

BRAZILIAN HEALTHY BREAKFAST

By Camila Terra Lopes

INGREDIENTS

Tapioca Muffin:

- ★ 2 tbs of tapioca flour
- ★ 2 eggs
- ★ 1 tbs of parmesan cheese
- ★ 1 tbs of Brazilian cream cheese (requeijão)

Watermelon Juice:

- ★ Half of a watermelon
- ★ Mint to taste

Boiled Corn on the Cob:

- ★ 2 cobs of corn
- ★ Salt to taste

Tomato Salad:

- ★ 2 tomatoes
- ★ Olive oil and salt to taste



DIRECTIONS

Step 1: preheat the oven to 180° degrees and grease a muffin tray.



DIRECTIONS

Step 2: in a bowl, mix the eggs, the tapioca flour, the Brazilian cream cheese and the parmesan cheese until well combined.



DIRECTIONS

Step 3: pour the dough in the tray and take it to the oven to 180° for 20-25 minutes. Remove from the oven when they get to a golden color.



DIRECTIONS

Step 4: cut the watermelon half into smaller pieces and blend them with the mint leaves. Add a little water to blend if necessary.



DIRECTIONS

Step 5: wash the corn cobs, removing their hair, and take them to a pressure cooker for about 20 minutes. After cooked, cut them in halves and serve with salt.



DIRECTIONS

Step 6: chop the tomatoes and add them to a bowl. Season the tomato salad with olive oil and salt to taste.



ENJOY IT WITH YOUR FAMILY!

