



# 18 Healthy Breakfast Recipes

[FAVE HEALTHY RECIPES](#)

**Our Go-To Easy Healthy Recipes**

**18 Healthy Breakfast Recipes: Our Go-To Easy Healthy Recipes**

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## Letter from the Editor

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Dear Healthy Cooking Enthusiast,

Breakfast is the most important meal of the day. Eating a healthy breakfast is absolutely crucial if you want to start your day on the right foot. Instead of loading up on sugary cereal or greasy fast food, you should make these healthy breakfast recipes. If you're worried that these breakfast recipes will be boring, then you have another thing coming. These breakfast recipes are both delicious and nutritious.

This brand new eCookbook, *18 Healthy Breakfast Recipes: Our Go-To Easy Healthy Recipes*, will provide you with quick and easy recipes for your morning. It doesn't matter what you're in the mood for because this eCookbook has everything you could ever want. Wake up and enjoy our Black Forest Overnight Oats (pg. 19), or maybe you'd like to try our Light and Goopy Cinnamon Rolls (pg. 26). If you're looking for a breakfast recipe to impress your significant other, then you need to try our Classic Chocolate Chip Pancakes on pg. 9. With this collection of healthy breakfast recipes, you'll never hit the snooze button again. Sleeping in doesn't seem necessary when you could be enjoying one of these amazing recipes.

Make a few of these breakfast recipes and discover the delights of following a healthy diet. You won't be disappointed with any of these breakfast recipes. All of these recipes are absolutely, without a doubt, the best recipes around. To have these recipes ready when you need them, be sure to save this breakfast eCookbook. You can print it out and keep it handy in your kitchen.

Happy healthy cooking!

Sincerely,

The Editors of FaveHealthyRecipes.com

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Find blog posts about FaveHealthyRecipes at [RecipeChatter.com](http://RecipeChatter.com).

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## HEALTHY PANCAKE RECIPES

### SKINNY BISQUICK PANCAKES

BY: [ZRINKA FROM DIET TASTE](#)



Hosting overnight guests? Surprise them in the morning with these Skinny Bisquick Pancakes. This healthy breakfast recipe is light, fluffy, and very comforting. To give it an extra refreshing taste, feel free to add some of your favorite fruits to the mixture, like bananas, blueberries, or apples. Only a few ingredients are required for this scrumptious meal, so that makes this the perfect breakfast recipe if you're on a budget. Are you curious as to what makes these pancakes the best? They're super simple to prepare, which means you can spend more time with your guests and less time in the kitchen.

**Pancake Recipe Makes:** 8 Pancakes

**Healthy Bisquick Mix Yields:** 2 Cups

#### Ingredients

##### Healthy Bisquick Mix

- 2 cups spelt or whole wheat flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 2 tablespoons sunflower, canola, or olive oil

##### Pancakes

- 1 cup Healthy Bisquick Mix
- 1 teaspoon vanilla
- 1 ½ milk of choice

##### Optional Ingredients

- 1 tablespoon ground flax seed
- 1 egg, for non-vegans
- ½ mashed banana
- a dash of cinnamon
- 1 tablespoon lemon juice
- 1 teaspoon baking powder

#### Instructions

##### Healthy Bisquick Mix

1. Combine all ingredients in a blender. Blend until the mixture resembles fine crumbs.
2. Use as a healthy substitution for Bisquick mix.

## Pancakes

1. If using flax seed, mix it with 3 tablespoons water in a small bowl and let stand for a few minutes.
2. Combine all other ingredients in a bowl, and add ground flax seed mixture.
3. Stir just to combine.
4. Heat a pan or a griddle to medium-high heat. Spoon  $\frac{1}{4}$  cup batter onto lightly oiled griddle for each pancake.
5. Cook pancakes on first side until bubbles appear and edges appear dry, flip, and cook for about 2 minutes or until golden brown.

## Nutritional Information

Serving Size: 66 g

- Calories: 97
- Total Fat: 3 g
- Saturated Fat: 0.8 g
- Carbohydrates: 15.2 g
- Fiber: 1.9 g
- Sugars: 3.7 g
- Protein: 3.6 g

**Note:** The nutritional information is based on using spelt flour, sunflower oil, and 2% milk. It does not include optional ingredients.

## HONEY CLOUD PANCAKES

BY: [ALI FROM VEGGIES BY CANDLELIGHT](#)



Honey Cloud Pancakes are a delicious and healthy alternative to your typical pancake. They are as light as a feather and as easy as can be. This heavenly pancake recipe is made with an egg, egg white, some fruit, and splash of honey and vanilla. It is a sweet and fluffy cross between a pancake and a dutch baby recipe. It is baked to golden perfection in a cast-iron skillet. In about 30 minutes, you will have a wonderfully filling meal that's under 300 calories. The best part is that this delightful treat is a pancake for one.

**Serves:** 1

**Preparation Time:** 20 minutes

**Cooking Time:** 12 minutes

### Ingredients

- 1 egg white
- 1 large egg
- ¼ cup sweet rice flour
- pinch of salt
- 2 teaspoons honey
- ½ teaspoon vanilla
- ¼ cup almond milk, slightly warmed
- ½ tablespoon clarified butter or coconut oil
- ½ cup fruit (strawberries, blueberries, peaches)

### Toppings

- 1 teaspoon maple syrup
- ¼ cup fruit, your choice
- dusting organic powdered sugar

### Instructions

1. Preheat oven to 400 degrees F.
2. In a small bowl, whisk the egg white until soft peaks form. You can also use a stand mixer.
3. In a medium bowl, add the whole egg and sweet rice flour. Whisk until combined.
4. Add salt, honey, and vanilla. Whisk again to combine.
5. Add the warm milk. Whisk one last time to combine.
6. Gently fold in the eggs whites with a spatula or wooden spoon.
7. Over a low temperature on the stovetop, heat a 6-inch, oven-proof skillet for a minute or two. Add the clarified butter or coconut oil and spread it around the pan as it melts. Make sure the inside is thoroughly coated.

