



Munchy Crunchy Breakfast 3 Ways

Ready to reinvent snack time? We partnered with Munchy Crunchy to provide you with 3 tasty ways to enjoy their line of plant-based protein snacks!

Munchy Crunchy Salted Caramel Apple

Ingredients:

- 1 Granny Smith Apple
- 2 tbsp nut butter of your choice (we used Barney Almond Butter; no sugar added)
- ½ packet of Munchy Crunchy Salted Caramel

Directions:

- Remove the apple core and cut into slices
- Spread the nut butter onto each slice
- Sprinkle the Munchy Crunchy on top
- Enjoy!

Chillin' Chipotle Munchy Crunchy Bagel

Ingredients:

- 1 slice of Thomas Bagel Thins
- Guacamole (about 1 tbsp)
- ½ packet of Munchy Crunchy Chillin' Chipotle

Directions:

- Toast the bagel thin to desired temperature
- Spread the guacamole on top
- Finish with a sprinkle of the Chillin' Chipotle Munchy Crunchy
- Enjoy!

Quick and Easy Rockin' Ranch Scramble!

Ingredients:

- 1 egg scrambled
- ½ packet of Munchy Crunchy Rockin' Ranch
- Green onions chopped

Directions:

- Scramble the egg
- Sprinkle ½ of the Munchy Crunchy Rockin' Ranch
- Garnish with chopped green onions
- Enjoy!

“You have the power to create change.”

