

Vandalizing the Kitchen

Overnight Oats

- ½ cup Quick Oats
- ½ cup Greek Yogurt
- 1/3 cup milk
- 1 Tbsp. Honey
- 1 Tbsp. Chocolate chips
- ½ banana, cut
- 1 Tbsp. shredded coconut

1. Best prepared the night before.
2. Mix all the ingredients into a sealed container and refrigerate.
3. Can be used throughout the week for breakfast meal prep.

Breakfast Burritos

- 3 Tbsp. Vegetable oil
- 4 cups frozen, shredded hash browns
- 8 eggs
- 1 can green chiles
- ½ tsp. salt
- ½ tsp. pepper
- 6 cooked sausage links, chopped
- 1 pkg. flour tortillas
- 2 cups shredded cheese

1. In a skillet, heat the vegetable oil and cook hash browns for 6-8 minutes. Remove from skillet and set aside.
2. In a bowl, beat eggs, chiles, salt and pepper. In the skillet, add chopped sausage and cook for 2-3 minutes then add egg mixture until scrambled. Add cheese and melt.
3. Spoon a line of hash browns onto tortilla and add eggs and sausage.
4. Roll up burritos securely and either eat or wrap in tin foil individually and freeze for later.

Eggs in a Mug

- 2 eggs
- 1 Tbsp. Milk (any variety)
- 2 sausage links chopped (or any protein)
- Pinch of shredded cheese
- Salt and pepper to taste

1. Add eggs, milk, sausage, salt and pepper into a mug and mix together
2. Heat in microwave for 1 minute. Remove and stir.
3. Place in microwave for 30 seconds. Remove and add cheese