8. Pour the batter in.
9. Turn the heat to medium-low and cook the pancake on the stovetop for 2 or 3 minutes, or until the pancake is beginning to set at the edges.
10. Sprinkle some fruit on top.
11. Transfer the pan from the stovetop to the oven and bake for 7 to 8 minutes until it is puffed up and the middle is set.
12. Take it out of the oven. Drizzle with maple syrup or honey, top with extra fruit, and sprinkle with powdered sugar.

### **Nutritional Information**

Per Pancake

- Calories: 286
- Total Fat: 9.1 g
- Carbohydrates: 35.5 g
- Sugars: 13.2 g
- Protein: 10.7 g



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## CLASSIC CHOCOLATE CHIP PANCAKES

BY: [SELENA FROM THE NUTRITIOUS KITCHEN](#)



When waking up on a Sunday morning, it's nice to treat yourself to a delicious, no-fuss breakfast. These Classic Chocolate Chip Pancakes are perfect for that sort of occasion. This easy breakfast recipe uses healthy ingredients that you'll most likely already have in your fridge or pantry. The addition of vanilla Greek yogurt and bananas gives this breakfast treat a moist and fluffy texture. The delicious chocolate chips make these pancakes sweet, comforting, and absolutely scrumptious. There is no better way to start off your lazy Sunday!

**Serves:** 2

### Ingredients

- 1 cup rolled oats
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ½ cup Chobani vanilla Greek yogurt
- 1 egg (or two egg whites)
- 1 overripe banana, mashed
- ½ cup milk of choice
- chocolate chips

### Instructions

1. Place all ingredients, except chocolate chips, into a food processor or high powered blender. Once smooth and a batter texture forms, fold in chocolate chips.
2. Make sure your skillet is preheated before dropping pancake mix onto griddle. Heat skillet on medium heat and drop batter onto skillet into circular pancake rounds.
3. The size you would like to make these is up to you. The batter can either make 6 medium-sized pancakes or many small-sized pancakes.
4. Once bubbles start to form after about 2-3 minutes, that's when you know it's time to flip pancakes. Cook for an additional 2 minutes on this side and repeat until batter is used up. Serve onto two plates and top with bananas, strawberries, extra chocolate, maple syrup or peanut butter.

### Nutritional Information

Serving Size: 244 g

- Calories: 436
- Total Fat: 17.3 g
- Saturated Fat: 9.9 g
- Carbohydrates: 58.2 g
- Fiber: 6.2 g
- Sugars: 25.2 g
- Protein: 13.4 g

**Note:** The nutritional information is based on using one egg, fat-free milk, and ½ cup of chocolate chips. It does not include extra toppings.

## GLUTEN FREE BANANA PANCAKES

BY: [LAUREL FROM BREAD & WITH IT](#)



This quick breakfast recipe is the trifecta of healthy, easy, and delicious. These Gluten Free Banana Pancakes are so tasty, they take just minutes to prepare, and they require only two ingredients! You probably already have eggs and bananas on hand, so try this banana pancake recipe in the morning. It is often said that breakfast is the most important meal of the day, so treat it as such. To get your day started, you'll need the protein and fiber found in these gluten free pancakes. We recommend sprinkling the pancakes with cinnamon to give them a boost of nutrients as well as flavor.

**Serves:** 1

### **Ingredients**

- 1 medium banana
- 1 egg
- walnuts (optional)
- cinnamon (optional)

### **Instructions**

1. Thoroughly mash ingredients in a medium bowl.
2. Spoon  $\frac{1}{3}$  of the batter onto a lightly greased pan. Cook over medium heat until bubbles form in the batter. Flip pancakes and cook about 30 seconds longer.
3. Repeat step two for remaining batter.
4. Serve with fresh banana slices and walnuts.

### **Nutritional Information**

Serving Size: 162 g

- Calories: 168
- Total Fat: 4.8 g
- Saturated Fat: 1.5 g
- Carbohydrates: 27.3 g
- Fiber: 3.1 g
- Sugars: 14.8 g
- Protein: 6.8 g

**Note:** The nutritional information does not include optional ingredients.

## SAVORY BREAKFAST RECIPES

### ENCHILADAS FOR BREAKFAST

BY: [VAL FROM VALSOCAL](#)



Are you a Mexican food lover? Well here is a great recipe for a breakfast casserole that is filled with flavor and spice. This Enchiladas for Breakfast recipe is perfect for your next brunch. This is just one great healthy breakfast idea that can be enjoyed all year long. The taste of eggs with a little bit of spice is delicious in this breakfast casserole. It is topped with fresh avocado, tomatoes, and cheese. Don't just settle for ordinary scrambled eggs. Instead you should try this yummy Mexican breakfast casserole.

