



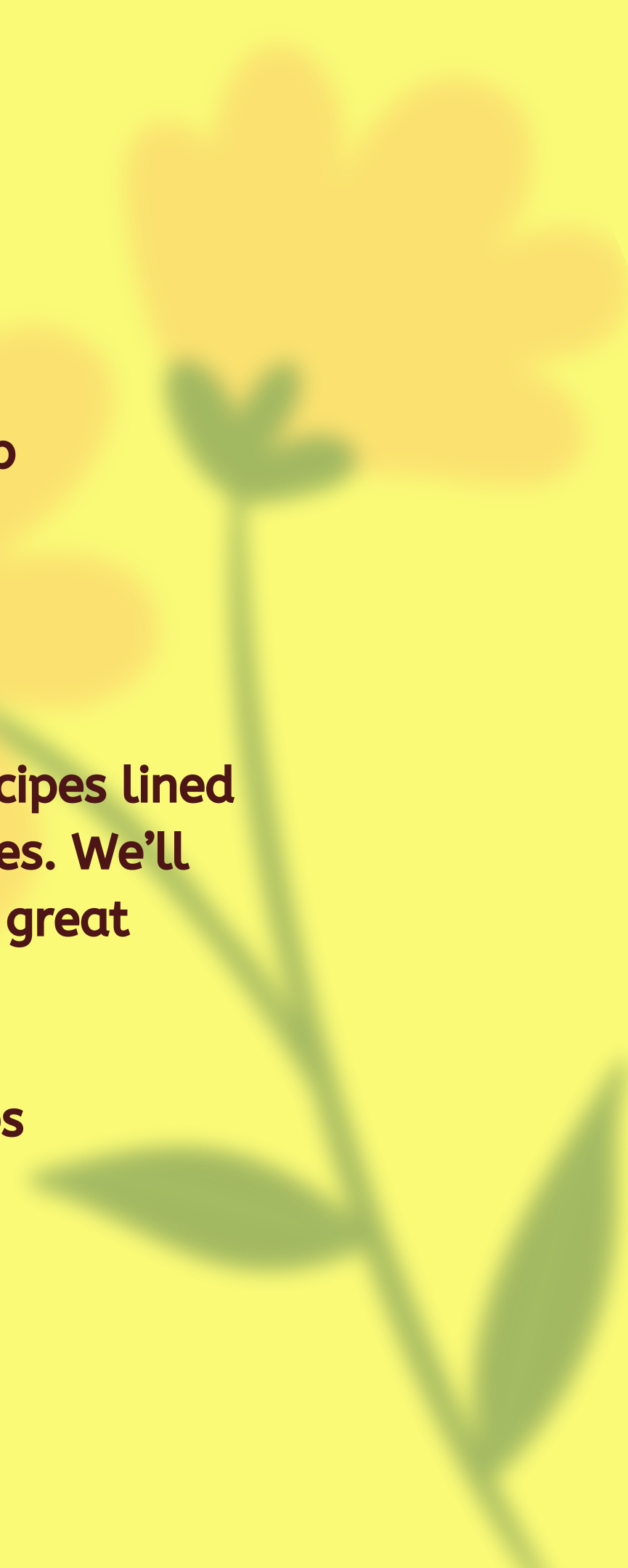
SPRING INTO SEPTEMBER!

The flowers are blooming, the birds are singing, the sun is shining. It's going to be a beautiful month. Actually, it's going to be a beautiful rest of the year. We are excited to see what the rest of 2022 holds. We are excited to embrace a new season.

We are incredibly hopeful, and we hope you're too. We have some incredible recipes lined up for you. It's about to get light and delicious with all the beautiful spring dishes. We'll make sure to keep everything colourful and easy. We want you to have a lot of great options for all the summer parties you have lined up. ;)

Mornings are quite sunny nowadays, so breakfast outdoors with your loved ones sounds like an excellent idea.

We have a great recipe that the whole family will love...





BREAKFAST PITAS

Ingredients:

6 pita breads
olive oil
6 large eggs
3/4 cup marscapone cheese
zest of 1/2 lemon
salt & pepper
3 Tbls lemon juice
3 cups baby spinach
6 thin slices of prociutto

METHOD:

Heat a grill over medium heat.
Brush the pitas with olive oil and grill for 2-3 minutes on each side, until crisp.
Cook the eggs sunnyside up until the egg whites are set.
Mix the marscapone, zest, and 1/2 tsp salt and pepper in a small bowl.
In another bowl, toss the baby spinach with olive oil and lemon juice.
Spread each pita with the marscarpone mixture. Top with prosciutto and baby spinach.

Carefully place a fried egg ontop. Season to taste. Serve.

Happy Eating!

Remember to soak in the sun. Enjoy every moment and try to spend a lot of fun time outdoors.

SPRING HAS OFFICIALLY SPRUNG! Get into the groove of things.

With love, the twins.



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