

# Breakfast Recipes

## Smoothies

General Smoothie Recipe		Prep Time: 5 minutes   Servings: 1
<b>Ingredients:</b> 1 cup of water, milk, or alternative 1 cup frozen fruit (try berries, mango, or banana) 1 scoop of protein powder 1-2 tablespoons of healthy fat (nuts, seeds, olive oil, avocado)	<b>Directions:</b> 1. Add all ingredients to a blender and blend until smooth.	
<b>Tip:</b> Ingredient ratios are a general guideline, adjust amount of liquid and fruit for desired consistency (add more fruit to make smoothie thicker, more liquid to make less thick). You can also add ice to thicken the smoothie. Feel free to add ingredients that add flavour such as cinnamon, cocoa powder, peanut butter or vanilla.		

Green Smoothie		Prep Time: 5 minutes   Servings: 1
<b>Ingredients:</b> 1 cup of water, cold 1 cup of spinach 1 banana, frozen ¼ avocado 1 scoop of protein powder 2 tablespoons of Greek yogurt (optional)	<b>Directions:</b> 1. Add all ingredients to a blender and blend until smooth.	
<b>Variations:</b> try kale or romaine lettuce instead of spinach. Try keeping frozen greens in your freezer for days when you don't have fresh greens.		



## Oat-based breakfasts

Simple Oatmeal		Prep Time: 5 minutes   Cooking time: 15 minutes   Servings: 2-3
<b>Ingredients:</b> 3 cups of water, milk, or milk alternative 1 cup of large flake oats or old fashion rolled oats ½ to 1 cup frozen, dried, or fresh fruit (try berries, banana, apple, or raisins) ½ cup of nuts, or seeds	<b>Directions:</b> 1. Boil water. 2. Add oats and turn down to low temperature for about 10-15 minutes (until tender). 3. Add fruit, nuts, and seeds.	
<b>Tips:</b> Cook a large pot and store the extra oatmeal in the fridge for several days. Reheat individual portions for a quick breakfast. Adjust liquid/oat ratio for your desired consistency.		
<b>Variation:</b> Try this recipe using apples, walnuts, 1 teaspoon of brown sugar and spices (2 teaspoons of cinnamon or pumpkin spice blend) for an apple-pie inspired batch of oatmeal		

Cinnamon Apple Oatmeal Bake		Prep Time: 5 minutes   Cooking time: 20-25 minutes   Servings: 4
<b>Ingredients</b> 2 cups of rolled oats 2 tablespoons of chia seeds 2 teaspoons of cinnamon 1 teaspoon of baking powder 1 cup of diced apples (about 1 large apple) ½ cup unsweetened applesauce 2 eggs 1 ½ cup of milk or alternative 2 teaspoons of honey or maple syrup 1 teaspoon of vanilla extract 2 tablespoons of olive oil plus more for the baking dish ½ cup of nut of your choice (almonds, walnuts)	<b>Directions</b> 1. Preheat oven to 375°F or 190°C. 2. Coat baking dish (9x9 square inch) with olive oil. 3. In mixing bowl, combine all dry ingredients (oats, chia, cinnamon and baking powder). Mix thoroughly. 4. Add all remaining ingredients and stir. 5. Pour into baking dish. Bake for 20-25 minutes, until liquid has evaporated. 6. Allow to cool for 5- 10 minutes before eating.	
<b>Storage:</b> Store for up to 3-5 days in airtight container in the fridge.		

Muesli		Prep Time: 10 minutes   Servings: 4
<b>Ingredients</b> 1.5 cup of rolled oats ¼ cup dried fruit (e.g., raisins, apples, apricots, or coconut) ¼ cup nuts, chopped (Walnuts or almonds) ¼ cup seeds (Chia, flax, hemp, or pumpkin)	<b>Directions</b> 1. In large mixing bowl, combine all ingredients. 2. Combine with Greek yogurt or milk of your choice. You can let it sit for 10 minutes (or overnight) before eating to soften the oats.	

## Eggs

Combine the following for a breakfast to suit you:

**2 Eggs** – prepared the way you like.

A **complex carbohydrate** such as whole grain bread, a whole grain tortilla, a rice cake, sliced fruit, roasted potato, yam, or sweet potato

A **vegetable**: try slices of avocado, tomato or cucumber. Try sautéed mushrooms, spinach, onions, or other greens.

Check out the Cooking Education document for different methods.

**Tip:** Any of these egg breakfasts could also be used as a quick lunch or dinner too!



## EASE-GAD Veggie Scramble

Prep time: 5 minutes | Cook time: 10 minutes | Serves: 2

### Ingredients:

4 eggs  
2 tablespoons of water  
¼ teaspoon of pepper  
1 teaspoon of any of following: basil, parsley, oregano  
½ cup of mushrooms, diced  
½ cup of peppers  
½ cup of spinach  
1 tablespoon of olive oil

**Optional:** top with 1-2 tablespoons of salsa for additional spice

### Directions:

1. Mix together eggs, spices, and water in a bowl.
2. In a large pan, use olive oil to coat the pan.
3. Start by cooking the vegetables on medium-high heat for 5-7 minutes.
4. Pour egg mixture from bowl into skillet with vegetables. Use spatula to create curds with egg and vegetable.
5. Continue cooking for 3-5 minutes until fully cooked through.