**Serves:** 7

#### **Ingredients**

- 2 tablespoons butter
- 9 large eggs
- 2 tablespoons milk
- 2 tablespoons taco seasoning
- 2 tablespoons canned green chilies
- 3 green onions, sliced
- salt and pepper
- ½ teaspoon garlic powder
- 1 cup Monterey cheese
- 7 flour tortillas
- 1 can enchilada sauce
- 1 cup cherry tomatoes, cut in half
- 1 avocado, diced

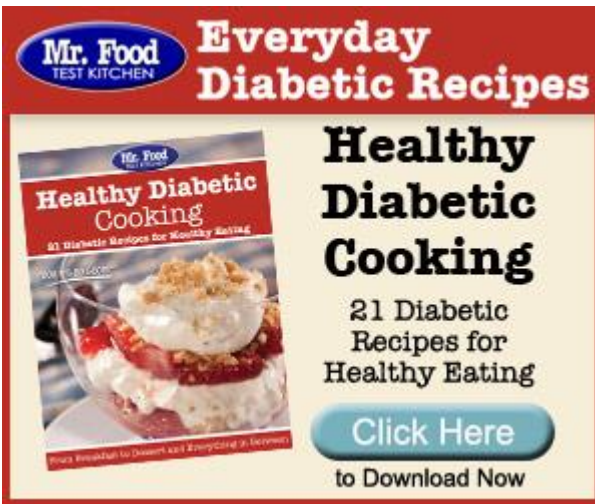
#### **Instructions**

1. Preheat oven to 350 degrees F. Meanwhile in a skillet, heat two tablespoons of butter.
2. In a large bowl, whisk eggs, milk, taco seasoning, green chilies, onions, salt and pepper, and garlic powder.
3. Place egg mixture in the skillet with melted butter, and stir frequently. When eggs are almost cooked through, add half a cup of cheese.
4. When eggs are cooked through place eggs into the tortillas and roll them, then place them in a baking dish. Pour sauce over the rolled tortillas, add other remaining cheese, and bake for about 10 to 12 minutes. Place tomatoes and avocados on top.

#### **Nutritional Information**

Serving Size: 267 g

- Calories: 521
- Total Fat: 26.1 g
- Saturated Fat: 10.8 g
- Carbohydrates: 61.7 g
- Fiber: 2.1 g
- Sugars: 2.6 g
- Protein: 24.6 g



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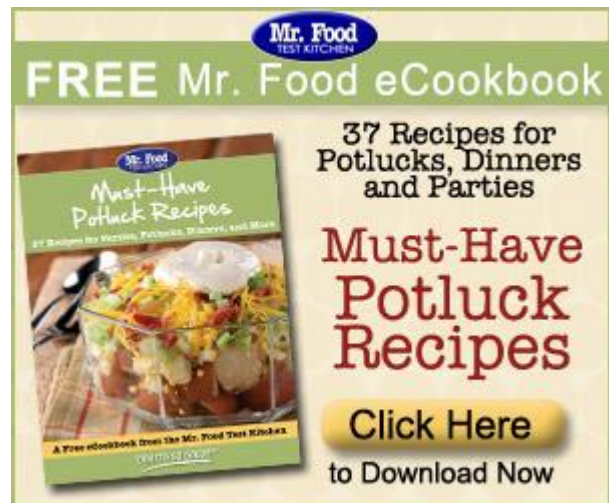
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## **SOUTHWESTERN BREAKFAST HASH**

BY: [ASHLEY FROM BLISSFUL BASIL](#)



The best healthy breakfast recipes are the ones that are both filling and flavorful. This savory Southwestern Breakfast Hash is just that. There is a mixture of sweet, spicy, and citrus in this vibrant and well-balanced dish. Sweet potatoes, yellow onions, and garlic are cooked to slightly-caramelized perfection along with smoked paprika, cumin, and turmeric. Then a handful of fresh cilantro is folded in to add brightness to the plate. The whole thing is topped with a delicious combo of homemade pico de gallo, poblano-spiced guacamole, and chipotle cream to create a mountain of goodness. This healthy breakfast recipe is loaded with hearty ingredients, so it will definitely keep you energized for a long time.

**Serves:** 4

**Preparation Time:** 25 minutes

**Cooking Time:** 25 minutes

### **Ingredients**

#### For the Sweet Potato Hash

- 1 tablespoon coconut oil
- 2 garlic cloves, minced
- 1 medium yellow onion, diced
- 4 cups sweet potatoes, peeled and cubed
- 1 teaspoon smoked paprika
- ½ teaspoon cumin
- ½ teaspoon turmeric
- ¼ teaspoon sea salt or to taste
- ¼ cup fresh cilantro, chopped

#### For the Guacamole

- 1 avocado
- ½ - 1 lime
- ½ poblano pepper, deseeded and finely chopped
- sea salt, to taste

#### For the Pico de Gallo

- 1 cup grape tomatoes, diced
- ½ cup white onion, finely diced
- ¼ cup fresh cilantro, finely chopped
- sea salt, to taste

#### For the Chipotle Cream (optional)

- ½ cup coconut cream
- 1 tablespoon chipotle peppers, minced in Adobo sauce
- 1 tablespoon water
- ¼ teaspoon sea salt or to taste

## Instructions

### For the Sweet Potato Hash

1. Heat the coconut oil in a large skillet over medium heat. Add in the garlic, yellow onion, sweet potatoes, paprika, cumin, turmeric, and sea salt. Let the mixture cook for 20 to 25 minutes, stirring just every few minutes so that the potatoes have a chance to develop a slight caramelization.
2. Once the sweet potatoes are tender, turn off the heat and stir in the fresh cilantro.

### For the Guacamole

1. As the sweet potato hash cooks, scoop the flesh of one avocado into a bowl and mash it with a fork. Stir in the juice of  $\frac{1}{2}$  to one lime (or to taste), the diced poblano pepper, and sea salt.

### For the Pico de Gallo

1. Add the tomatoes, white onion, cilantro, and sea salt to a small bowl and stir.

### For the Chipotle Cream

1. Add the coconut cream, chipotle peppers, water, and sea salt to a blender. Blend on high for 1 to 2 minutes or until the mixture is almost completely smooth.

