

Bacon-Egg Casserole with Citrus Smoothies



Ingredients - for the Casserole

- 1 lb bacon or pork sausage, cooked & drained
- 4 slices bread
- 6 eggs
- 2 cups milk
- 2 cups shredded cheese, such as medium cheddar
- fresh ground pepper, to taste

Step one. Preheat your oven to 350°.

Step two. Lightly grease a casserole dish. Tear the bread add pieces to the bottom.

Step three. Add the cooked and drained bacon or sausage.

Step four. Add the shredded cheese.

Step five. Whisk the eggs with the milk and season with pepper. Pour onto of the casserole.

Step six. Bake between 20 and 30 minutes, until eggs are set.

Ingredients - for the Smoothie

- 1 cup orange juice
- 1 cup frozen mango
- 1/2 cup Greek yogurt, such as vanilla or pineapple
- Handful of spinach (optional)

Blend and enjoy!