



Healthy Breakfast Recipes



2-Ingredient Banana Pancakes

Ingredients: 1 ripe banana, 2 large eggs, butter/oil, maple syrup and other toppings to serve

Directions: Mash banana in a bowl with a dinner fork until no large lumps remain. Add flavorings (vanilla, cinnamon, honey, cocoa powder, etc). Lightly beat eggs and stir until combined.

Heat pan on medium heat and add butter or oil for cooking. Drop batter on hot griddle. Cook for ~1 min. Sprinkle with toppings (i.e. nuts or chocolate chips). Flip. Serve!

Wafflemaker Hash Browns

Ingredients: cooking spray, 30-oz bag shredded frozen hash browns, 4 tbsp (1/2 stick) butter, 1 tsp kosher salt, 1/2 tsp black pepper, 3/4 C grated cheddar, 3/4 C chopped ham

Directions: Preheat waffle iron to regular setting and coat with cooking spray. Squeeze excess moisture out of hash browns and put in bowl. Pour melted butter over and sprinkle with salt & pepper. Stir. Scoop heaping 1/2 C of seasoned hash browns into each waffle section. Top each with cheese and ham. Add another 1/4 C hash browns on top. Close iron and cook for ~15 min. Repeat with remaining hash browns.

Open Faced PB Banana Toast

Ingredients: whole grain sandwich bread, banana, peanut butter, honey

Directions: Toast 2 slices of bread. Spread peanut butter over bread and top with freshly sliced banana. Drizzle honey over the top and eat!

Turkey, Bacon, and Egg Wrap

Ingredients: flour tortilla, handful of shredded cheese or slice of cheese, 2-3 slices of turkey, 2-3 slices of bacon, 1 egg avocado (optional), tomato (optional), spinach (optional)

Directions: Place wrap on a plate and top with cheese. Microwave for 30 sec. Crack egg into a small microwave-safe bowl. Microwave for 60 sec. Add turkey, bacon, and egg to wrap. Season with salt/pepper. Add vegetables if desired. Eat at home or wrap with foil to-go.

One Chocolate Microwave Muffin

Ingredients: MUFFIN - 1 tbs ground flax seed, 1/3 C almond milk, 1/4 C applesauce, natural sweetener, dash of salt, 3 tbs natural cocoa powder, 6 tbs flour (oat, almond, whole wheat, regular), 1 tsp double-acting baking powder. ICING - 3 tbs peanut flour, natural sweetener, 2 tbs almond milk

Directions: MUFFIN - Spray 6" baking dish/bowl with cooking spray. In med-size bowl, stir together flax, almond milk, applesauce, sweetener, and salt. Stir in cocoa powder, then stir in flour. Last, stir in baking powder. Scoop batter into dish and microwave for 4.5 min or until surface bounces back when tapped. ICING - In small bowl, whisk together all ingredients until smooth. Top muffin with icing. YUM!!!

Overnight Oats

Ingredients: 1/3 to 1/2 cup liquid (dairy milk, almond, cashew, or coconut milk), 1/3 to 1/2 cup old-fashioned rolled oats. 1/3 to 1/2 cup yogurt (optional). 1 tsp chia seeds (optional but recommended). 1/2 banana, mashed (optional). Serve with fruit (fresh or dried), nuts, nut butter, seeds, protein powder, granola, coconut.

Directions: Add desired amounts of milk, oats, yogurt, chia seeds, and banana to a jar and give it a good stir. Refrigerate for 5+ hours overnight. Add more liquid in the morning if you like. Add toppings. Keep in the fridge for up to two days.

Oatmeal My Way

Ingredients: 1 C oats, 2 C water, and additional toppings

Directions: Place oats and water in a pot on the stove. Allow water to boil and then reduce heat to cook thoroughly without burning, about 10 min. Place half oatmeal in a bowl and reserve half in a glass mason jar. Stir in flavor combos to both (i.e. PB + Banana, Cinnamon and raisins, walnuts and apples, honey, maple syrup, brown sugar). Place leftovers in the fridge to enjoy in next 2-3 days.

Avocado Toast

Ingredients: whole grain sandwich bread, 1/2 ripe avocado, garlic powder, pepper jack cheese, baby spinach/kale (optional)

Directions: Toast two slices of bread. Mash avocado with garlic powder. Top toast with avocado-garlic powder mash. Another option would be to top two slices of bread with mashed avocado and pepper jack cheese and toast under the broiler for 3-4 minutes. Top with baby spinach or kale for a little fresh crunch.

Yogurt & Granola Parfait

Ingredients: 1 C yogurt, 3/4 C granola, 1/2 C raisins or other dried, fresh, or frozen fruit

Directions: Layer yogurt, granola, and fruit in a bowl or mason jar. If fruit is frozen, set out ~20 minutes beforehand so that it can thaw out a bit.

Scrambled Eggs with _____

Ingredients: 2+ eggs, splash of milk. Optional: chopped onion, red pepper flakes, fresh kale, baby spinach, mozzarella cheese, cheddar cheese, tomatoes, mushrooms, salsa, broccoli, other

Directions: Saute vegetables in a bit of cooking oil. Beat eggs using a fork in a bowl and add any spices (salt, pepper, red pepper flakes, Italian seasoning, paprika). Pour over cooked vegetables. Stir until eggs begin to set. Add cheese. Remove from heat and stir a bit until cheese is melted and eggs are fully cooked.



