

YANNA'S OMELET

Serves 1

3 large eggs	¼ cup diced onions
¼ cup chopped drained frozen spinach	¼ cup crumbled feta cheese
¼ cup diced tomatoes	2 tablespoons of pomace
oil or butter	

1. Break eggs into a medium bowl and mix.
2. Place breakfast pan over medium/ high heat for one minute
3. Add two tablespoons of butter or pomace oil in pan and swirl
4. Mix eggs, spinach, tomatoes and onions together
5. Cook this omelet at a low temperature till cooked through
6. Crumbled feta cheese on top of omelet (please note that the feta cheese does not need to be completely melted)
7. Slide omelet off pan and fold onto plate

STUFFED FRENCH TOAST

Serves 1

2 pieces of French toast bread	4oz. cream cheese
½ cup slices fresh strawberries	powdered sugar
½ cup fresh blueberries	whipped cream
Maple syrup (optional)	

1. Slice strawberries and set aside with blueberries
2. Prepare French toast and keep warm
3. Place one French toast slice on plate
4. Spread cream cheese on top
5. Place ½ of the strawberries and blueberries on top of cream cheese
6. Place other French toast slice on top, like a sandwich but do not squish
7. Top tower with remaining fruit (it's OK if pieces fall off)
8. Crown with whipped cream and dust with powdered sugar