

## Breakfast

Spring	Summer	Fall	Winter
<b>Cookin'Greens Kale or Spinach</b> Smoothie with: fresh, seasonal berries, bananas, melon, pear, honey, juice, nuts and crushed ice. Add milk or soy/almond milk.	<b>Cookin'Greens Kale</b> and potato pancakes topped with crème fraiche and sustainable caviar	<b>Cookin'Greens Kale</b> in stuffed portobello mushrooms with chevre and chives	<b>Cookin' Greens Kale</b> smoothie with: frozen berries, bananas, apples, pear, honey, juice, nuts and crushed ice. Add milk or soy/almond milk
<b>Cookin'Greens Kale or Spinach</b> used in Asian savoury pancakes with, green onions, diced shrimp, sesame seeds	<b>Cookin'Greens Kale or Spinach</b> summer smoothie with: mango, kiwi fruit, fruit juice, coconut flakes, melon and field berries.	<b>Cookin'Greens Kale</b> with chorizo, and scrambled eggs for breakfast tacos	<b>Cookin' Greens Kale or Spinach</b> in savoury blinis filled with cheese
<b>Cookin'Greens Kale, Spinach, or Rapini</b> in a green soufflé with goat's cheese, chives and pepper	<b>Cookin'Greens Kale, Spinach, or Rapini</b> in a Tex-Mex omelette with, black beans, salsa and Monterrey Jack cheese	<b>Cookin'Greens Kale, Spinach, or Rapini</b> buttermilk biscuits with Monterey Jack cheese, black pepper and sea salt	<b>Cookin'Greens Kale, Spinach or Rapini</b> scrambled eggs with onion, tomato, olive oil, sea salt and pepper
<b>Cookin'Greens Kale, Spinach, or Rapini</b> in savoury French toast pockets filled with ricotta and slivers of pancetta	<b>Cookin'Greens Rapini</b> frittata with vine ripened tomatoes and brie	<b>Cookin'Greens Kale</b> in green chili hash browns	<b>Cookin'Greens Kale or Spinach</b> in potato rosti mixed or topped with, smoked salmon or trout, and sour cream
<b>Your favourite Cookin'Greens</b> in coddled eggs with olive oil, scallions and turkey sausage	<b>Your favourite Cookin'Greens</b> in a Mediterranean egg bake with summer ripe veggies	<b>Your favourite Cookin'Greens</b> with spicy sausage and peppers for a Strata with green chili	<b>Cookin'Greens Spinach</b> Smoothie with: coconut water, banana, blueberries, hemp seeds or flax, cacao powder and ice cubes
<b>Your favourite Cookin'Greens</b> and cheese stuffed croissants with (or without) ham or turkey cold cuts	<b>Your favourite Cookin'Greens</b> on a toasted baguette with melted gouda and roasted garlic	<b>Cookin'Greens Cookin' Greens Spinach</b> with poached eggs with a tomato salsa	<b>Cookin'Greens Cookin' Greens Spinach</b> in baked eggs with, cream, salt, cheese and nutmeg
<b>Cookin'Greens Spinach</b> toad in the hole with cream, olive oil, onion, garlic and egg	<b>Your favourite Cookin'Greens</b> in open faced waffles topped with scrambled eggs and mushrooms	<b>Cookin' Greens Spinach</b> creamy scrambled eggs with smoked trout	<b>Cookin' Greens Designers Mix</b> mixed into scrabbled eggs with goats cheese or feta & slivered sun-dried tomatoes