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