

# 1 Ingredients

## Shakshuka

- 1 yellow onion
- 4 cloves of garlic
- 1 red pepper
- 1 14.5oz can crushed fire-roasted tomatoes
- 1/4 oz cilantro
- 4 eggs
- feta cheese
- pitas or naan

## Tropical Smoothie

- 1 cup spinach
- 1 tsp ginger paste
- 1 banana
- 4-5 mint leaves
- 1 cup frozen mango
- 1 cup frozen pineapple

## 2 Dinner Recipe

### Shakshuka



#### Ingredients

- 1 yellow onion
- 4 cloves of garlic
- 1 red pepper
- 1 14.5oz can crushed fire-roasted tomatoes
- 1/4 oz cilantro
- 4 eggs
- feta cheese
- pitas or naan

#### Instructions

- Chop onion and red pepper. Mince garlic.
- In a frying pan, heat one tablespoon of oil over medium heat and cook onions for about five minutes.
- Add crushed tomatoes and cook until boiling. Reduce heat and simmer another 5-10 minutes, until the sauce is thickened.
- Using the back of a spoon, make four indentations in the sauce. Crack an egg in each indentation. Cook seven minutes longer until eggs are just set.
- Remove from heat, and sprinkle feta and cilantro.
- Serve in a bowl with toasted pitas or naan.

### 3 Breakfast Recipe

#### Tropical Smoothie



#### Ingredients

- 1 cup spinach
- 1 tsp ginger paste
- 1 banana
- 4-5 mint leaves
- 1 cup frozen mango
- 1 cup frozen pineapple

#### Instructions

- In a blender, combine 1 cup of water, spinach, ginger, banana, and mint until smooth.
- Add mango and pineapple, and blend until smooth.
- Serve in mason jars!