



WELLNESS AT BREAKFAST, LUNCH AND DINNER

Broiled Eggs

A healthy, delicious and easy way to make eggs.

What You'll Need

- A 6-cup muffin tin
- 2 tbsp. butter
- 6 eggs

TO PREPARE: Heat broiler to high. Position top rack 6" from heat source. Grease the muffin tin with the butter then crack an egg into each cup. Broil until the eggs are just set (yolks should still be slightly runny), 6 to 8 minutes. Season with sea salt and ground or cracked black pepper and serve. Total prep time is just 10 minutes.

Source: oprah.com

Cheesy Garlic Chickpeas

A healthy and delicious snack.

What You'll Need

- A rimmed baking sheet
- Foil
- Cooking spray
- Paper Towels
- 15-ounce can of chickpeas
- 1 tbsp. melted butter
- A pinch of pepper
- 1/2 cup freshly grated Parmesan
- 1/2 tsp kosher salt
- 1/2 tsp garlic powder

TO PREPARE: Heat the oven to 350°. Line the rimmed baking sheet with foil and coat it with cooking spray. Drain the can of chickpeas and blot them dry with paper towels. In a medium bowl, toss the chickpeas with the tablespoon of melted butter until evenly coated. Add a pinch of pepper, the 1/2 cup freshly grated Parmesan, and the 1/2 teaspoon each of kosher salt and garlic powder, then toss well. Evenly spread the chickpeas on the prepared sheet. Roast until brown and crunchy, about 35 minutes, turning the pan half-way through.

Source: FamilyFun



Fresh Juice

Making your own juice is always a healthy breakfast option.

Carrot and Grapefruit with Cayenne

Press 3 chopped carrots and 1 chopped Ruby Red grapefruit (peel and pith removed) through a juicer. Sprig with cayenne pepper. Serves 1; 152 calories

Carrot, Apple and Lemon Juice

Press 3 chopped carrots and 1 chopped cored sweet apple through a juicer. Stir in 1 tablespoon of fresh lemon juice; sprinkle with coarse or sea salt. Serves 1; 130 calories

Carrot, Orange and Ginger Juice

Press 3 chopped carrots and 1 chopped navel orange (peel and pith removed), and a 1/2 inch piece of fresh ginger through your juicer. Serves 1; 139 calories

No Juicer? No Problem. Use a blender instead. Purée the ingredients until smooth (adding a little water, if necessary), then strain through a fine sieve.

Source: marthastewart.com

Taco Pinwheels

A delicious option for lunch.

What You'll Need

- A mashed avocado
- 2 tsps. lime juice
- 2 tsps. minced yellow onion
- A pinch of sea salt
- 15-ounce can of black beans, drained and mashed
- Flour tortillas

TO PREPARE: Stir the 2 teaspoons of lime juice and the 2 teaspoons of minced yellow onion with a pinch of sea salt into the mashed avocado. Warm a flour tortilla on the stove to make it more pliable. Spread 2 tablespoons of the avocado mixture evenly on top. Layer on 1/4 cup of the beans, spreading it evenly. Roll up the tortilla. Trim away about 1/2 inch from each end, then slice the tortilla into wide pieces. For easy cutting, you can first wrap the tortilla in plastic and freeze it for 5 minutes. Repeat this process with 3 more tortillas and the remaining filling.

Source: FamilyFun

