

## **Lumberjack Breakfast Muffins**

*Yields ~26 muffins*

### *Ingredients*

1 yellow onion  
1 red bell pepper  
1 russet potato  
1# breakfast/ country sausage  
12 eggs  
1 tsp paprika

### *Instructions*

1. Chop 1 yellow onion, 1 red bell pepper & 1 russet potato.
2. Cook 1# country sausage and 1 chopped onion for 5 minutes over med-high heat, breaking up meat.
3. Add 1 chopped red pepper and potato. Cook 5 minutes, stirring often. Cover and cook 5 more minutes or until potatoes are tender. Allow to cool.
4. Use  $\frac{1}{4}$ c to scoop meat mixture into muffin tins. Whisk together 12 eggs + S&P to taste + 1 tsp paprika. Cover meat mixture with eggs and bake 17-19 min.  
OR  
Whisk together 12 eggs & toss with cooked veggies. Pour into a 9x13 pan and bake for 20-25 minutes or until set.
5. Cool & store in fridge and/or freezer.

## **Strawberry Mango Popsicles**

*Yields ~16 pops*

### *Ingredients*

1 can full fat coconut milk  
10oz frozen mango chunks  
10oz frozen strawberries

### *Instructions*

1. Allow fruit to sit at room temperature for ~15 minutes & defrost slightly.
2. In a blender, blend 1 can full fat coconut milk + 10oz mango chunks + 10oz strawberries + on high until smooth.
3. Pour into popsicle molds & freeze.

## **Sweet & Crunchy Tuna Salad**

*Yields 4 servings*

### *Ingredients*

3 x 5oz cans tuna  
1/4c sunflower seeds  
1/3c mayo  
1/4c dried cranberries  
3/4c grapes, cut in half

### *Instructions*

1. Mix together the following: tuna, drained 1/4c sunflower seeds and 1/3c mayo.
2. Add 1/4c dried cranberries (break apart if needed) 3/4c grape halves.
3. Store in air-tight container in fridge.
4. Serve in romaine or collard “wraps” or over mixed salad greens.

## **Purple Haze Smoothie**

*Yields 1 smoothie*

### *Ingredients*

1/4c full fat coconut milk  
1c water +2T chia seeds, let hydrate  
1c frozen blueberry  
1c frozen cauliflower  
1 frozen banana  
1/2 c water (or additional water as needed)

### *Instructions*

1. Place the above ingredients in a blender & blend on high until smooth, adding additional water as needed.