



Brussels and Breakfast

Ingredients:

- Your choice of PTF breakfast
- PTF Brussels Sprouts
- Olive Oil
- Salt
- Pepper
- Red Pepper Flakes (optional for spice)
- Onion Powder
- Parmesan Cheese

Instructions:

1. Heat PTF breakfast and brussels sprouts.
2. Chop up and season with olive oil and season with your desired amount of seasonings.
3. Top with Parmesan cheese.