

# *Breakfast Favorites*

Simple and healthy recipes to start  
your day off right!

## Smoothie Template

*Smoothies can be easily customized to your preference! Here's an easy recipe to follow that allows you to add all your favorite ingredients.*

1 ½ cups liquid like water, milk, or juice (can add more or less depending on how smooth you want your smoothie to be)

1 ½ to 2 cups of your favorite fruits, fresh or frozen

½ cup Greek yogurt (plain or flavored)

Add ½ cup ice for more liquid and texture

Optional add ins:

½ c leafy greens

1 tsp chia seeds and/or flax seeds

Sweetener of your choice

1 scoop protein powder

1 tbsp. peanut or nut butter



## Chocolate Banana Breakfast Shake

1 cup skim or 1% milk

1 serving of Carnation Instant Breakfast, Ovaltine, chocolate protein powder or other chocolate powder that can be added to milk

½ banana

¼ cup dry oats

Small handful of nuts (walnuts, almonds, or pecans are delicious)

1. Put all ingredients in blender. Blend until smooth (it will remain slightly lumpy because of the oats and nuts).

*Recipe courtesy of Kami Vernon*

## Vanilla-Peach Smoothie

2 cups yogurt  
1 ½ cup orange juice, or as much as needed  
½ tsp vanilla extract  
½ frozen banana, optional  
2 cups unsweetened frozen sliced or chopped peaches

1. Put the yogurt, juice, vanilla, and banana in the blender first, followed by the peaches.
2. Pulse blender to start, then turn on high to smooth. If the mixture is stiff, add more liquid.  
Serve right away.

*Recipe adapted from Mark Bittman's How to Cook Everything*

## Multi-Fruit Smoothie

2 cups frozen unsweetened strawberries  
½ cup blueberries  
1 banana cut in chunks  
½ kiwi, sliced  
2 cups fresh spinach  
½ cup ice cubes  
1 cup fat-free milk  
½ cup 100-percent apple juice

1. Combine strawberries, blueberries, banana, kiwi, spinach, ice cubes, fat-free milk and apple juice in blender.
2. Blend until smooth.

*Recipe from eatright.org*

## Green Monster Smoothie

1 cup fat-free milk (or milk of your choice)  
 ½ c fat-free plain yogurt  
 1 banana, frozen  
 1 tbsp. natural peanut butter  
 2 cups fresh spinach  
 1 cup ice cubes (optional)

1. Blend all ingredients until smooth.

*Recipe from [allrecipes.com](http://allrecipes.com)*



## Overnight Oats

*Overnight oats are a great make-ahead breakfast that you can even take with you on the go. This is a basic recipe for overnight oats.*

1/3 cup plain Greek yogurt  
 ½ cup rolled oats  
 2/3 cup milk of choice (if using soy, rice, almond, or another non-dairy milk use unsweetened)  
 1 tbsp. chia seeds or ground flax seeds  
 ½ tsp. vanilla extract  
 Pinch of salt  
 Up to 2 tbsp. honey or maple syrup

Optional Mix-ins (these can be added before refrigerating or as toppings later):

Fruit (bananas, berries, peaches, apple chunks)

Nut butter

Cocoa powder

Coconut

Nuts

1. Mix all ingredients in a bowl or in the jar you'll be storing them in. Pour or spoon the mixture into the storage container.
2. Refrigerate for at least 4 hours, but up to 8 hours (usually overnight) for best results.
3. Overnight oats can be eaten cold or heated in the microwave.

*Recipe adapted from [wholefully.com](http://wholefully.com)*

## Peanut Butter Overnight Oats

½ cup unsweetened plain almond milk (or milk of your choice)  
 ¾ tbsp. chia seeds  
 2 tbsp. natural peanut butter, almond butter, or nut butter of your choice (can be creamy or chunky)  
 1 tbsp. maple syrup (can substitute for your preferred sweetener)  
 ½ cup rolled oats  
 Optional toppings (bananas, strawberries, other fruit, granola, ground flax seeds or chia seeds)

1. Mix all ingredients together.
2. Put mixture into a storage container with a lid. Make sure the oats are covered by the milk.  
Store in the refrigerator overnight.
3. Add extra toppings right before eating. Can be eaten cold or warmed in the microwave.

*Recipe adapted from minimalistbaker.com and Eating Bird Food*

## Instant Oatmeal Packets

¾ cup rolled oats  
 1 ½ cup quick oats  
 ½ cup powdered milk  
 ½ cup sugar (white or brown)  
 1 tsp salt (scant)  
 1 tsp cinnamon



\*\*Ideas for toppings: dried fruit, fresh fruit, canned fruit, nuts, seeds, mini chocolate chips, peanut butter, jam, etc.

1. Blend dry rolled oats in a blender, pulsing until oats are powdery.
2. In a mixing bowl combine powdery oats and remaining ingredients.
3. To use, combine ½ cup instant oatmeal and 2/3 cup water in a microwaveable bowl and microwave for 2 minutes. Add toppings if desired.
4. If desired, put mix into individual baggies, ½ cup in each. Makes 6 packets.