### To Assemble

1. Scoop the sweet potato hash onto plates and top with the Pico de Gallo, guacamole, and a drizzle of the chipotle cream.

## Nutritional Information

Serving Size: 344 g

- Calories: 417
- Total Fat: 21 g
- Saturated Fat: 11.4 g
- Carbohydrates: 57.2 g
- Fiber: 12.6 g
- Sugars: 5.8 g
- Protein: 5.4 g

## PALEO HUEVOS DIVORCIADOS

BY: [MERRY FROM MERRY ABOUT TOWN](#)



If you're looking for a delicious breakfast, then you should try these Paleo Huevos Divorciados. This paleo recipe requires only five ingredients and a few simple steps, so you can be sure that this will become one of your easy go-to breakfast recipes. If you're curious about the name, this recipe is called huevos divorciados, or divorced eggs, because half of the eggs are covered in green salsa and the other half are covered in red salsa.

**Serves:** 1

**Preparation Time:** 5 minutes

**Cooking Time:** 10 minutes

### **Ingredients**

- 2 slices deli ham
- 2 eggs
- 2 tablespoons low/no-sugar red salsa
- 2 tablespoons low/no-sugar green salsa
- cheese, optional

### **Instructions**

1. Heat a medium skillet and lightly fry the two pieces of deli ham (warm but not crispy).
2. Place the ham side by side on a plate.
3. Add oil or butter in to the skillet and add two eggs. Fry on each side until your preferred doneness.
4. Place one fried egg on each slice of ham.
5. Add red salsa on one egg and green salsa on the other egg (you can heat up the salsa if you would like).
6. Crumble cheese on top.
7. Serve hot.

### **Nutritional Information**

Serving Size: 208 g

- Calories: 240
- Total Fat: 13.9 g
- Saturated Fat: 4.4 g
- Carbohydrates: 7 g
- Fiber: 1.1 g
- Sugars: 1.8 g
- Protein: 21.8 g

## SINGLE-SERVING MINI QUICHE

BY: [WILLOW FROM WILL COOK FOR FRIENDS](#)



If your mornings are hectic and you're always running late, you probably don't have time to create an elaborate breakfast. It takes too much time to prepare breakfast, eat, and clean it up. But that doesn't mean you should skip this very important meal. Instead, you should make these Single-Serving Mini Quiches. You can easily make these quiches on the weekend or a weeknight. Then in the morning, you can pop these crustless quiches in the microwave and enjoy a healthy breakfast as you're heading out the door.

**Makes:** 16 to 18 Regular-Sized Muffins

**Cooking Time:** 25 minutes

### Ingredients

- 12 large eggs
- ½ cup heavy cream
- ¼ cup milk
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh basil, chopped
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 cup broccoli, cut into tiny florets
- 1 cup fresh spinach, roughly chopped
- 1 red bell pepper, chopped small
- ¼ - ½ cup onion, diced fine
- 1 jalapeno pepper, seeds and veins removed, diced fine

### Optional Ingredients

- 1 ½ cups Cheddar, Gruyere, mozzarella, or other cheese, divided
- 1 pound bacon, sausage, or other meat, fully cooked

**Note:** You can use whichever vegetables are your favorite. We recommend using three to four cups of chopped veggies in total. If you use more than that, then you may not have enough egg mixture.

### Instructions

1. If using meat, cook it fully first. Set it aside to cool, then cut into small pieces.
2. Preheat oven to 375 degrees F, and thoroughly grease (butter, coconut oil, or non-stick spray) a muffin tin.
3. In a large bowl, whisk together the eggs, cream, milk, parsley, basil, salt, and pepper. Set aside.
4. You can also choose to sauté your onion with a bit of olive oil to soften them up and take away some of their bite. Set aside the onions and allow to cool.
5. Add all the veggies to the bowl with the egg mixture, and stir to combine. Stir in half of the cheese, and all of the meat, if using.



6. Using an ice-cream scoop or  $\frac{1}{4}$ -cup measure, scoop the mixture into the prepared muffin tin. Fill to about  $\frac{1}{4}$  inch from the top, then sprinkle a small amount of reserved cheese over each. Place in the oven, and bake for 20 to 25 minutes, or until the egg is fully set and the cheese has just started to turn golden on top.
7. Remove from the oven and let cool for 5 to 10 minutes. Then run a butter knife around each muffin, and gently remove them from the pan. Enjoy while warm, or let cool completely before storing in an airtight container in the fridge. Leftovers can be reheated for several seconds in the microwave, or a few minutes in a preheated oven or toaster oven.

### **Nutritional Information**

Serving Size: 63 g

- Calories: 74
- Total Fat: 5.2 g
- Saturated Fat: 2.1 g
- Carbohydrates: 1.7 g
- Sugars: 1.0 g
- Protein: 5.2 g

**Note:** The nutritional information is based on making 16 mini quiches. It does not include the optional ingredients.

## JESSICA SIMPSON'S GET SKINNY BREAKFAST

BY: [JUDITH HINES FOR FAVEHEALTHYRECIPES.COM](http://JUDITH HINES FOR FAVEHEALTHYRECIPES.COM)



You can eat like Jessica Simpson when you make this easy healthy breakfast recipe. The pop star herself used this recipe to get serious about eating healthy and losing weight. Now it's your turn. Jam-packed with veggies, Jessica Simpson's Get Skinny Breakfast is full of delicious flavor. You'll love that every bite will be a little bit different. But it's the egg on top that takes this recipe to a new level. The runny yoke makes a perfect sauce for the veggies. You need to make this breakfast recipe as soon as possible!

