

## NUTRITION FACTS BUILD A BETTER BREAKFAST

REPLACE BOX CEREAL WITH

## NUTRITION FACTS PROTEIN PACKED BREAKFASTS

## NUTRITION FACTS BREAKFAST SUGGESTIONS

### SPINACH & PEPPER FRITTATA

#### Ingredients:

- 3 large eggs
- 1/4 cup low fat reduced sodium cheese
- 1/2 cup onions, finely chopped
- 1/2 finely grated parmesan (or cheese of choice)
- 1/4 finely diced spinach, thawed, washed and finely chopped
- 1/4 cup red peppers (red or yellow bell peppers)
- 1/4 cup grated cheddar cheese
- 1/4 cup whole wheat flour

Or make your own by just using whatever you have left in the fridge!

#### Method:

1. Preheat oven to 350°F (180°C). Heat 1/2 Tbsp (7.5 mL) oil in a large nonstick skillet over medium heat. Add onions and cook until soft. Add red peppers and cook until tender. Remove from heat and set aside.

# Pc Build Protein Breakfast Guide

**Food and Nutrition Information and  
Educational Materials Center (U.S.)**

**Pc Build Protein Breakfast Guide:**

*Catalog. Supplement - Food and Nutrition Information and Educational Materials Center* Food and Nutrition Information and Educational Materials Center (U.S.),1973    **Food and Nutrition Information and Educational Materials Center Catalog** Food and Nutrition Information Center (U.S.),1976    Catalog Food and Nutrition Information Center (U.S.),1974

**Food and Nutrition Information and Educational Materials Center Catalog** Food and Nutrition Information and Educational Materials Center (U.S.),1973    *The Official Guide to American Historic Inns* Deborah Edwards Sakach,2002-03

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**Publishers Directory** ,1991    **Catalog. Supplement** Food and Nutrition Information and Educational Materials Center (U.S.),1974    **Bed & Breakfasts and Country Inns** Deborah Edwards Sakach,2001-07    **PC/Computing** ,1996

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