



delicious

BREAKFAST TREATS



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Indulging in a healthy start to the day with Southside Farmers Market breakfast treats is an ode to the bountiful harvest of nourishment and flavors. From nutrient-packed granola parfaits adorned with fresh berries to wholesome omelettes featuring local eggs and verdant spinach, every bite becomes a testament to the market's commitment to providing a vibrant and delicious foundation for a fulfilling morning.

Granola Parfait with Probiotic Yogurt and Fresh Berries

Featuring Jakana Foods, Hungry Lulu, R.E.A.L., Florence Fruits and Vegetables, Ataros

Ingredients:

- Granola (Naomi's or Hungry Lulu)
- Probiotic Yogurt (Plain, Vanilla, or Honey Cinnamon)
- Honey, to taste
- Fresh Berries

Instructions

- Layer granola with probiotic-rich yogurt in a tall glass and add a mix of fresh berries such as strawberries, blueberries, and raspberries. Drizzle honey for sweetness and enjoy a nutritious and satisfying parfait.



Classic Omelette with Spinach and Feta

Featuring Jakana Organic Urban Garden,
Quantum, Ajiz, OnFarm, Lekker Bakery

Ingredients:

- Yellow yolk eggs
- Milk to make eggs light and fluffy
- Fresh Spinach
- Feta, Crumbled
- Whole Grain Bread
- Salt and Pepper to taste

Instructions

- Whisk together eggs and milk and cook them into a fluffy omelette, filling it with sautéed spinach fresh from the garden and crumbled feta cheese. This protein-packed omelette makes for a quick and savory breakfast. Toast bread to your liking.



NY Style Bagel with Cream Cheese and Smoked Salmon

Featuring Bakers Dozen Bakery, Jakana Foods, R.E.A.L., Florence Fruits and Vegetables

- Ingredients
 - NY Style Boiled Bagels
 - Cream Cheese
 - Smoked Salmon
 - Fresh Dill
 - English Cucumber, thinly sliced
 - Red onions, sliced
 - Capers (if available)
- Instructions
 - Toast a New York-style bagel from the market and spread it generously with cream cheese. Top with slices of cucumber, smoked salmon, red onion, and capers for a delicious and classic breakfast or lunch inspired by the Big Apple.



Mixed Berry Smoothie Bowl

Featuring Rosalines, Jakana Foods, Florence Fruits and Vegetables, Ataros

- Ingredients
 - Greek Yogurt
 - Fresh Berries (blueberries, strawberries, raspberries)
 - Milk
 - Apple Banana, sliced
 - Honey
 - Granola
- Instructions
 - Blend fresh berries (strawberries, raspberries, and blueberries) with yogurt and a splash of milk to create a vibrant smoothie. Pour it into a bowl and top with granola, sliced bananas, and a drizzle of honey for a refreshing breakfast.



Avocado, Egg, and Tomato Breakfast Toast

Featuring Rosalines, Jakana Foods, Florence Fruits and Vegetables, Ataros

- Ingredients
 - Avocado, mashed
 - Eggs
 - Dried Tomatoes in Olive Oil
 - Whole Grain Bread, toasted
- Instructions
 - Toast slices of whole-grain bread and spread ripe avocado on top. Add cooked egg, slices of dried tomatoes, sprinkle with salt and pepper, and finish with a drizzle of olive oil for a simple yet flavorful breakfast.



These breakfast recipes celebrate the freshness and variety offered by the Southside Farmers Market, ensuring a delightful start to your day with wholesome and delicious choices. See you next week!

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