

Ready Made Breakfast Prep



Eating a substantial well-balanced breakfast, can make a significant difference in overall health and well-being, especially for children and teens. Including proteins and complex carbohydrates ensures that energy will be delivered slowly over the course of the morning.

Overnight Oatmeal

For the Oatmeal

- 1/3 cup rolled oats
- 1 Tbsp. chia seeds (high in fiber, omega 3 fats and helps to thicken the oats)
- 1/3–1 cup almond milk (soy, hemp, rice or dairy works too. You could also use half plain yogurt adding protein and a pudding like texture)

Mix all ingredients together in a jar and refrigerate overnight or several hours. Add the desired ingredients/toppings and enjoy a rich and creamy healthy breakfast. You can eat it cold or warm it in the microwave.

Choose your flavor

Carrot Cake: Add: 1/4 cup shredded carrot, 1 tbsp. maple syrup, 2 tbsp. chopped pecans, 1/4 tsp cinnamon

Blueberry Lemon: Add: 1/3 cup blueberries, 1/2 tsp lemon zest. 1/4 tsp vanilla extract, 6-12 drops of liquid Stevia or your preferred sweetener

Tropical Mango, Pineapple and Coconut: Add: 1 Tbsp shredded coconut, 3 Tbsp chopped fresh mango, 3 Tbsp chopped fresh or frozen pineapple, 6-12 drops of liquid Stevia or your preferred sweetener

Chocolate Strawberry or Banana: Add: 1-2 tsp. honey, 2 tsp cocoa powder, 1 tbsp. chocolate shavings or cacao nibs, 1/4 cup sliced strawberries or 1/2 of a banana sliced

Peanut Butter Apple Pie: Add: 1-2 tsp. honey, 1 tbsp. natural nut butter, 1 tbsp. raisins, 1/4 cup diced apple, a few dashes of cinnamon



Ready Made Breakfast Prep (Continued)

The food we consume first thing in the morning is about jump starting our mental alertness and fueling our bodies.

This breakfast sandwich recipe is easy, healthy, delicious and beautiful. It's a breakfast you can get excited about and it is a time saving and inexpensive "grab-and-go" meal.

Breakfast Sandwiches

Preheat oven to 350°. Grease a 9x9 baking dish.

- 1 tsp oil
- 1/2 of a large yellow onion chopped
- 1 large red bell pepper chopped
- 2 cloves chopped garlic
- 8 oz. chopped fresh spinach (vegetable options: zucchini, asparagus, broccoli)
- 6 eggs
- 1/2 tsp salt
- pinch of pepper
- Whole grain English muffins
- Optional: cheese

Heat 1 teaspoons of oil in a large non-stick pan. Add onion and garlic and sauté for two to three minutes. Add chopped bell pepper and sauté for 2 more minutes. Add 8 oz, chopped baby spinach until wilted. Remove from heat and prepare eggs.

Wisk 6 eggs together with salt and pepper, slowly add cooked vegetables, mix well. Pour mixture into prepared baking dish. Cook for 30 minutes or until set in center.

Cut into 6 equal portions. Place the cooled portion on an English muffin, if desired, top with a slice of cheese and the other half of the muffin, wrap individually to refrigerate or freeze. Warm in the microwave 1 1/2 to 2 minutes. If frozen it is best to place in the refrigerator the night before to thaw.

Adapted from: *Clean and Delicious* You Tube

Take a bit of time to plan and prepare on the weekend. Having healthy options on hand can help eliminate grabbing high fat or high sugar options for breakfast.

Preparing in advance helps make the healthy choice the easy choice.