 lb. chicken tenders
- Additional Option: red chili flakes

- In a bowl, mix together the olive oil, parsley, garlic,
  Iemon juice, honey, red chili flakes, salt, and pepper.
- Add the chicken tenders and toss to evenly coat.
- Preheat griddle on medium-high heat.
- Place the chicken in a single layer on the grill. Cook for 3-4 minutes on each side or until juices run clear.
- · Remove the tenders to a plate

Chocolate Chip Cookies

## Ingredients

- · 3 tbsp. unsalted butter
- · 4 tbsp. coconut sugar, packed
- · 1 tbs. organic cane sugar
- 1 egg yolk
- · 6 tbsp. organic pastry flour
- 1/8 tsp. baking soda
- 1/4 tsp. salt
- 1/4 tsp. vanilla extract
- · 3 tbsp. chocolate chips



- Preheat the oven to 350°F and line a baking sheet with parchment paper. Set aside.
- Brown the butter over medium heat, stirring constantly until the butter begins to foam and turns a golden brown, emitting a nutty aroma.
   Take butter off the heat and allow to cool.
- In a small mixing bowl combine the butter and the sugars and mix well. Add the egg yolk, and vanilla extract and mix until smooth.
- Add the flour, salt and baking soda. Mix until just combined and no streaks of flour remain. Last, fold in the chocolate. Do not over mix.
- Shape into 2 large cookies or 2 medium size cookies and place on your prepared cookie sheet.
- Bake for 11 minutes\*, or until the edges are just golden brown and the centers have puffed up but are still gooey.