



*a Foodie Stays Fit*  
**My 5 Go-To Healthy  
Breakfast Recipes**







# 5 Healthy Breakfast Recipes

A Foodie Stays Fit

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.

**Prep**

**Cook**

**Ready in**

5 Mins

2 Mins

7 Min

# Mint Chocolate Chip Smoothie



## Ingredients

- 1 frozen banana
- 1 big handful spinach
- 1 scoop vanilla protein powder
- 1 cup almond milk
- 5 mint leaves
- 1 T cacao nibs

## Directions

- 1** Blend all the ingredients together, except the cacao nibs, until creamy, adding more milk if necessary for desired thickness. (If you use a full scoop of Vega, you'll definitely need more milk!).
- 2** Add the cacao nibs and pulse in the blender a few times.
- 3** Top with extra cacao nibs.

## Notes

I always buy way more bananas than a human needs in a week so I can put extras in the freezer. A frozen banana is a must for a creamy texture. I promise it makes a big difference vs. a non-frozen one. (There's a reason banana ice cream is a thing.)



# Easy Acai Bowl



## Ingredients

- 1 frozen acai packet1 scoop protein powder (I use Vega Sport!)
- 1/2 frozen banana
- 1 cup frozen mixed berries
- 1 tablespoon almond butter
- 1 date
- handful of spinach or a few stalks of kale
- 1/4-1/3 cup almond milk, only gradually adding to keep the mixture thick!

## Directions

- 1** Blend all your ingredients together until very creamy
- 2** Top with fresh fruit, granola, nuts, chia seeds — whatever you desire!

**Prep**

**Cook**

**Ready in**

5 Mins

2 Mins

7 Mins

## Notes

You may need to use your blender stick or scrape down the edges to get it to blend given the small amount of liquid. It should be very thick! Only add more liquid as needed.



# Easy GF/DF Oatmeal Apple Breakfast Bake

## Prep

15 Mins

## Cook

30 Mins

## Ready in

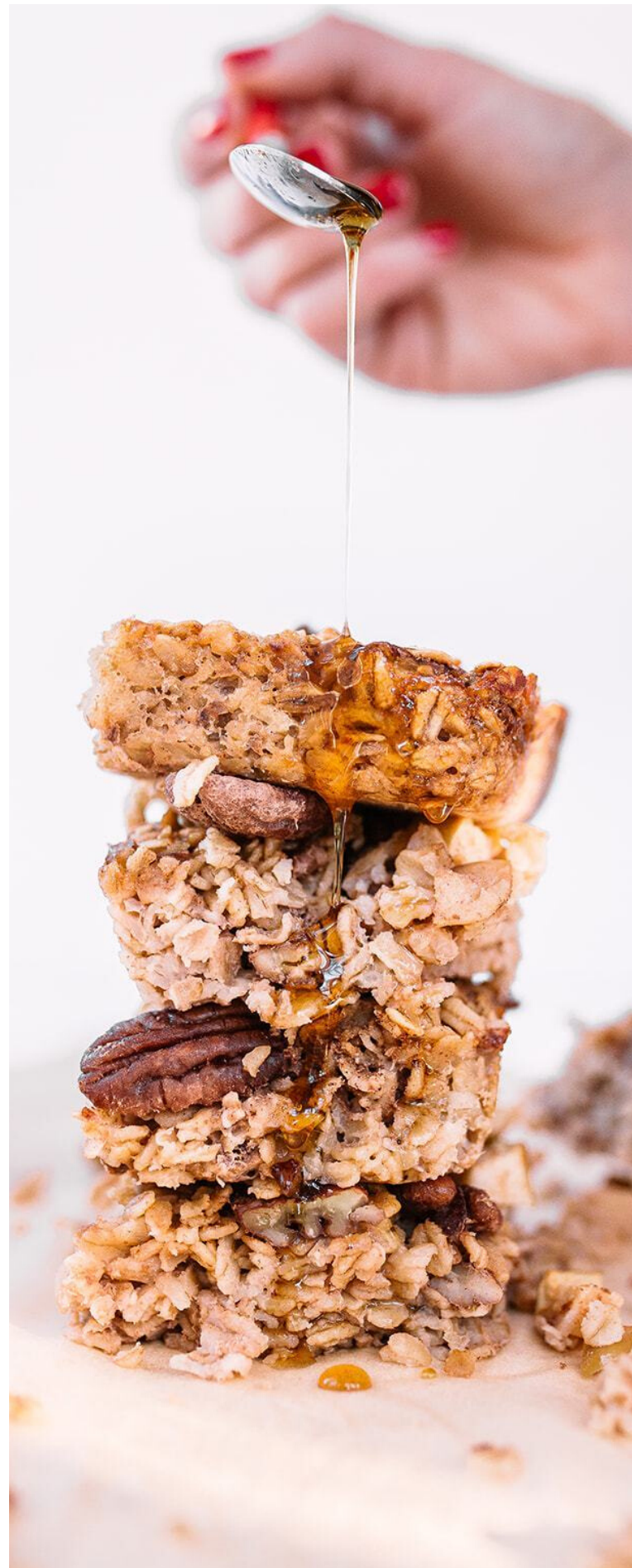
45 Mins

## Ingredients

- 2 cups gluten-free old fashioned oats (or regular, if GF isn't necessary)
- 1 teaspoon baking powder1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 cup pecans, divided
- 1 apple, chopped
- 1/3 cup maple syrup
- 1 2/3 cup almond milk (or milk of your choice)
- 1 egg
- 3 Tablespoons Earth Balance, melted (or butter)
- 1 Tablespoons vanilla extract

## Directions

- 1** Preheat oven to 375 degrees and coat a 9x9 pan with non-stick spray. Chop 1/2 of your pecans.
- 2** Combine the oats, baking powder, cinnamon, salt, 1/2 c. of the pecans and half of the diced apple. Stir to combine and spread into the 9x9 greased pan. Sprinkle the remaining apple and pecan halves on top.
- 3** Whisk the maple syrup, milk, egg, earth balance and vanilla extract. Pour over the oatmeal mixture.
- 4** Bake for 30-35 minutes until golden brown and the liquid has set.



# Breakfast Oatmeal Cookie



## Ingredients

- One full 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

## Directions

- 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.

**Prep**

**Cook**

**Ready in**

5 Mins

2 Mins

7 Mins



# GF/DF Whole Grain Waffles

## Ingredients

- 1 cup rolled oats (I use Trader Joe's brand)
- 1 T coconut flour (you could try another flour; sometimes I use protein powder)
- 1/4 teaspoon baking powder
- 1/2 teaspoon cinnamon
- pinch salt
- 1 egg 1/2 cup almond milk (or milk of choice)
- 1 teaspoon coconut oil, melted and cooled slightly (so it doesn't curdle your egg!)
- 1 teaspoon vanilla extract
- Optional add ins: nuts, blueberries, chocolate chips

## Directions

- 1** Heat your waffle iron. I use the highest setting on mine, but experiment with what works for yours.
- 2** Combine all the dry ingredients, then add in the wet ingredients (egg, almond milk, coconut oil, vanilla). Stir until well mixed. It will be quite thick.
- 3** Spray your waffle iron with non-stick spray. Scoop half the waffle mixture into the iron and spread out with a spoon.
- 4** Cook until they are browned and crispy – usually it's longer than the time allowed for your waffle iron's default setting.

**Prep**

**Cook**

**Ready in**

10 Mins

5 Mins

15 Mins



# Grocery List

## Fruits and Veggies

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## Meats and Frozen

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## Bread and Baked Goods

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## Canned Goods

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## Beverages

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