

A Foodie Stays Fit

5 Easy & Healthy Breakfast Recipes



A big big thank you!

I'm so glad you found my blog and want to keep in touch. To say thanks, I'm sharing my five most popular breakfast recipes with you!

I never skip breakfast. If I don't have time for breakfast, I still eat breakfast. If I'm not that hungry, I *still* eat breakfast. It starts my day in a healthy way that helps me make good choices throughout the rest of the day. The key to not skipping breakfast is to have some easy options that you really, really like. They have to taste great, and they have to be easy. These fit the bill! You can print this off or pull it up on your computer or tablet to easily access when you're feeling uninspired.

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Meet the blogger!

If you're new to my blog, let me introduce myself. (And if you're a long-term reader, thank you!) I'm Teri Hutcheon, the blogger behind [A Foodie Stays Fit](#). I love creating healthy, simple recipes that taste amazing and sharing them with friends, family, and YOU, my blog readers! I work full-time as a social media strategist and love having this blog to share my favorite recipes and workouts with others.

When I'm not working, I'm typically walking [my dog](#), [running](#), doing [Crossfit](#), working on my golf game, hanging out with [my super-cute boyfriend](#), or spending time with the amazing group of friends I have in [Winston-Salem, NC](#), where I live. (I grew up in Utah, but have been in North Carolina for 8 years and I LOVE it here.) I hope you'll stick around, leave a comment on [my blog](#) so I can get to know you, and explore some more.



Now, onto the recipes you came for! Enjoy!

Peanut Butter Banana Chocolate Chip Breakfast Cookie



- 1 banana
- 1 egg white
- 1 t vanilla extract
- 1/3 c old fashioned oats
- 1/4 t baking powder
- 1 T chocolate chips (semi-sweet is my choice)
- dash of cinnamon
- 1 T creamy peanut butter

1. In a microwavable cereal bowl, mash the banana with a fork and mix in the egg. Mix well.
2. Stir in the vanilla extract.
3. Add the oats, baking powder and dash of cinnamon. Stir until fully incorporated.
4. Stir in the chocolate chips.
5. Microwave for 1 minute, 45 seconds.
6. Spread the peanut butter on top and enjoy while warm.
7. Ponder whether this is more appropriate for breakfast or for dessert. I'm unsure. But since there is no added sugar (chocolate chips don't count – obviously), I think it passes as a healthy breakfast and an extra healthy dessert. Win win.

Pineapple Apple Super Smooth Green Smoothie



- 1 cup 100% pineapple juice
- 1 cup water (more or less depending on how thin/thick you like yours)
- 1 apple
- 3 handfuls spinach
- 5 stalks kale, stems removed
- 1/2 avocado
- 1/2 scoop vanilla protein powder (I used [my favorite protein powder \(which I reviewed here\), Vanilla Vega Sport](#))

Combine all ingredients in a high-powered blender.

I love the addition of avocado; it creates such a creamy texture and makes for serious staying power.

Simple Plantain Pancakes



- 1 very ripe plantain (nearly all black), peeled (you may need to cut the peel off)
- 2 eggs
- 1 teaspoon coconut oil + extra for greasing pan
- 1/4 teaspoon baking soda
- pinch of salt
- splash of vanilla extract

1. Combine all the ingredients in a blender until very smooth (the batter should be pretty runny).
2. Melt extra coconut oil in a large skillet over medium-high heat, and pour the pancake batter into the pan to desired size of pancake.
 - a. I made 3-4" pancakes and ended up with 6 pancakes. (Having a stack of pancakes looks so much more appetizing than 1-2" massive pancakes, right?)
3. Cook for 3-5 minutes until the pancakes start to form bubbles and then carefully flip. Cook 1-2 minutes until cooked through.

I served with an extra sprinkle of salt on top. And if I had berries, I'd put those on top too. These are quick enough for a weekday breakfast or nice as a weekend treat too.

Easy Frittata with Goat Cheese, Kalamata Olives & Green Onions



- 1-2 green onions, chopped (all the white and most of the green)
- 10 or so kalamata olives, chopped
- 1 handful spinach, chopped
- 1-2 tablespoons goat cheese
- 2 eggs, whisked well
- salt & pepper
- 1 teaspoon olive oil

1. Preheat your oven broiler to high and place a rack in the top third of the oven. Over medium heat, warm the olive oil in an oven-safe skillet.
2. Add the onions, spinach and olives to the warm skillet and cook for 2-3 minutes.
3. Add salt and pepper to the whisked eggs and then pour the eggs over the onion mixture, slightly tipping the pan to spread them across the bottom if necessary.
4. Sprinkle the goat cheese on top and *continue* to cook until the eggs are almost set.
5. Remove the pan from heat and put it under the broiler to brown for a few minutes. If you whisked your eggs well, it should puff up a little bit.

Savory Oats with Eggs & Avocado



- 1/2 c dry old fashioned oatmeal
- 1 c water (or half water/half milk)
- 1 egg
- 1 T water
- 1/4 of an avocado, diced
- hot sauce, salt & pepper

1. Combine the oatmeal and water and cook, either on the stove or microwave (bring to a boil, then reduce and simmer for 4-5 minutes on the stove; or microwave 2-3 minutes, watching to ensure it doesn't boil over your dish).
2. Meanwhile, spray a small skillet with non-stick spray and heat to medium heat. Crack an egg and cook for 1 minute without moving the egg. When it starts to set, add 1 tablespoon water to the pan and cover. Cook until it starts to glaze over the yolk, about 30 seconds more. (I like my egg yolk to still be slightly runny, especially over oats. Cook your egg longer if you don't like runny eggs.)
3. Slide the egg out of the pan and place on top of your oatmeal. Top with avocado and hot pepper. Season with salt and pepper.
4. Break the egg yolk and dig in!

I hope you try these recipes and love them! Be sure to follow along on my blog - www.afoodiestaysfit.com - to find my latest recipes. And be sure to find me on Instagram (@afoodiestaysfit) to get a peek into what I eat on a daily basis!

You can also find me here. I hope you'll say hi!

- Twitter: twitter.com/afoodiestaysfit
- Facebook: facebook.com/afoodiestaysfitblog
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