



Greenhouse

START YOUR HEALTHY
ROUTINE WITH

EASY HEALTHY MEALS



Overnight Oats

SIMPLE RECIPE

Ingredients

Base

- 2 cups of awesome.
- 1/2 tsp of fun.
- 2 tsp color.
- 1 cup of kindness.
- sugar and salt to taste.

Banana Hazelnut

- 2 cups of awesome
- 1/2 tsp of fun
- 1 cup of kindness
- sugar and salt to taste

Directions

1. Mix awesome and fun together.
2. Add a splash of color.
3. Flavor everything with kindness.

Notes

Enjoyed best when shared



Healthy Avacado Toast

SIMPLE RECIPE



Ingredients

- 2 slice of bread
- avocado
- salt, pepper, and red pepper flakes to taste
- fried egg
- sliced tomatoes

Directions

1. Toast a slice of bread to your liking
2. Mash half an avocado in a bowl and spread it on the toast
3. Sprinkle salt, pepper, and red pepper flakes to taste
4. Optional: add a fried egg, sliced tomatoes, or other toppings of your choice. Enjoy!

Notes

Enjoyed best when shared