
THE CrossFit *kitchen* K I D S



FLOWER POWER!

by Shirley Brown and Alyssa Dazet
Sweet Cheeks Headquarters

overview

Food should not only taste good but also look good. These eggs come out looking like a little bouquet of flowers, especially when served on a bed of greens. And who doesn't like flowers?

blocks per flower

1 protein block
~½ carbohydrate block

ingredients

1 egg
1 bell pepper, any color

notes

Prepare 1-2 eggs per serving depending upon the age of your little one. Fill the rest of the plate up with greens and a sprinkling of olive oil or diced apple tossed with nuts.

directions

1. Slice the bell pepper width-wise to get large, round rings about 1 inch thick. Clean out any seeds in the center.
2. Spray a skillet with non-stick spray and turn on medium heat.
3. Place the pepper ring in the pan. Crack an egg and slowly pour the white into the center of the ring. Once the white begins to cook, drop the yolk in the center.
4. Sprinkle with pepper. Cover the skillet and let cook until done.

