



Orange & Yogurt Breakfast Box



Ingredients:

- 12 Eggs
- 1 Clementine (peeled, sectioned)
- 3/4 cup Plain Greek Yogurt
- 1/4 cup Pumpkin Seeds

Instructions:

- Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- Strain the water and fill the saucepan with cold water. Peel the eggs when they are cool enough to handle.

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- Refrigerate in an airtight container for up to two days.
- Use coconut yogurt instead of Greek yogurt to make it dairy-free.

Instructions:

- Arrange the hardboiled eggs, clementine slices, yogurt, and pumpkin seeds in a container. Enjoy!

Nutrition Facts

Amount per
serving

494 Calories

29g Fat

22g Carbs

3g Fiber

12g Sugar

39g Protein

397mg Cholesterol

250mg Sodium

5mg Iron