

Quick Breakfast Recipes

Berry Smoothie Bowl (5 min)

Ingredients

- 1 cup frozen mixed berries
- 1 small ripe banana, sliced
- 2-3 Tbsp. light coconut, almond milk or fat free milk plus more as needed
- 1 cup of vanilla Greek yogurt

Toppings

- 1 Tbsp. shredded unsweetened coconut
- 1 Tbsp. chia seeds
- 1 Tbsp. hemp seeds
- 1 Tbsp. granola
- 2-3 strawberries, sliced

Procedures

- Add frozen mixed berries, banana, milk and Greek yogurt into a blender
- Blend until creamy and smooth. Add more milk to thin but not too much that it becomes watery.
- Pour into a bowl. Decorate your bowl with shredded unsweetened coconut, chia seeds, hemp seeds, granola and strawberries.
- Enjoy!

Nutrition Information

Serving size: 1 smoothie bowl without toppings **Calories:** 214 **Fat:** 2.5g **Saturated fat:** 1.6g
Carbohydrates: 47.5 g **Sugar:** 25.9 g **Sodium:** 9 mg **Fiber:** 8.8 g **Protein:** 14.8 g



Super Green Smoothie Bowl (5 min)

Ingredients

- 1/4 ripe avocado
- 2 medium ripe bananas, previously sliced
- 1 cup fresh or frozen mixed berries - use strawberries/raspberries for a greener smoothie, darker berries for a purple smoothie
- 2 large handfuls spinach
- 1 small handful kale, large stems removed
- 1 1/2 - 2 cups choice of milk preferable almond milk or fat free milk
- 1 cup of vanilla Greek yogurt

Toppings

- Roasted unsalted sunflower seeds
- Granola
- Raw or roasted nuts (almonds, pecans, walnuts, etc.)
- Shredded unsweetened coconut
- Fresh berries
- Hemp seeds

Procedures

- Add all ingredients to blender and blend until creamy and smooth. Add more milk to thin it if necessary.
- Divide the smoothie into bowls and decorate with toppings.
- Enjoy!

Nutrition Information

Serving size: 1 bowl (1/2 of recipe) **Calories:** 310 **Fat:** 15.6g **Saturated fat:** 1.9g **Carbohydrates:** 41.5g
Sugar: 19g **Sodium:** 171mg **Fiber:** 9.5g **Protein:** 20g



Feta kale Egg Toast

Ingredients

- 2 slices multigrain bread, for serving
- 3 tsp. olive oil, divided
- 3 cups chopped or tear kale, stems removed
- 1 tsp. minced garlic (2 cloves)
- 1/8 tsp. salt, plus additional for seasoning
- 1/8 tsp. pepper, plus additional for seasoning
- 1/8 tsp. red pepper flakes
- 2 large eggs
- 2 ounces feta cheese, crumbled

Procedures

- Toast bread in toaster
- Heat 2 teaspoons olive oil in a large skillet over medium heat. Add kale, stir to coat, then cook, stirring occasionally, until the kale begins to soften, about 5 minutes. Add garlic, 1/8 teaspoon salt, 1/8 teaspoon pepper, and red pepper flakes. Stir and cook 1 additional minute. Remove from heat, stir in the feta cheese, then cover to keep warm.
- In a small skillet, heat the remaining teaspoon olive oil over medium heat. Gently crack eggs into skillet and sprinkle with a little extra salt and pepper. Cook until whites are nearly set, about 1 minute. Cover skillet, remove from heat, and let stand until whites are set but yolks are still soft, about 3 minutes.
- To serve: Place half of the kale on top of each toast, then top with a fried egg. Serve immediately.



Avocado, strawberry and chia toast.

Ingredients

- 1 sliced of whole wheat bread, toasted
- ½ an avocado
- 2 strawberries, thinly sliced
- 1 tsp. chia seeds
- 1 tsp. honey

Procedures

- Toast bread in toaster
- Smash avocado and spread smashed avocado on top toast. Add sliced strawberries and chia seeds to the toast. Drizzle honey on top the toast.
- Enjoy!



Apple cinnamon & peanut butter toast.

Ingredients

- 1 sliced of wheat bread or multigrain bread
- 1 Tbsp. peanut butter
- ½ apple, sliced
- ½ tsp. cinnamon
- 1 Tbsp. granola
- ½ /Tbsp. pecan halves
- ½ Tbsp. Crushed pistachios
- 1 tsp. honey

Procedures

- Toast bread in toaster.
- While the bread is toasting slice the apple into thin slices.
- Top the slice of bread with peanut butter, then apple slices, cinnamon, granola, pecans, pistachios and honey.
- Enjoy!



