



## **Breakfast Recipe: Breakfast Sandwich & Yogurt Lassi Smoothie**

### **Breakfast Sandwich**

2 slices gluten-free bread  
2 slices green tomato (fresh)  
1 egg  
¼ cup baby spinach  
½ teaspoon butter (to spread on toast)  
3 slices of bacon (crispy)  
coconut oil (or ghee)  
salt (to taste)

### **Strawberry Yogurt Lassi**

1 pound strawberries (fresh)  
1 tablespoon honey (organic)  
a pinch of cardamom  
¾ cup of Greek yogurt  
ice cubes

### **Instructions for Green Tomato and Bacon Sandwich**

1. On medium-low heat, warm 1 teaspoon of coconut oil and fry the egg.
2. Sprinkle with salt and Life is a Recipe® Garam Masala on top and set aside.
3. Toast bread to your desire while cooking egg.
4. Butter bread.
5. Add spinach on top of bread.
6. Next, layer green tomato and add fried egg on top.
7. Top the fried egg with bacon slices and cover with bread.
8. Cut the sandwich in half and let the yolk of the egg take over.

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## **Instructions for Strawberry Yogurt Lassi**

1. Wash and cut off stems of strawberries and add to the blender.
2. Add yogurt to blender and puree.
3. Add honey and ice cubes and blend.
4. Pour into glass and sprinkle with cardamom.