

CLEAN IT UP

BREAKFAST IS BEST!

EASY BREAKFAST RECIPES FOR PEOPLE ON THE GO!

Cookies for Breakfast? Why Not!

Makes 12-15 cookies

Ingredients

- 3 ripe bananas
- 1 cup of unsweetened applesauce
- 1½ cups rolled oats
- 1/3 cup dried cranberries
- ¼ tsp cinnamon

Directions

1. Preheat oven to 350 degrees.
2. Mash the bananas in a mixing bowl.
3. Add remaining ingredients into the mashed bananas.
4. Measure 1 tablespoon of batter for each cookie and drop onto a cookie sheet that has been sprayed with non-stick cooking spray. The cookies will not spread or rise, so shape them how you want them to look.
5. Bake for approximately 30 minutes, until nice and brown.

Nutrition Info Per Serving: Cal 151 | Fat 1.5g | Carb 33g | Pro 3.4g | Fibre 4.4g | Sod 3mg | Sugar 12g

Helpful Hint:

Make a batch of these on Sunday night. Grab two with a quick source of protein like a boiled egg or a couple of slices of cheese as you run out the door on those days when you are running late!



Nut Butter Waffle

Makes 1 serving



Ingredients

- 1 whole-grain frozen waffle
- 2 tbsp nut butter
- 1 tbsp raisins
- ½ tbsp sesame seeds

Directions

1. Toast the frozen waffle.
2. Spread waffle with nut butter and top with raisins and sesame seeds.

Nutrition Info Per Serving: Cal 331 | Fat 18g | Carb 37g | Pro 9.5g | Fibre 7.5g | Sod 383mg | Sugar 11g

Helpful Hint:

Another great breakfast when the clock is working against you. It's much healthier than a waffle drenched in butter and sugar-laden syrup! Enjoy with a hard-boiled egg for added protein!

Banana Berry Smoothie

Ingredients

- 1 ½ cups unsweetened almond beverage
- 1 ripe medium banana, peeled and sliced
- ½ cup frozen berries (any kind)
- ½ cup silken tofu
- ½ cup raw spinach
- ½ tsp honey (optional)

Directions

Combine almond beverage, banana, berries, tofu and crushed ice in a blender. Cover and blend until smooth and frothy. Sweeten with honey, if desired. Serve immediately. Quick, easy, and delicious!

Nutrition Info Per Serving: Cal 73 | Fat 1.7g | Carb 14g | Pro 1.2g | Fibre 2.5g | Sod 94mg | Sugar 7.5g



Coffee is not your only "to go" option



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Breakfast Burrito

Makes 1 serving

Ingredients

- 1 whole egg
- 2 egg whites
- ¼ cup black beans, rinsed & drained
- 2 tbs salsa
- 2 tbs shredded low-fat cheddar cheese
- 1 small whole-wheat tortilla



Helpful Hint:

Forgo the wrap. Double the recipe and fill muffin tins for low carb gluten free Burrito Muffins! Add some red and green peppers to boost the veggie content.



Directions

1. Scramble eggs and beans over medium heat in a frying pan coated with non-stick cooking spray.
2. Place egg mixture in tortilla and top with cheese and salsa.
3. Roll tortilla to close ends and enjoy!

Nutrition Info Per Serving: Cal 438 | Fat 11g | Carb 55g | Pro 3.4g | Fibre 11g | Sod 540mg | Sugar 3g

Mini Mushroom and Sausage Quiches

Makes 6 servings (12 quiches)

Ingredients

- 8 oz turkey breakfast sausage, removed from casing and crumbled
- 1 tsp extra virgin olive oil
- 8 oz mushrooms, sliced
- ¼ cup sliced scallions
- ¼ cup shredded Swiss cheese
- 1 tsp freshly ground pepper
- 5 whole eggs
- 3 egg whites
- 1 cup 1% milk



Helpful Hint:

These can be wrapped in plastic and frozen for up to 1 month! To reheat, just remove plastic, wrap in a paper towel and microwave on high 30-60 seconds!

Feel free to change up the ingredients and add some variety to your mornings.

Directions

1. Preheat oven to 325 degrees. Coat a non-stick muffin pan with cooking spray.
2. Heat a large non-stick skillet over medium-high heat. Add sausage and cook until golden (6-8 minutes). Transfer to a bowl to cool.
3. Add oil to the pan. Add mushrooms and cook, stirring often, until golden (5-7 minutes). Transfer mushrooms to bowl with sausage. Let cool for 5 minutes, then add scallions, cheese, and pepper.
4. Whisk eggs, egg whites, and milk in a medium bowl. Divide the egg mixture evenly among prepared muffin cups. Sprinkle a heaping tablespoon of the sausage mixture into each cup.
5. Bake on the middle rack until tops are just beginning to brown (25 minutes). Let cool on a wire rack for 5 minutes. Place a rack on top of the pan, flip it over and turn quiches out onto rack. Turn upright and cool completely.

Nutrition Info Per Serving: Cal 117 | Fat 6.5g | Carb 4.5g | Pro 11g | Fibre 0.6g | Sod 121mg | Chol 145mg | Sugar 3g