



scrambled eggs, salsa,
avocado slices and
cheddar cheese

breakfast grain bowls

*Use cooked quinoa
or oatmeal to
make great tasting
breakfast bowls.*



cooked apples,
cinnamon and
yogurt



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huevos revueltos, salsa,
rebanadas de aguacate
y queso cheddar

tazones de cereales de desayuno

*Utiliza quinua o avena
cocida para preparar
deliciosos tazones
de desayuno.*



manzanas
cocidas, canela
y yogur



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