

Breakfast

Breakfast Pizza.

1ge pizza base
 $\frac{1}{4}$ cup tomato paste
 $\frac{1}{2}$ cup pizza cheese
leg ham
4 eggs

Spread tomato paste on base
sprinkle 1 cup cheese
Top with folded ham to
hold the eggs - crack
eggs into cup slid on
in between ham
Top with remaining
 $\frac{1}{2}$ cup cheese - bake till
eggs set.

no cooking required Roll up

mash an avocado
add garlic clove crushed
lemon juice 2 teas.
(set aside)

2 Lebanese cucumbers
shaved into ribbons
eg. (thinly sliced length ways)
thinly shaved cheese of
your choice
Ham roughly torn.

Pat cucumber dry with paper
towel. Lay strips on a
board - spread avo mix
over cue - top with cheese
+ ham. Roll up tightly
secure with a toothpick.

Baby spinach can
be added to Roll up.

Bongo Betty's Breckie go to,

A B C juice

2 red apples -

1 beetroot

1 continental cucumber peeled

Process ingredients through a juicer

Orange booster

3 carrots

2 oranges

1 pear

3cm piece ginger

juice of 1 lime

Process as above