

Healthy traditional breakfast

440 CALORIES
30G CARBS
21G PROTEIN
25G FAT

2 cups Tocabe's Blue corn mix

1 Large egg

1.5 cup Milk

Fruit :

berries from wojapi

Vegetable:

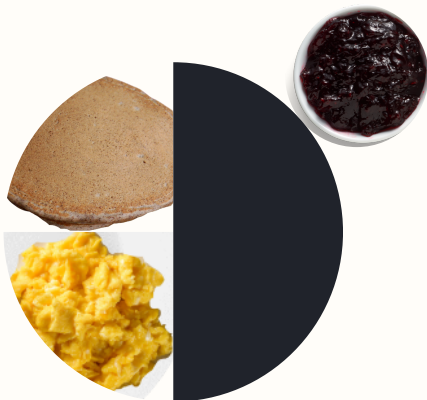
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Protein:

2 scrambled eggs, seeds

Whole Grain:

blue corn pancakes



How does this fit on my native plate?

Feel free to replace these with anything you have, just always try to include all food groups! This one doesn't have a vegetable. That is common at breakfast. You can add a vegetable to the eggs or add a vegetable snack later in the day.

Pancake photo and recipe from Tocabe