



LINDSEY Mutchler

FITNESS

BUILD STRENGTH X MOVE FORWARD



Fiesta Breakfast Casserole

Ingredients

- 4 large eggs
- 1 cup egg whites
- ½ cup half and half or milk of choice
- Salt and pepper to taste
- 1 4 oz can chopped green chile peppers drained
- 1 cup reduced fat shredded cheddar jack cheese
- Non stick cooking spray

Directions

1. Preheat oven to 325
 2. Spray baking dish or pie plate with non stick spray
 3. In a bowl combine eggs, egg whites, half & half or milk, salt and pepper until smooth and blended. Then add in chopped green chile peppers.
 4. Sprinkle shredded cheese at the bottom of the baking dish then pour the mixture over the top.
 5. Bake for 25-30 minutes until set
 6. Broil for 1-2 minutes to brown top.
-



Single Serve Apple Crisp

Ingredients

- ¾ cup sliced apple
- 1 tbsp coconut sugar
- ½ tbsp coconut flour
- ¼ tsp cinnamon*
- ⅛ tsp nutmeg*
- splash of vanilla

Topping:

- ¼ cup granola
- 1 tbsp vegan butter
- ½ tbsp coconut sugar
- ½ tbsp coconut flour
- ¼ tsp cinnamon
- dash of salt

Directions:

1. Dice apples into thin slices/small cubes (you can peel them first but you do not need too). In a small bowl, combine with the rest of the filling ingredients and transfer to an oven safe dish (I used a small 7 oz ramekin).
2. In a separate bowl, combine all of your topping ingredients (microwave the butter first). Stir until evenly coated with spices and with butter. Top your filling with your granola mixture. Bake at 375 F for 30 minutes.