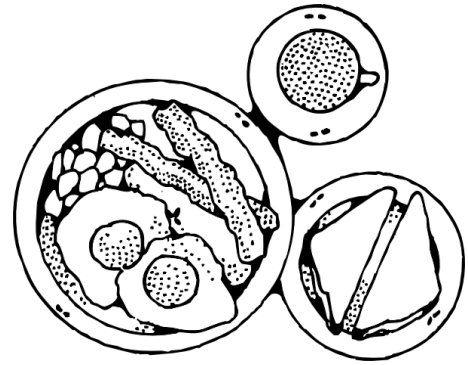


BREAKFAST LAB

Breakfast Sandwich

- English Muffin (1 per person)
- Eggs (1 per person)
- Cheese (1 slice per person)
- Choice of Ham, bacon, or sausage.



Directions:

Make your breakfast sandwich by placing your buttered english muffin in the broiler to toast. Watch carefully because it will burn easily. White muffin is toasting, cook egg and choice of meat. Meanwhile make orange julius or smoothie. When finished, assemble breakfast sandwich by placing egg, meat and cheese on muffin.

Orange Julius

- | | |
|----------------|-----------------------------------|
| 1/3 C. Sugar | 1- 6oz can of frozen orange juice |
| 1 1/2 C. Water | 1 tray of ice cubes |
| 1 tsp. Vanilla | 1/3 C. powdered milk |

Directions:

Mix all ingredients except ice in a blender. Add ice cubes, 2 at a time, until desired consistency.

Fruit Smoothie

- | | |
|--|---|
| Two fruits from the list below | 1/2 C. Orange Juice |
| 1/2 C. Low fat plain or vanilla yogurt | 1 T. of honey or 2 T. of sugar |
| 1/2 tsp. Vanilla | 1 C. Ice (depending on desired consistency) |

Choose **two** from the fruits listed:

- | | | |
|----------------------------|------------------------|----------------|
| 1/4 C. Blueberries, frozen | 1/4 C. Pineapple | 1/2 Banana |
| 1/4 C. Raspberries, frozen | 1/2 C. Peaches, frozen | 5 Strawberries |

Directions:

Whirl the fruit in a blender until smooth. To these blended fruits add the remainder of the ingredients. Pulse the blender until you get the desired consistency.