Pre-Made Breakfast Recipes

Hard Boiled Eggs & Toast

Ingredients: 6-12 eggs, loaf of sandwich bread

Directions: Hard boiled eggs typically last for one week, so you can prepare as many as you would like ahead of schedule. Do so by placing eggs in a pot and covering them with water. Add a dash of salt to the pot. Bring eggs to a rolling boil and let boil for 1 minute. Remove from heat and place lid on pot. Let stand for 17 minutes, rinse with cool water, and place in fridge. You can leave them in the fridge unpeeled or peel them and put them in a sealed container. Serve with salt and pepper, toast with jam or jelly, and a bit of fruit.

Breakfast Cookies

Ingredients: 2 C rolled or old fashioned oats, 1/2 C Peanut Butter, 3 large overripe bananas (can sub applesauce or pumpkin), 1/4 C Chocolate chips (optional)

Directions: Preheat oven to 350F. Line large cookie sheet with parchment paper and set aside. In lg mixing bowl, add all ingredients and mix very well. Stir in chocolate chips with spatula (if using). Lightly wet hands and form 8 balls for cookies. Place each ball on tray and press into cookie shape. Bake 10-12 min, till slightly golden on edges. Allow to cool for 10 min before transferring to counter (wire rack or paper towel) to fully cool. Take them with you for breakfast this week!

Make-Ahead Pancakes

Ingredients: 1 C all-purpose flour, 2 tbs sugar, 2 tsp baking powder, 1 tsp salt, 1 egg (beaten), 1 C milk, 2 tbs oil

Directions: In a large bowl, mix flour, sugar, baking powder, salt. Make a well in the center and pour in milk, egg, and oil. Heat lightly oiled griddle and make pancakes with approx. 1/4 C each. Brown on sides and serve hot. Use leftovers as a quick re-heated breakfast during your week!

Freezer Breakfast Burritos

Ingredients: 8 oz cheddar, 1 yellow onion, 1 bell pepper, 2 tbs butter, divided, 2 pinches salt and pepper, 1 lb cooked ham/bacon, 12 large eggs, 8 lg flour tortillas (burrito sz)

Directions: Prepare all ingredients for burritos: dice onion and bell pepper, saute in a large skillet for 5 min. Set aside in a bowl. Dice ham or cut bacon and saute in the skillet until browned. Set aside. Crack eggs into bowl, whisk, and heat in the pan on medium. Cook until set but still moist. Assemble burrito by adding scrambled eggs, veggies, cheese, and ham. Roll the tortillas up and wrap in parchment paper. Label "Breakfast Burrito" on the parchment paper. Transfer wrapped burritos to freezer bags and add a date to the bags. Then place these in the freezer. To avoid a soggy burrito when re-heating, place burritos in the refrigerator the day before you would like to eat them so that the inside can thaw. Before eating, microwave on high for 1-2 minutes or heat on the skillet over medium-low for 5 minutes, until tortilla is crispy and insides are warm. You can use the microwave's defrost setting to thaw burritos for 5 min and then microwave on high for 1-2 min or until heated.

Breakfast Egg Muffins

Ingredients: 10 large eggs, salt & pepper, toppings of your choice. Topping combos are:

- Broccoli and cheese
- Buffalo chicken
- Ham and cheese
- Jalapeno popper
- Bacon egg
- Spinach and cheese
- Sun-dried tomato and spinach

Directions: Whisk base ingredients together. Add your favorite combo of vegetables and proteins. Mix to combine. Spray muffin tin with cooking spray or silicone liners. Divide evenly among the muffin cups (1/2 or 2/3 full) and sprinkle with additional toppings. Bake at 400F for 15 min. Reheat in microwave throughout the week and freeze extras!

Homemade Granola Bars

Ingredients: 1/4 C butter (softened), 1/4 C honey, 1/4 C packed brown sugar, 1/4 C peanut butter, 2 C quick oats, 1 C crispy rice cereal, 1/2 tsp vanilla (optional), 2-3 tbs mini chocolate chips

Directions: In lg bowl, stir together quick cooking oats and crispy rice cereal. Set aside. In heatproof bowl, stir together butter, honey, and brown sugar. Microwave until it starts boiling (approx. 2 min). Once it begins to boil, let it boil for one more min in the microwave. Remove and stir in PB and vanilla until smooth. Pour hot honey mix over dry ingredients and mix until combined. Pour into a lightly greased 8x8in pan. Press chocolate chips on top. Let it sit for 2 hrs at room temp or in the fridge for 30 min. Once set, cut into 10 bars and store in plastic wrap or tupperware.

Freezer Breakfast Sandwiches

Ingredients: 12 eggs, 2 tbs milk, 1 tsp salt, 1/2 tsp black pepper, 12 slices bacon, sausage, ham or Canadian bacon (all cooked), 12 English muffins, 12 slices your favorite cheese

Directions: Preheat oven to 325 degrees. Generously grease a 9x13in pan. Whisk eggs, milk, salt, and pepper. Pour egg mixture into greased pan and bake for 18-22 min, or just until center is set. Don't over-cook. Remove from oven and allow eggs to cool. Cut into 12 squares. Top each English muffin with egg, cheese, meat, and the other muffin half. If eating right away, heat the sandwiches for 5 min at 350 degrees or until the cheese melts. TO FREEZE - Wrap each sandwich individually in tin foil, wax paper, or parchment paper and place them in a freezer safe resealable bag. Freeze for up to 1 month. Thaw in fridge overnight, for best results. Remove paper and wrap sandwich in a paper towel. Microwave for 40 sec to 1 min on defrost (or half power), flip over, and microwave for 10-30 sec on high power, until warmed through. You can also reheat sandwiches in the oven at 350 degrees for about 10-15 minutes, or in the toaster oven.