

## 1. Dynamite Diet's All-Star Taco

Makes 1 Serving.

Ingredients:

- 1 Corn Tortilla
- 1 Spoonful of Salsa
- 2 Tablespoons shredded Reduced-Fat Cheddar Cheese
- 1 Large Egg

Preparation:

1. Top tortilla with salsa and cheese, heat in microwave until cheese melts, about 30 seconds
2. Meanwhile, scramble egg in skillet until cooked.
3. Put cooked egg on top of melted cheese, wrap up, and enjoy!



## 5. Blueberry and Banana Muffins

Makes 12 Servings

Ingredients:

- 1 1/2 cup all purpose flour
- 1/4 cup sugar
- 1/4 cup oat bran
- 2 teaspoons baking powder
- 1 cup mashed ripe bananas (about 3)
- 1 1/2 cup fresh blueberries
- 1/2 cup soy/almond/or cow milk
- 1 large egg
- 2 tablespoons vegetable oil
- 2 teaspoons lemon juice

Preparation:

1. Preheat oven to 400°F. Line 12 muffin cups with paper liners. Combine flour, sugar, oat bran, and baking powder in medium bowl; whisk to blend.
2. Place mashed bananas in large bowl. Stir in soy milk, egg, oil, and lemon juice. Mix in dry ingredients, then blueberries. Divide batter among muffin papers. Bake muffins until tester inserted into center comes out clean, about 20 minutes. Turn muffins out onto rack and cool 10 minutes. Enjoy!

CATCH a new healthy breakfast every week this summer!

## 6. English Muffin Breakfast Pizza

Makes 2 Servings

Ingredients:

- 2 English Muffins, sliced in half
- 2 hard-boiled eggs, sliced
- Drizzle of olive oil
- 1 small tomato, sliced
- grated mozzarella cheese

Preparation:

1. Boil Eggs, until cooked, peel and slice
2. Drizzle olive oil on 4 muffin halves and toast
3. Layer tomato slices, egg slices (1/2 an egg each half), and a sprinkle of mozzarella cheese on top of each muffin.
4. Broil until cheese melts, enjoy!

## 2. Berry Berry Smoothie

Makes 1 Serving

Ingredients:

- 1 cup berries
- 1/2 cup fat free Greek Yogurt
- 1/2 cup orange juice, or other juice

Preparation:

1. Place berries, yogurt, and juice in blender and blend until smooth. Enjoy!



## 3. Brown Sugar & Banana Oatmeal

Makes 3 Servings

Ingredients:

- 2 cups fat-free milk
- 1 cup quick-cooking oats
- 1 large ripe banana, sliced
- 2 teaspoons brown sugar
- 1 teaspoon honey
- 1/2 teaspoon ground cinnamon

Preparation:

1. In a small saucepan, bring milk to a boil; stir in oats. Cook over medium heat for 1-2 minutes or until thickened, stirring occasionally.
2. Stir in the banana, brown sugar, honey and cinnamon. Divide among three serving bowls. Enjoy!



## 7. Quick and Easy Veggie Frittata

Makes 4 Servings

Ingredients:

- 5 large eggs
- 3/4 teaspoon Italian seasoning
- dash salt/ pepper
- 2 teaspoons olive oil
- 2 cups frozen Italian-blend vegetables, thawed
- 2 spoonful shredded Parmesan Cheese

Preparation:

1. In bowl, mix eggs, seasoning, salt, and pepper.
2. Heat oil over medium heat in skillet, pour egg mixture into skillet; top with vegetables. Reduce heat to medium-low. Cook 3-4 minutes, lifting eggs with spatula to allow uncooked portion to flow to bottom.
3. Cover, cook 7-8 minutes longer until eggs are almost set. Top with cheese. Cover; cook until cheese is melted. Enjoy!

## 10. Flash Fitness's Favorite Fruity Burrito

Makes 1 Serving

Ingredients:

- 1 whole wheat tortilla
- 1 tablespoon low fat cream cheese
- small handful of assorted fruit

Preparation:

1. Spread cream cheese on tortilla, sprinkle assorted fruit on top, roll up burrito style, Enjoy!



## 8. Hearty Heart's Healthy Fruit Parfait

Makes 1 Serving

Ingredients:

- 1/2 Fat Free Greek Yogurt
- small handful of fruit of your choice
- 2 tablespoons fat free granola (optional)

Preparation:

1. Put yogurt in bowl, top with fruit and granola. Enjoy!



## 4. Green Smoothie

Makes 2 servings

Ingredients:

- 2 ripe bananas
- 1 ripe pear or apple, chopped
- 2 cups chopped Kale
- 1/2 cup orange juice
- 1/2 cup water
- 8-10 ice cubes
- 1 tablespoon ground flaxseed

Preparation:

1. Place all ingredients in blender. Blend until smooth. Enjoy!

## 9. Bagel Gone Bananas

Makes 2 Servings (1/2 bagel= 1 serving)

Ingredients:

- 1 Whole-Wheat bagel, Split and Toasted
- 1 Small banana, Sliced
- 1 Teaspoon Honey
- 2 Tablespoons natural nut butter, such as almond, cashew, or peanut

Preparation:

1. Stir together nut butter and honey in a small bowl
2. Divide the mixture between the 2 halves
3. Top with bananas, and enjoy!