**Serves:** 4

### **Ingredients**

- 1 pound Roma or plum tomatoes, diced
- 1 red bell pepper, stemmed, seeded, and diced
- 1 zucchini, diced
- 1 onion, diced
- 2 large garlic cloves, peeled
- 2 tablespoons chopped fresh basil
- 2 teaspoons salt
- ½ teaspoon ground black pepper
- 4 large eggs
- ¼ cup grated fat-free Parmesan or Romano cheese (optional)

### **Instructions**

1. Preheat oven to 400 degrees F. Cover a large baking sheet with foil and spray with cooking spray. Also spray 4 individual ramekins and set aside.
2. Lay the tomatoes, bell pepper, zucchini, onion, and garlic on the baking sheet in one layer. Roast for 15 minutes. Sprinkle with basil and salt and pepper, toss well, and return to the oven for another 15 minutes until all the vegetables are well charred.
3. Divide the roasted vegetables evenly into the four ramekins.
4. Use the back of a large spoon to make an indentation in the vegetables and break an egg into each.
5. Cover the yolk of the eggs with cheese and place the ramekins on a clean baking sheet.
6. Bake for 20 minutes, then check – if you don't like runny eggs, continue to bake another few minutes.

### **Nutritional Information**

Serving Size: 276 g

- Calories: 129
- Total Fat: 5.4 g
- Saturated Fat: 1.6 g
- Carbohydrates: 12.9 g
- Fiber: 3.1 g
- Sugars: 8.2 g
- Protein: 9.0 g

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## MAKE-AHEAD BREAKFAST RECIPES

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### BLACK FOREST OVERNIGHT OATS

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BY: [SHARON FROM WHAT THE FORK FOOD BLOG](#)



No one likes weekday mornings. You don't get to sleep in, you're always rushing out the house, and your day is filled with work or school. But, these Black Forest Overnight Oats will change this hectic morning routine, because they'll help you to start your day off right. This overnight oats recipe is absolutely amazing. As a healthy chocolate breakfast, these overnight oats can't get much better. Because you make this recipe the night before, you can wake up and enjoy this easy breakfast recipe even when you're short on time.

**Serves:** 2

**Preparation Time:** 5 minutes

**Chilling Time:** 8 hour

#### **Ingredients**

- 1 cup oats, gluten free if necessary
- 1 cup milk of choice
- 1 tablespoon unsweetened cocoa powder
- 2 tablespoons honey, or sweetener of choice
- 1 cup dark sweet cherries, thawed if frozen
- 2 tablespoons mini chocolate chips, optional

#### **Instructions**

1. Combine oats, milk, cocoa powder, and honey. Mix well and refrigerate overnight. If you're using frozen cherries, put them in a container in the refrigerator to thaw overnight.
2. To serve, stir in cherries and top with mini chocolate chips and additional cherries.

#### **Nutritional Information**

Serving Size: 278 g

- Calories: 470
- Total Fat: 11.4 g
- Saturated Fat: 4.7 g
- Carbohydrates: 85.1 g
- Fiber: 7.4 g
- Sugars: 29.8 g
- Protein: 12.8 g

## FUN AND FRUITY OVERNIGHT OATS

BY: [HARRIET FROM HARRIET EMILY](#)



If you struggle to wake up every morning and have a tendency to hit the snooze button more than you should, then these Fun and Fruity Overnight Oats are perfect for you. This overnight oats recipe will give you the motivation to get out of bed. This recipe is perfect for people who hate waking up early because you prepare this meal the night before. So, there's no work involved in the morning. You simply grab a spoon and enjoy your easy healthy breakfast.

**Serves:** 3 to 4

### **Ingredients**

- 2 large oranges
- 1 lime
- 1 ½ cup milk of choice
- 1 ¼ cup jumbo rolled oats
- ½ cup dried apricots

### **Instructions**

1. Zest one of the oranges and put the zest into a large bowl or mixing bowl. Then, juice both oranges and the lime, and add them into the bowl, followed by the milk and oats.
2. Roughly chop your apricots, then add them into the bowl and stir all of the ingredients together. Move the bowl into the fridge and leave overnight.
3. In the morning, remove the overnight oats from the fridge and stir (it may look slightly separated beforehand), then pour into bowls and serve.

### **Nutritional Information**

Serving Size: 264 g

- Calories: 229
- Total Fat: 4.8 g
- Saturated Fat: 1.5 g
- Carbohydrates: 39.3 g
- Fiber: 7.0 g
- Sugars: 16.6 g
- Protein: 8.1 g

**Note:** We calculated the nutritional information for four people. We also used 2% milk in our calculations.

## HEALTHY OAT BRAN MUFFINS

BY: [DAVID FROM SPICED](#)



There are not many recipes that you can enjoy morning, noon, or night, but these Oat Bran Muffins would be perfect at any time of day. You can wake up and toast these bran muffins for a healthy breakfast, you can grab a muffin for an afternoon snack, or you can enjoy these healthy muffins as a nighttime treat. Luckily, this recipe makes plenty, so you can have as many muffins as your heart desires. When you finish off the first batch, you can easily make another round of muffins. Because this is an easy muffin recipe, you'll want to make a fresh batch each week. If you're worried about your waistline, don't worry. This is a healthy recipe, so you don't have to feel guilty for making these muffins over and over again.

