

# Breakfast **Apple** Crumble



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## Ingredients:

- 1 Apple
- 1 tps water
- 1 tsp stevia
- 3/4 TBS cinnamon
- 1 TBS juice of a lemon
- 2 Melba (mini) Toast

## Directions:

Grate or slice an apple sprinkle with a bit of water, stevia, cinnamon and lemon juice. Crush 2 melba toast mix with cinnamon and stevia and sprinkle on top. Bake in oven until golden brown.

# Fruit



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## Ingredients:

- 1 green or red apple
- 1/2 a grapefruit
- 1 handful of strawberries
- 1 orange

## Directions:

Busy like me. Grab one of these to eat fresh and raw

# Breakfast Tomato



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## Ingredients:

- 1 Tomato
- 1 Spring onion
- 1 TBS apple cider vinegar
- 1 tps seasoning of choice

## Directions:

Slice tomato. Cook in a non stick pan for a few minutes.

Mix seasoning, apple cider vinegar and chopped spring onion together.

Place tomato on a plate and pour mix over the top. [Great breakfast alternative.](#)

# Lemon drizzled apple



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## Ingredients:

- 1 apple
- 1/2 tsp stevia
- 4 TBS freshly squeezed lemon juice

## Directions:

Heat oven to 180 degrees celcius  
Bake apple in the oven for 10 minutes  
In a pan heat the stevia and lemon juice  
Pour juice over apple and serve



# Sweet Grapfruit



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## Ingredients:

- 1/2 a grapefruit
- 1/4 tsp stevia

## Directions:

Sprinkle stevia over 1/2 a grapefruit