

WHOLE GRAIN OATS, EGGS & GREEK YOGURT Ingredients to a Healthy Breakfast Routine

Protein-Spiked Spiced Overnight Oats

Serves: 1

- ¼ cup old-fashioned rolled oats
- ¼ cup unflavored protein powder (e.g., pea protein powder or grass-fed whey)
- ½ cup hot water
- 1 tablespoon virgin coconut oil
- 1 tablespoon honey
- ¼ teaspoon ground cinnamon
- ¼ teaspoon grated ginger
- ½ cup shredded zucchini
- 1 small green apple, chopped

In a small bowl, stir together rolled oats and protein powder. Add hot water, and stir to dissolve the powder evenly into the oats.

In a separate small bowl, whisk together coconut oil, honey, cinnamon, and ginger, and then fold in zucchini and apple to coat thoroughly. Stir into oat mixture. Refrigerate overnight.



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Easy Guacamole and Red Pepper Omelet

Serves: 1

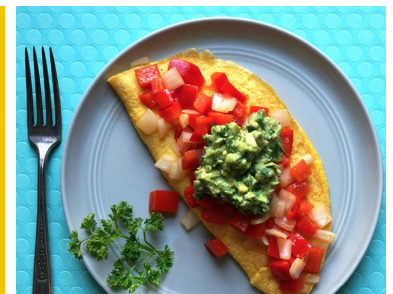
- ¼ medium avocado
- 1 teaspoon chopped cilantro
- 1 teaspoon fresh lime juice
- 1 teaspoon minced jalapeno
- Pinch black pepper
- Pinch sea salt
- 2 organic eggs
- ½ tablespoon extra virgin olive oil
- 1 red bell pepper, minced
- ¼ cup minced yellow onion

Mash avocado, and stir in cilantro, lime juice, jalapeno, black pepper, and sea salt to make fresh guacamole. Chill in refrigerator.

In a small bowl, whisk eggs, and set aside.

Add olive oil to small sauté pan. Sauté bell pepper and onion over low heat until tender. Remove veggies from pan, and set aside.

Add whisked eggs to same pan, allow eggs to set for a minute, and then carefully flip one side over. Remove eggs from pan, and top with veggies and guacamole.



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The 5-Minute Breakfast Parfait

Serves: 1

- 1 Fuji apple, chopped
- $\frac{3}{4}$ cup nonfat vanilla Greek yogurt
- $\frac{1}{4}$ teaspoon apple pie spice
- $\frac{1}{4}$ cup walnuts, divided

Fold apple pie spice into yogurt. Layer apples, yogurt, and 1 tablespoon walnuts in a glass, and repeat layers. Sprinkle parfait with apple pie spice, if desired.



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Just Peachy Smoothie

Serves: 1

- 1 medium ripe peach
- $\frac{1}{4}$ avocado, sliced
- $\frac{1}{3}$ cup unsweetened frozen strawberries
- $\frac{3}{4}$ cup plain Greek yogurt
- 2 large handfuls raw spinach or kale

Combine all ingredients in a blender and blend until smooth. Pour in a tall glass and serve immediately.



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Build Your Own Smoothie

Serves:1

- 1 cup liquid that's not juice (water, coconut water, unsweetened almond/coconut milk, etc.)
- $\frac{1}{2}$ cup to 1 cup fruit (bananas, berries, mangoes, peaches, apples, oranges, pineapple, etc.)
- $\frac{1}{2}$ cup to 1 cup greens (popular smoothie greens include spinach, kale, and romaine)
- $\frac{1}{4}$ teaspoon spices (vanilla, cinnamon, nutmeg, ginger, cacao powder, etc.)
- 1 – 2 tablespoons protein/fat (nuts, nut butter, chia seeds, flax seeds, avocado, Greek yogurt, etc.)

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