

RECIPE

Diet Smoothie Recipes with Almond Milk



1. I find breakfast the most boring meal of the day. And I think it is not only me because the health world has embraced vanilla chia pudding egg muffins with a big fat “welcome”.

If you are not health conscious you can grab a size of your head muffin at a bakery in your office building, order an egg sausage sandwich at the nearest drive thru or eat a bowl of sugary cereal. 3-4 bucks and you are done. Sigh, that is easy but is not an option if you treat your body like a temple. That is just not for people like us!

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