**Cooking Time:** 17 to 20 minutes

### Ingredients

- 1 ¼ cups buttermilk
- ⅓ cup vegetable oil
- 2 eggs
- 1 teaspoon vanilla extract
- ½ cup brown sugar
- ⅓ cup molasses
- 1 cup wheat bran
- ⅓ cup + ¼ cup old-fashioned rolled oats, divided
- ½ cup raisins
- ½ cup all-purpose flour
- ¾ cup whole wheat flour
- 1 tablespoon baking powder
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon orange zest
- ⅓ cup pecans, chopped

### Instructions

1. Grease a muffin tin or insert paper muffin liners. Set pan aside.
2. In a medium bowl, add the buttermilk, oil, eggs, vanilla, brown sugar, and molasses. Whisk together until fully combined. Stir in the wheat bran and ⅓ cup of oats; let mixture sit for 15 minutes. (This allows oats to soften.)
3. Meanwhile, place the raisins in 1 cup of very hot water; set aside to soak. (Tip: This step can be skipped, but we found that soaking the raisins in hot water for a few minutes plumps them up a bit.)
4. In a medium bowl, combine both flours, baking powder, salt, cinnamon, and orange zest. Stir until well combined. After oat mixture has softened, add the flour mixture and stir until just combined. Make sure you do not overmix.
5. Drain the raisins. Then fold both the raisins and the pecans into the batter.
6. Fill muffin tins approximately ¾ full. Sprinkle tops of muffins with remaining ¼ cup of oats. Bake for 17 to 20 minutes at 400 degrees F, or until a toothpick inserted into the center of the muffins comes out clean. Turn muffins out of pan onto a baking rack to cool.

**Nutritional Information**

For the entire recipe

- Calories: 3,362
- Total Fat: 169.9 g
- Saturated Fat: 27.7 g
- Carbohydrates: 439.2 g
- Fiber: 49.8 g
- Sugars: 195.6 g
- Protein: 66.3 g

**Note:** Nutritional information per serving will depend on how many muffins you make.



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## STRAWBERRY RHUBARB BREAKFAST PARFAITS

BY: [ANN FROM THE FOUNTAIN AVENUE KITCHEN](#)



If you like to sleep in as long as possible, this is an easy and healthy breakfast recipe you can't live without. These Strawberry Rhubarb Breakfast Parfaits can be assembled the night before, so all you have to do in the morning is grab and enjoy. With layers of creamy yogurt, sweet sauce, and crunchy granola, this tasty breakfast is hard to put down. Don't be fooled by the complicated-sounding strawberry rhubarb sauce. You only need four ingredients and a few minutes to make it. This yogurt parfait can also be enjoyed as an afternoon snack when you need a little pick-me-up between lunch and dinner. Try it today, and you won't be disappointed.

**Yields:** 3 ½ cups of the Strawberry Rhubarb Sauce

**Yields:** 1 (12-ounce) Glass or Jarful of the Breakfast Parfaits

### Ingredients

#### For the Strawberry Rhubarb Sauce

- 1 pound rhubarb, sliced into 1 to 2-inch pieces
- ¾ cup sugar
- ½ cup freshly squeezed orange juice
- 1 pint strawberries, stems removed and quartered

#### Optional toppings

- toasted almonds
- walnuts or nuts of choice
- shredded coconut
- cinnamon
- a few fresh berries

#### For the Breakfast Parfaits

- ¾ cup (6 ounces) vanilla yogurt
- ¼ cup + 2 tablespoons granola
- 3 tablespoons Strawberry Rhubarb Sauce

### Instructions

#### To Make the Strawberry Rhubarb Sauce

1. In a medium saucepan, bring the rhubarb, sugar, and orange juice to a boil. Reduce the heat, add the strawberries, and simmer for approximately 10 minutes or until the rhubarb and berries break down.
2. Remove from the heat and cool completely before storing in the refrigerator or freezing for later enjoyment.

**To Make the Breakfast Parfaits**

1. Add  $\frac{1}{4}$  cup of the yogurt to a tall glass or 12-ounce Mason jar. Then add 1 tablespoon of the strawberry rhubarb sauce followed by 2 tablespoons of granola.
2. Repeat this layer twice. If using a 12-ounce glass or jar, this will fill it almost exactly.
3. If desired, top with a sprinkle of nuts or other optional toppings. Cover with plastic wrap or a lid, and refrigerate for up to three days.

**Note:** For an 8-ounce portion, simply make two layers instead of three. These parfaits will keep in the refrigerator for up to three days.

**Nutritional Information**

Serving Size: 284 g

- Calories: 270
- Total Fat: 24.2 g
- Saturated Fat: 5.4 g
- Carbohydrates: 77.4 g
- Fiber: 9.0 g
- Sugars: 40.1 g
- Protein: 23.7 g

**Note:** The nutritional information is based on using low-fat vanilla yogurt milk. It does not include the extra toppings.



## **BLACKBERRY PIE MASON JAR BREAKFAST PARFAIT**

BY: [BECKY FROM THE TWO BITE CLUB](#)



You won't have to skip breakfast anymore when you prepare this Blackberry Pie Mason Jar Breakfast Parfait the night before. This Mason jar recipe contains only four ingredients: yogurt, oatmeal, fruit, and graham cracker crumbs. All you need to do is layer the ingredients in a Mason jar and refrigerate. When you wake up in the morning, you can simply grab this parfait and go. It'll be the perfect breakfast for those lazy mornings. You'll love that this breakfast parfait can stay in your fridge for a few days. Prepare a few parfaits on Sunday night, then you can enjoy a delicious breakfast throughout the week.

