

# Easy Breakfast Ideas

A COLLECTION OF OUR MEMBERS' FAVORITES!

## **Zapped Eggs with Vegetables**

Ingredients:

- 2 eggs--I usually make this with egg whites because it is healthier.
- 1 cup of thawed frozen vegetables or fresh

Preparation:

1. Crack eggs into microwave safe bowl
2. Add your choice of vegetable to bowl
3. Cook for 30 seconds on high
4. Stir contents in bowl and cook for another 30 seconds or until firm

Note: Easy modification ideas include adding cheese, spices, or different kinds of eggs!

## **Breakfast Burrito**

Ingredients:

- 2 eggs
- ¼ cup refried beans, low-sodium
- 2 Tbsp shredded cheese
- ¼ cup diced red, yellow, or orange bell pepper
- 1 whole-grain flour tortilla
- ¼ avocado
- 2 Tbsp salsa
- 1/4 cup shredded spinach

Preparation:

1. Cook scrambled eggs and vegetables using 'zapped eggs' recipes.
2. Microwave tortilla between two damp paper towels for 30 seconds
3. Add the beans and cheese to the open tortilla and top with cooked eggs & veggies
4. Serve with the spinach, sliced avocado, and salsa

## **PB/granola/apple wrap**

Ingredients:

- 2 Tbsp. Peanut Butter
- 1 whole wheat tortilla
- 1/3 cup granola

Preparation:

1. Spread peanut butter on a whole wheat tortilla
2. Cut up an apple into cubes and place pieces on tortilla
3. Sprinkle a handful of granola on it then wrap up the tortilla.
4. Take on the go!

## **Overnight Oatmeal**

Ingredients:

- 2 handfuls of regular/thick rolled oats
- 2 tablespoons of pumpkin seeds or slivered almonds
- ¼ cup of frozen berries (or fresh)
- ¼ sliced banana
- ½ cup of almond milk (or any milk)
- dash of cinnamon

Preparation:

1. Mix all ingredients together in mason jar or to-go-container
2. Place in fridge overnight
3. Eat chilled in the morning

Other ideas for additions:

- Shredded coconut
- Chopped walnuts
- 1 Tbsp flax or chia seeds (or both)
- Raw cacao nibs

## **Berry Banana Smoothie**

### Ingredients:

- 1 cup spinach leaves
- 1/2 cup frozen blueberries
- 1/2 cup frozen raspberries (or just 1 cup mixed berries)
- 1 ripe banana
- 1/2 cup milk
- 2 tablespoons old fashioned oats (optional)
- 1 tablespoon honey, or more, to taste (optional)

### Preparation:

1. Place milk in blender first
2. Add banana, berries, oats, honey and 1 cup ice in that order
3. Blend until smooth
4. Serve immediately

