



Recipes for Success

From the Kitchen at Full Life

No Beating This One

You will need:

- 1/2 cup egg beaters
- 1 slice veggie slices soy cheese Pepper Jack flavor
- 1 Joseph's Whole Wheat Oat And Flax Tortilla
- Handful baby spinach

Expert Advice:

Take this to go by wrapping the roll up in tin foil!

Directions:

- Cook eggbeaters in non stick pan over med-high heat
- Add veggie slice, baby spinach
- Scramble until firm
- Roll in tortilla

A Healthy Lifestyle is Within Your Reach!

