



# The product made with real stuff; no artificial or natural flavors ever!

*Cheers!*  
*Anne and Jon*

Hello enFusers,

The second month of the year and we are continuing with our theme: *what healthy foodie trends will take off for 2018.*

The trend we are excited about this month is the **BREAKFAST REVOLUTION.**

- Traditional starchy and sugary breakfast foods like cereal & waffles are being re-evaluated; this is our meal to "start the day" and we are becoming more aware of the food value we should start it with.
- This is great for me ... some like "breakfast for dinner" but I would prefer "dinner for breakfast".
- Smoothies full of healthy fruit and greens, breakfast salads, raw nuts, yogurt and veggie-based breakfast meals are growing in popularity every day.

So check out some healthy breakfast options featuring a tropical twist with our Orange Guava Balsamic Vinegar, great for flavor and adds the health benefits of vinegar to your first meal.

Happy enFusing!

From: The enFuso family and Anne & Jon Yee



## Featured Flavor

**Online Discount Coupon Code**  
[www.enfuso.com](http://www.enfuso.com)

**OG25OFF** for 25% off  
Orange Guava  
White Balsamic Vinegar

Get excited about the  
2018 Foodie Trend ...  
**Breakfast Revolution!**



## Raise a Toast to Smoothies

When your in a rush, how about drinking a creamy satisfying smoothie full of healthy nutrients and energy? This tropical delight with kick start your day! The whole fruits are full of vitamins and minerals, the yogurt adds protein, and both vinegar and yogurt have digestive and gut-health benefits.

Just place the following in your blender:

- a peeled banana (or two apple bananas if you are somewhere tropical)
- 2-3 seeded and peeled citrus (juicy Valencia orange, tangelo, tangerine etc.)
- 1 medium sized seeded and peeled ripe papaya
- 1/3 cup Greek style vanilla yogurt
- 1/4 enfuso orange guava white balsamic vinegar
- optional - a few red pepper flakes for kick!

Pulse to start mixing and then blend on medium to high until smooth. Add a few ice cubes while blending for extra chill!  
Pour into your to-go tumbler and head out to start your day!



## Satisfying Breakfast Salad

Adding lean meat to a salad will give it the body you crave for a filling breakfast. We used spiced lean ground organic turkey.

*Do before hand (like the week-end or night before):* Saute lean organic ground turkey meat in olive with spicy taco seasoning until well cooked then drain and set aside. Steam or roast golden beets, cool, peel and set aside.

Layer the following on your breakfast plate:

- Spicy arugula and radicchio greens
- Place a generous portion of ground turkey in the center
- Layer avocado, orange and golden beet pieces around the outside,
- Massage and finally chop a few kale leaves and scatter on top.

Blend 1/3 cup vanilla Greek style yogurt and 1/3 cup enFuso Orange Guava Balsamic Vinegar for your sweet/creamy dressing to drizzle on top.

Finish with a grind of fresh ground pepper, toss and eat! This meal is so satisfying, you will want to save it for a morning when you have a few minutes to savor all of the flavors.