**Serves:** 1

### **Ingredients**

- 1 (6-ounce) container blackberry yogurt
- ¼ cup uncooked oatmeal
- ½ cup blackberries
- ½ cup graham cracker crumbs

### **Instructions**

1. Stir together the yogurt with the oatmeal. Layer the yogurt and oatmeal mixture with the blackberries and graham cracker crumbs. This recipe works best if you use Mason jars.
2. This make-ahead breakfast parfait can be stored in the refrigerator for up to five days.

**Note:** These can be taken out of the refrigerator for up to one hour before eating.

### **Nutritional Information**

Serving Size: 311 g

- Calories: 545
- Total Fat: 17.7 g
- Saturated Fat: 7.0 g
- Carbohydrates: 84.4 g
- Fiber: 8.6 g
- Sugars: 11.7 g
- Protein: 6.4 g

**Note:** The nutritional information is calculated with regular blackberry yogurt. You can choose to use low-fat yogurt or Greek yogurt.

## CLASSIC BREAKFAST RECIPES

### LIGHT AND GOOEY CINNAMON ROLLS

BY: [ANJALI FROM THE PICKY EATER](#)



You can only imagine the joy that comes from a lightened-up comfort food recipe like this one. With these Light and Gooey Cinnamon Rolls, you can create a magical breakfast that's worthy of a Christmas morning recipe. The best part of this recipe is that it uses nonfat milk and whole wheat flour, slicing calories off of this recipe that's widely known to be high in fat, calories, and sugar. We recommend that you make this classic breakfast on a lazy Saturday morning. Wake up your family with the smell of these cinnamon rolls, and everyone will come running to the kitchen.

**Makes:** 12 Buns

**Preparation Time:** 1 hour 20 minutes

**Cooking Time:** 30 minutes

#### Ingredients

- 1 cup nonfat milk
- 1 tablespoon vegetable oil
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 tablespoon yeast, about 1 package
- 1 ¼ cup whole wheat flour, sifted and divided
- 1 ¼ cup all-purpose flour, sifted and divided
- ¼ cup unpacked brown sugar
- ¼ cup maple syrup
- 2 teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- 1 teaspoon orange zest, grated
- ¼ cup raisins, dried cherries, or cranberries

#### Optional Icing

- ½ cup powdered sugar
- ½ tablespoon low-fat milk
- ¼ teaspoon vanilla extract

#### Instructions

1. Stir together milk, vegetable oil, sugar, and salt in a small saucepan. Heat to lukewarm.
2. Pour yeast over 2 tablespoons lukewarm water and let sit 5 minutes.
3. Stir the yeast/water mixture into the milk mixture.
4. Transfer milk mixture to a large mixing bowl and beat in half the flour by hand or with an electric mixer.
5. Mix in enough remaining flour to make a soft dough (you may need a little less than 2 ½ cups total).
6. Let rest 10 minutes, then knead well on a floured board or with an electric mixer and dough hook. Let rest another 10 minutes.

7. Spray a large clean bowl with cooking spray, add dough, cover with plastic wrap and let rise in a warm place until doubled, about 1 hour.
8. Lightly coat a 9-inch round baking pan with cooking spray.
9. Turn the dough onto a floured surface and roll into a 12 x 10-inch rectangle.
10. Spray the rolled out dough with cooking spray.
11. Stir together brown sugar, maple syrup, cinnamon, nutmeg, and orange zest; brush over dough.
12. Sprinkle with raisins, dried cherries, or cranberries.
13. Roll up tightly, like a jelly roll.
14. Cut into 12 pieces.
15. Place buns cut-side up in baking pan.
16. Cover with plastic and let rise until doubled, about 1 hour.
17. Preheat oven to 350 degrees F.
18. Bake buns until firm and nicely browned on top, 30 minutes.
19. Cool completely before serving.

**To Make the Icing**

1. Stir together the icing ingredients until smooth.
2. Drizzle about 1 tablespoon over each of the buns.

**Nutritional Information**

Serving Size: 63 g

- Calories: 158
- Total Fat: 1.5 g
- Carbohydrates: 32.4 g
- Fiber: 1.2 g
- Sugars: 10.7 g
- Protein: 3.8 g

**Note:** The nutritional information does not include the icing.

## LIGHTENED-UP BLUEBERRY COFFEE CAKE

BY: [BLAIR FROM THE SEASONED MOM](#)



Grab a cup of coffee and bake up a little something sweet for your next breakfast, brunch, or snack! This Lightened-Up Blueberry Coffee Cake is moist, tender, and absolutely decadent. No one will ever know that it's actually packed full of protein, whole grains, and fruit. So, this satisfying treat is much healthier than your other coffee cake recipes. You'll love that you can enjoy this delicious breakfast recipe without feeling guilty. We suggest serving this coffee cake on a lazy weekend morning. It would be the perfect way to get your kids out of bed.

**Serves:** 10

**Preparation Time:** 20 minutes

**Cooking Time:** 30 minutes

### Ingredients

- 1 large egg
- $\frac{3}{4}$  cup Silk vanilla flavored soy milk
- 1 (5.3 ounce) container Silk dairy free vanilla flavored yogurt
- 3 tablespoons coconut oil, melted or you can substitute canola oil
- $\frac{1}{4}$  teaspoon almond extract
- 1 cup + 1 tablespoon all-purpose flour
- 1 cup whole wheat pastry flour
- $\frac{1}{2}$  cup + 2 tablespoons sugar or  $\frac{1}{4}$  cup + 2 tablespoons stevia baking blend
- 4 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- 1  $\frac{1}{2}$  cup fresh or frozen blueberries, divided
- 2 tablespoons sliced almonds
- $\frac{1}{4}$  teaspoon ground cinnamon
- $\frac{1}{8}$  teaspoon ground nutmeg

