



THE PENDULUM

Primal news...

DECEMBER 14-17, 2016



Christmas Morning Breakfast Box

1 lb Bacon

1 lb Breakfast Sausage

1/2 lb Ham

1 Dozen Eggs

Apple Butter from *It
Started with a Fig*

Pendulum Banana Bread

It's the most wonderful time of the year!

Happy Holidays from all of us at Pendulum! Thank you for supporting the Primal Meat CSA program. We consider you all part of the Pendulum family. We hope you enjoy the Primal Meat CSA Christmas Morning Breakfast Box. Since all the items are pretty straight forward, I did not include any recipes. If you need some inspiration for any of the items, email me and I will be sure to share one of my recipes.

The Pendulum Team