Overnight oats berry chia seed.

Ingredients

- ½ cup fresh berries such as strawberries, blueberries or raspberries, chop strawberries.
- ½ tsp. vanilla extract.
- 1 ½ tsp. chia seeds.
- ½ cup oats
- 1 cup almond milk or milk of choice
- ½ cup vanilla or plain Greek yogurt.
- 1 Tbsp. honey

Procedures

- Add oats, almond milk, yogurt, honey, berries, chia and vanilla extract into a jar or bowl.
- Stir and then cover. Refrigerate overnight.
- Next day, thin it with more almond milk if desired, add more berries as toppings.
- Enjoy!



Overnight oats banana almond flax

Ingredients

- 1 small ripe banana, mashed
- 1 Tbsp. creamy almond butter
- 1 Tbsp. ground flax seeds
- Optional 3 drops almond extract (pour it in the lid first so you don't add too much)
- ½ cup oats
- 1 cup almond milk or milk of choice
- ½ cup vanilla or plain Greek yogurt.
- 1 Tbsp. honey
- Optional sliced almonds

Procedures

- Add oats, almond milk, yogurt, honey, banana, almond butter, flax seeds and almond extract if desired into a jar or bowl.
- Stir and then cover. Refrigerate overnight.
- Next day, thin it with more almond milk if desired, add sliced banana and sliced almonds as toppings.
- Enjoy!



Chocolate overnight oats

Ingredients

- 2-3 tsp. cocoa powder, to taste
- 1 Tbsp. creamy peanut butter (optional)
- ½ well ripened banana, mashed
- ¼ tsp. vanilla extract
- ½ Tbsp. mini chocolate chips for topping (optional)
- 1 Tbsp. shredded toasted coconut, for topping (optional)
- ½ cup oats
- 1 cup almond milk or milk of choice
- ½ cup vanilla or plain Greek yogurt.
- 1 Tbsp. honey

Procedures

- Add oats, almond milk, yogurt, honey, cocoa powder, peanut butter, banana, and vanilla extract into a jar or bowl
- Stir and then cover. Refrigerate overnight.
- Next day, thin it with more almond milk if desired. Add toppings if desired.
- Enjoy!



Mandarin chia pudding

Ingredients

- 2 mandarins
- 1 cup almond milk or low fat milk
- ¼ cup chia seeds
- 3 Tbsp. honey
- 1/8 tsp. grated nutmeg

Procedures

- Grate ½ tsp. zest from mandarins into a jar or container.
- Add milk, chia seeds, honey and nutmeg.
- Stir it. Cover and refrigerate until thick (about 10 hrs.)
- Next day, peel and segment mandarin. Top pudding with mandarins
- Enjoy!



Lemon raspberry chia pudding

Ingredients

- ½ cup Greek yogurt
- ½ cup coconut milk or fat free milk
- 1 Tbsp. lemon peel, raw
- 1 Tbsp. lemon juice
- ½ cup raspberries
- 1 Tbsp. honey
- ¼ cup chia seeds.

Procedures

- Combine all ingredients in a container. Make sure all the chia seeds are mixed in, and mash berries lightly, especially if using frozen raspberries.
- Cover the container and refrigerate overnight until thick. (about 10 hrs.)
- Serve with extra raspberries on top of the pudding, and a drizzle of honey if desired.
- Enjoy!



Mandarin smoothie bowl with overnight chia seeds

Ingredients

- 1 cup almond milk or fat free milk
- 4 mandarins, peeled and in segments
- 1 cup of vanilla Greek yogurt
- ½ frozen banana
- Few ice cubes
- 1/8 tsp cinnamon
- Pinch of fresh mandarin citrus zest
- 5 Tbsp. chia seeds soak overnight in almond milk. (optional)
- Toppings: Blackberries, blueberries, pecans, 1 tsp of peanut butter and one peel and segmented mandarin

Procedures

- Day before: put chia in a container with almond milk, cover it and let it soak overnight. Put it in the refrigerator. Peel the banana and freeze it.
- Next day: add to the blender milk, 3 peeled mandarins, Greek yogurt, banana, ice cubes, cinnamon and citrus zest. Blend it until smooth.
- In a bowl pour chia seeds then the smoothie on top of the chia seeds.
- Add toppings to smoothie.
- Enjoy!