### Instructions

1. Preheat oven to 400 degrees F. Spray a 9-inch round baking dish with cooking spray and set aside.
2. In a large bowl, whisk together wet ingredients (egg, soy milk, yogurt, coconut oil, and almond extract).
3. In a separate bowl, whisk together dry ingredients (flours,  $\frac{1}{2}$  cup sugar, baking powder, and salt).
4. Stir together wet and dry ingredients, just until combined.
5. In a small bowl, mix together blueberries and 1 tablespoon flour. Gently fold 1  $\frac{1}{4}$  cups of the berries into the batter, reserving  $\frac{1}{4}$  cup for topping.
6. Pour batter into prepared baking dish. Top with remaining  $\frac{1}{4}$  cup of blueberries.
7. Stir together remaining 2 tablespoons sugar, sliced almonds, cinnamon, and nutmeg. Sprinkle over batter.
8. Bake for 25 to 30 minutes, or until a toothpick inserted in center comes out clean. Cool in pan on wire rack for 15 minutes before serving.

**Nutritional Information**

Serving Size: 105 g

- Calories: 225
- Total Fat: 6.2 g
- Saturated Fat: 3.9 g
- Carbohydrates: 38.5 g
- Fiber: 2.6 g
- Sugars: 16.8 g
- Protein: 4.7 g

**Note:** The nutritional information is based on using coconut oil, sugar, and fresh berries.



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## GLUTEN FREE PORRIDGE

BY: [JO FROM INCLUDING CAKE](#)



If you're looking for a healthy breakfast recipe, then look no further. This Gluten Free Porridge is exactly what you're searching for. This porridge recipe is protein-packed, keto, and, of course, gluten free. Plus, this breakfast recipe will help you to sneak in a few extra veggies because it includes a bit of cauliflower. However, you'd never have guessed that this was such a healthy recipe. The best news is that it's your choice as to how to top this porridge. You can include a bit of fruit, a handful of nuts, or a spoonful of sweet honey.

### Ingredients

- ¼ cup shelled hemp seeds
- 1 cup almond milk
- ¼ cup cauliflower, finely grated
- 1 teaspoon ground flax or chia seeds
- 1 tablespoon almond butter
- ½ teaspoon vanilla bean powder
- ½ teaspoon cinnamon
- pinch of salt
- 2-4 drops stevia to taste

### Optional Toppings

- raspberries
- chopped almonds
- honey

### Instructions

1. Mix hemp, milk, and grated cauliflower in a small saucepan and bring to a boil. Simmer gently for up to five minutes until cauliflower is cooked. Towards the end of the cooking time add remaining ingredients and stir until mixed and thickened.
2. Pour into a serving bowl and add your toppings. Eat immediately, or it can also be chilled.

### Nutritional Information

For the entire recipe: 526 g

- Calories: 890
- Fat: 83.2 g
- Saturated Fat: 53.2 g
- Carbohydrates: 27.7 g
- Fiber: 12.6 g
- Sugars: 9.1 g
- Protein: 21.2 g

**Note:** Nutritional information is based on using ground flaxseed.

## **MINI LEMON POPPY SEED MUFFINS**

BY: [MALLORIE FROM MALLORIE OWENS](#)



Start your day off right with these comforting Mini Lemon Poppy Seed Muffins. This healthy baking recipe is light, sweet, and filling without loading up on any unwanted calories. Easy healthy ingredient swaps are incorporated in this recipe to make it more wholesome and guilt-free. You can enjoy these poppy seed muffins for breakfast paired with your favorite fruit or as a snack to munch on in the middle of the day. They're easy to make which is perfect if you don't like spending much time and effort in the kitchen.

**Cooking Time:** 10 to 12 minutes

### **Ingredients**

- ½ cup unsalted vegan butter, softened
  - ⅔ cup cane sugar
  - 2 eggs, separated
  - 1 ⅓ cup whole wheat flour
  - 1 teaspoon baking powder
  - ½ teaspoon baking soda
  - 2 tablespoons poppy seeds
  - zest from two lemons
  - ¼ teaspoon sea salt
  - 2 tablespoons lemon juice
  - 1 teaspoon vanilla
- Buttermilk Replacement Mixture
- ½ tablespoon lemon juice
  - ½ cup coconut milk

### **Instructions**

1. To create the buttermilk replacement mixture: Pour the milk into your lemon juice and let stand for five minutes.
2. Preheat oven to 350 degrees F and grease mini muffin pan (we used a bit of coconut oil).
3. In a large bowl or mixer, mix the butter and sugar until creamy. Add in egg yolks one at a time, mixing well after each. In a separate bowl, mix together the dry ingredients (including lemon zest).
4. With your mixer on low, mix the dry ingredients with the butter mixture slowly. Pour in a bit in at a time and then mix well. Slowly add in the buttermilk replacement, lemon juice, and vanilla. Beat until smooth.
5. In a small bowl, whip egg whites until peaks form. Gently fold them into the mixture. Spoon the batter into your muffin tins and bake for about 10 to 12 minutes, if you're making mini muffins.

### **Nutritional Information**

For entire recipe

- Calories: 1,128
- Total Fat: 47.2 g
- Saturated Fat: 29.5 g
- Carbohydrates: 142.4 g
- Fiber: 9.2 g
- Sugars: 8.9 g
- Protein: 34.5 g

## THANK YOU

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THE FOLLOWING BLOGGERS MADE THIS EBOOK POSSIBLE:

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[Anjali from The Picky Eater](#)

[Ann from The Fountain Avenue Kitchen](#)

[Ashely from Blissful Basil](#)

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