*Recipe courtesy of Kami Vernon*

## Tasty Toast

*Toast is another quick and healthy breakfast option for a busy student on-the-go! Here are some ideas for yummy toast toppings.*

1. Spread your favorite nut butter on a slice of toast. Put sliced bananas on the top and drizzle with honey.
2. Cook up an egg any way you want (scrambled, fried, poached). Mash up some avocado and spread it on your toast. Put the egg on top of the toast and sprinkle with some salt and pepper.
3. Top your toast with hummus and leftover cooked veggies.
4. Put some Nutella on your toast and top with your favorite sliced fruit (strawberries and bananas are great options!)
5. Spread low-fat herbed cream cheese on your toast (can sub cream cheese for any type of low-fat cheese like cheddar, Colby, mozzarella, etc. Havarti is one of the best for this combo!). Top with sliced cucumbers.
6. Experiment with what you have in your fridge! Try jam, cheese, fruit, vegetables—get creative!

## Frozen Breakfast Burritos

12 flour tortillas  
 6 eggs, scrambled  
 6 small potatoes, diced and fried  
 Grated cheese  
 Cooked and diced bacon or sausage  
 Green pepper, diced and sautéed  
 Salsa



1. Scramble the eggs the way you normally would. Sautee the potatoes and green peppers. Bake the bacon or fry up the sausage.
2. Soften the tortillas in the microwave for a few minutes so they'll be more pliable.
3. Lay out the tortillas and add in the filling ingredients. Roll up, tucking the ends in first. Wrap in plastic wrap, then place all the burritos in a gallon freezer bag.
4. In the morning, heat in the microwave for 3-5 minutes or until warmed.

*Recipe adapted from [cheapcooking.com](http://cheapcooking.com)*

## Boiled Eggs

1. Fill a pot with about 4-5 cups of water (or more if your pot is larger). You want the water to cover the eggs you'll be cooking completely.
2. Bring the water to a boil.
3. Very carefully add the eggs to the boiling water with a spoon making sure not to drop the eggs in the pot or on top of another egg.
4. Let the water keep boiling with the eggs in it for 10 minutes for a hard-boiled egg (yolk fully cooked). Boil for 8-9 minutes for a yolk that is a little softer in the middle. Boil for 6-7 minutes for soft-boiled egg (yolk is runnier).

## Pancakes

*These take a little bit longer to make so they are great for a weekend breakfast.*

1  $\frac{1}{4}$  cups flour (use some white and some wheat flour for a healthier option)  
 2 tsp. sugar  
 2 tsp. baking powder  
 1 beaten egg  
 1 cup milk of your choice  
 1 tbsp. oil (or substitute with plain low-fat Greek or regular yogurt)  
 $\frac{1}{2}$  tsp salt

1. Stir together flour, sugar, baking powder, and salt.
2. Combine egg, milk, and oil (or yogurt) in a separate bowl. Add all at once to flour mixture; stir until blended but still slightly lumpy.
3. Cook on a hot, lightly greased skillet. Makes about eight 4-inch pancakes.

*Recipe adapted from Betty Crocker Cookbook.*

## Basic Muffins

*This is a great make-ahead recipe since muffins are an easy grab-and-go breakfast or snack.*

1  $\frac{3}{4}$  c flour  
 $\frac{1}{4}$  cup sugar or mashed ripe bananas  
 2 tsp. baking powder  
 $\frac{1}{2}$  tsp. salt  
 $\frac{3}{4}$  cup milk  
 1/3 cup oil (or substitute with plain low-fat Greek or regular yogurt)  
 1 egg lightly beaten

1. Preheat oven to 400 °F.
2. Mix dry ingredients together well.
3. In a separate bowl, mix milk, oil, and egg. Make a well in the center of the dry ingredients. Pour in the wet ingredients and stir until moistened, leaving the mixture slightly lumpy.
4. Fill sprayed muffin pans about 2/3 full. Bake 20-25 minutes. Makes 10-12.

Blueberry Muffins: Add  $\frac{3}{4}$  cup fresh or frozen (thawed) blueberries. Add 1 tsp. zested lemon peel if desired.

Cranberry orange muffins: Add 1 cup fresh, frozen (thawed), or dried cranberries and combine with  $\frac{1}{4}$  c more sugar and orange zest to taste. Fold into batter.

Pumpkin: Increase sugar to 1/3 c and add  $\frac{1}{2}$  c canned pumpkin to egg mixture. Stir  $\frac{1}{2}$  tsp ground cinnamon and  $\frac{1}{2}$  tsp. ground nutmeg into flour mixture.

## **Waffles**

*Waffles take a bit of time to make so this is another great weekend breakfast option!*

1  $\frac{3}{4}$  cup flour (white, wheat, or a combination of both flours)

1 tbsp. baking powder

$\frac{1}{2}$  tsp salt

2 egg yolks (save the whites!)

1  $\frac{3}{4}$  c milk

$\frac{1}{2}$  c cooking oil (or substitute plain low-fat yogurt)

2 egg whites

1. In a large mixing bowl stir together flour, baking powder and salt.
2. In a small mixing bowl beat egg yolks with a fork. Beat in milk and cooking oil (or yogurt).
3. Add to flour mixture all at once. Stir mixture until blended but still slightly lumpy.
4. In a smaller bowl, beat the eggs whites with an electric beater until stiff peaks form.
5. Gently form the beaten egg whites into the flour-milk mixture, leaving a few fluffs of egg white. Don't over mix.
6. Pour batter onto preheated waffle iron. Makes about 7 round waffles or 3 nine inch waffles.