

MAKE-AHEAD BREAKFAST RECIPES



MINI EGG FRITTATAS

GOOD SOURCE OF PROTEIN, VITAMINS A, C, AND D

NUTRITIONAL INFORMATION (PER MINI FRITTATA) : Calories 74; Fat 5g; Saturated Fat 2g; Carbohydrates 2g; Sodium 82mg; Fiber 0g; Protein 6g

BLUEBERRY MINI MUFFINS

EXCELLENT SOURCE OF ANTIOXIDANTS

NUTRITIONAL INFORMATION (PER TWO MUFFINS): Calories 116; Fat 8g; Sat Fat 1g; Sodium 106mg; Cholesterol 31mg; Carbohydrate 10g; Fiber 1g; Protein 3g

OVERNIGHT OATS

EXCELLENT SOURCE OF FIBER, PROTEIN, AND CALCIUM

NUTRITIONAL INFORMATION: Calories 211; Fat 7g; Carbohydrates 26g; Sodium 102mg; Fiber 5g; Protein 13g; Calcium 365mg



MINI EGG FRITATTAS – SERVES 8

INGREDIENTS:

6 large eggs
¼ cup milk
⅛ teaspoon salt
⅛ teaspoon ground black pepper
¾ cup baby spinach, packed
1 red bell pepper, diced
¼ cup shredded cheddar cheese, plus extra for garnish

PREPARATION:

1. Preheat oven to 375°F. Spray a 12-cup muffin tin with nonstick cooking spray.
2. Whisk the eggs and milk together in a bowl. Season with salt and pepper.
3. Chiffonade the spinach by stacking the leaves, rolling them up, and slicing thin. Add the spinach, peppers, and shredded cheese to the egg mixture and stir to combine.
4. Fill muffin cups ¾ full. Optional to sprinkle additional cheese on top before baking. Bake for 10-15 minutes until the centers are set and no longer runny. Allow to cool slightly before serving.
5. Store in an airtight container in the fridge. When ready to enjoy, microwave for 45 seconds or eat cold. These can also be stored in the freezer.

NOTE: Try any combination of 1½ - 2 cups vegetables. These are a great way to use up leftover vegetables or vegetables that are getting past their prime. Frozen chopped vegetables also work great in these. Enjoy on their own, with a side of greens, or place on a whole grain English muffin for a quick weekday breakfast sandwich.

BLUEBERRY MINI MUFFINS – MAKES 24 MUFFINS

INGREDIENTS:

1 cup whole wheat pastry flour
¼ cup brown sugar (or try maple sugar or coconut sugar)
½ teaspoon baking soda
¼ teaspoon kosher salt
2 large eggs
2 tablespoons extra virgin olive oil
2 tablespoons maple syrup or honey
1 teaspoon vanilla extract
⅔ cup frozen wild blueberries (do not thaw)

PREPARATION:

1. Preheat oven to 375°F. Line a mini muffin tin with 24 paper liners (or spray with nonstick spray).
2. In a large bowl, mix together the pastry flour, sugar, baking soda, and salt.
3. In a medium bowl, beat the eggs. Add the oil, maple syrup (or honey), and vanilla extract and whisk together until well combined.
4. Add the liquid ingredients to the dry ingredients and stir together until combined. Gently fold in the blueberries.
5. Spoon the mixture into the prepared muffin cups (about 1 tablespoon per cup). Bake for 10-15 minutes until golden brown. Allow to cool before serving.

NOTE: If making regular size muffins, bake for 25 minutes until golden brown and a toothpick inserted into the center comes out clean.

For gluten-free muffins, use 1 cup almond flour in place of the whole wheat pastry flour.



OVERNIGHT OATS – SERVES 1

INGREDIENTS:

- 1/3 cup rolled oats
- 1/3 cup milk of choice
- 1/3 cup Greek yogurt (plain or flavored)
- 1/2 tablespoon ground flaxseeds
- 1 teaspoon chia seeds
- 1/4 teaspoon ground cinnamon

Optional add-ins: 1-2 tablespoons nut or seed butter; 1/2 mashed banana; 2-4 tablespoons pumpkin puree; 1 teaspoon maple syrup or honey; 1 teaspoon cacao powder; 2 tablespoons chocolate chips, 1 teaspoon hemp seeds

PREPARATION:

1. Combine all ingredients in a mason jar (or airtight container). Stir to combine and allow to sit overnight until liquid is soaked up by the oats.
2. In the morning, stir in fresh fruit, nuts, or additional seeds.

NOTE: Add fruit and nuts at serving time for best texture. Top with fresh fruit, nuts, seeds, granola, or additional sweetener if needed. Get creative!

TIP! Make several jars of overnight oats at once for the week for an easy grab and go weekday breakfast. If you have an empty nut or seed butter jar, recycle the jar to make overnight oats and use up those last bits of nut or seed butter stuck to the sides!

EQUIPMENT NEEDED

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| 1 12-cup muffin tin | 1 large mixing bowl |
| 1 24-cup mini muffin tin | 2 medium mixing bowls |
| Muffin cup liners (regular and mini) | Mason jar (or empty jam or peanut butter container) |

INGREDIENTS

Produce

- o 3/4 cup baby spinach
- o 1 red bell pepper
- o Fruit for overnight oats topping

Dairy/Eggs

- o 1/4 cup shredded cheddar cheese
- o 8 large eggs
- o 1/3 cup nonfat (or nondairy) milk
- o 1/3 cup Greek yogurt (plain or flavored)
- o 1/4 teaspoon ground cinnamon

Freezer

- o 2/3 cup frozen wild blueberries

Baking, Canned, and Non-perishables

- o 1 cup whole wheat pastry flour
- o 1/4 cup brown sugar
- o 1/3 cup rolled oats
- o 2 tablespoons extra virgin olive oil
- o 2 tablespoons maple syrup or honey
- o 1 teaspoon vanilla extract
- o 1/2 tablespoon ground flaxseeds
- o 1 teaspoon chia seeds
- o Salt
- o Black Pepper

MISE EN PLACE

Cooking along? Have the following items prepped in advance of the demo. Arrange all other ingredients at your workspace so they are readily accessible and have measuring utensils and equipment handy. PRO TIP! Arrange your ingredients from left to right in order they appear in the recipe



MINI EGG FRITATTAS:

Chop the bell pepper