## Egg Muffins

### Ingredients:

8 eggs  
4 strips of turkey bacon  
1 cup of raw spinach  
Optional: ½ cup grated cheese

### Directions:

1. Coat muffin tin with olive oil.
2. Sauté spinach.
3. Cook turkey bacon in a pan and remove excess oil using paper towel. Slice turkey bacon into small pieces.
4. Whisk the eggs in a bowl.
5. Divide spinach, bacon and egg mixture evenly between 8 muffin tin spaces. Add salt and pepper
6. Bake for 15-20 minutes at 400°F.

**Tips:** Can be made in advance, stored in the fridge up to 3-4 days, and reheated in the morning. Can also be frozen and reheated in a microwave. Try arugula instead of spinach.

Consider adding other vegetables like cooked onions, peppers, tomato, or mushrooms. Check your fridge for any leftover vegetables (cooked broccoli or cauliflower) to decrease food waste.

## Tofu Scrambled “Eggs”    Prep time: 10 minutes | Cook time: 15 to 20 minutes | Servings: 4

### Ingredients:

1 package of firm tofu (350g)  
1 bell pepper, diced  
1 zucchini, diced  
½ cup mushrooms, sliced  
¼ onion, diced  
2 tablespoons of olive oil  
½ teaspoon of paprika  
¼ teaspoon of sea salt  
½ teaspoon of pepper

### Directions:

1. Cut tofu into small cubes. Pat dry with paper towel to remove any excess liquid before cutting. Cover a pan with parchment paper, place on pan.
2. Use olive oil to coat the pan over medium-heat.
3. Add diced bell pepper, zucchini, mushrooms, and onion and cook for 5-7 minutes, or until tender.
4. Add tofu, garlic powder, paprika, sea salt, and pepper. Use a spatula to scramble and stir the tofu and vegetables.
5. Cook until edges of tofu are firm, about 15 minutes.

## Good morning egg roll-up

Feel the need for speed in the morning? This super quick breakfast cooks up in a flash. Prep your veggies the night before to cut down on prep time. Or make the egg mixture the night before, and warm it up on your tortilla in the morning. So simple, so good!



Vegetarian



30 mins or less



Kid-friendly



PREP TIME  
5 min



COOK TIME  
3 min



SERVINGS  
1

### Ingredients

- 1 egg or 2 egg whites
- 30 mL (2 tbsp) diced red bell pepper
- 30 mL (2 tbsp) grated zucchini or carrot
- Pinch fresh ground black pepper
- 1 small whole grain flour tortilla
- 15 mL (1 tbsp) grated light old Cheddar or Swiss cheese

### Directions

1. In a small bowl with a fork, beat together egg, red pepper, zucchini and pepper.
2. Spray a small 20 cm (8 inch) nonstick skillet with cooking spray and place on medium heat. Pour egg mixture into pan, swirling pan to coat evenly. Let cook for about 2 minutes or until edge is light golden. Using a spatula, lift around edges and flip egg over and cook for another 30 seconds or until set and light golden.
3. Slide egg onto flour tortilla and sprinkle with cheese. Roll up and enjoy!

### Tips

- ✓ Get your **little chefs** in the kitchen to help whisk the egg. **Older kids** can dice the red pepper and grate the zucchini.
- ✓ Switch it up! There are **endless combinations** of veggies and cheese to make this a whole new roll up every time you enjoy it.
- ✓ **Shortcut microwave version:** Spray small microwaveable rimmed dinner plate with cooking spray. Pour egg mixture into centre of plate. Place in microwave and cook on HIGH for 30-second intervals until set.

Recipe developed by Emily Richards, PhD, EC for the Heart and Stroke Foundation. Reproduced with permission from the Heart and Stroke Foundation of Canada.

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## High-Fiber Pancakes **Prep Time: 5 minutes | Cook time: 5-7 minutes | Makes 6 to 8 pancakes**

### Ingredients:

½ cup oat flour (buy it or make your own by putting dry oats in the blender)  
½ cup almond flour  
1 teaspoon baking powder  
1 egg  
1 cup milk or milk alternative

### Directions:

1. Combine all ingredients in a bowl.
2. Heat a pan and coat in oil.
3. Spoon in batter, flip and serve. Spoon in batter, flip pancake when the top has air bubbles (see how to flip a pancake in cooking education document).
4. Serve when both sides are golden and batter is cooked throughout.

**Tip: top with fresh fruit, nut butter, or jam**

## Berry Pancake Bake **Prep Time: 15 minutes | Cook Time: 20 minutes | Serves 8**

### Ingredients:

½ cup quick cooking oats  
½ cup whole wheat flour  
4 eggs  
1 cup milk or milk alternative  
1 teaspoon of vanilla extract  
1 tablespoon of honey or maple syrup  
3 tablespoons of olive oil  
1 ½ cup frozen or fresh berries  
½ cup of chopped nuts of your choice

### Directions:

1. Preheat oven to 250°C/475°F
2. In a blender, combine oats, flour, eggs, eggs, vanilla and honey. Blend until smooth.
3. In a rectangle baking dish, coat with olive oil. Then pour in the mixture. Add berries evenly throughout.
4. Bake for 20 minutes, or until batter is puffed or an inserted toothpick comes out clean. Top with nuts.

## Chia Pudding **Prep Time: 5 minutes | Serves 1**

### Ingredients:

1 cups of milk or alternative  
4-5 tablespoons chia seeds  
1 tablespoons of maple syrup or honey  
1 teaspoon of vanilla extract (optional)  
Fresh fruit and nuts

### Directions:

1. Combine milk, chia seeds, maple syrup and vanilla in a jar. Wait 5 minutes and stir again to break up any clumps.
2. Refrigerate overnight, or at least 6 hours. Add fruit and nuts.

Store in a container for 5-7 days in the refrigerator.



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