



Whole Wheat Matzo Brei

Ingredients:

- 5 pieces of whole wheat matzo
- 3 eggs + 2 egg whites
- 1 tsp vanilla extract
- ¼ tsp cinnamon
- ¼ tsp salt
- 1 TBSP olive or avocado oil

Directions:

1. Soften each sheet of matzo under warm water; Break up into smaller pieces and place in a large bowl
2. In a smaller bowl, whisk eggs and egg whites; Add cinnamon, salt, and vanilla
3. Pour egg mixture over matzo; Toss until matzo is well-coated
4. Heat olive oil in a skillet over medium heat; Add matzo mixture, folding occasionally, and cooking until brown and warm, about 3-5 minutes on each side.
5. Serve with fruit, maple syrup, or sour cream and enjoy!

Cookware needed:

- Skillet
- Large bowl
- Small bowl
- Plates

Cost: \$

Ease:



Cinnamon contains anti inflammatory antioxidants that promote overall health and promote stable blood sugar. Eggs are a great source of complete protein for muscle maintenance and healthy fats for brain health. Matzo contains