

## Quarantine Cuisine – Healthy Breakfasts

Research has shown that people who eat a healthy morning meal are less likely to be overweight compared with those who skip breakfast. Eating within two hours of waking can help jump start your metabolism, which promotes calorie burn. Those who skip breakfast tend to be more likely to choose snacks that are higher in fat and sugar during the morning hours.

Need some breakfast ideas? From overnight oats to sweet potato boats, here are some healthy and hearty recipes that are sure to shake up your wake up! Click on each link for the full recipe.

### [Banana Raspberry Overnight Oats](#)

Overnight oats are a no-cook method of making oatmeal. Instead of cooking the oatmeal, you combine rolled or old fashioned oats with milk and other mix-ins, and place it in the refrigerator overnight. In the morning, you have a yummy, pudding-like jar of oatmeal that is perfect for easy grab-and-go breakfasts.

*Recipe adapted from quakeroats.com*



### [Very Veggie Egg White Omelet](#)

This protein-packed veggie omelet is sure to keep you full for hours. Put the “FAST” in breakfast by chopping the vegetables ahead of time and storing in an airtight container in your fridge. If you want more lean protein, add a few ounces of chopped or shredded skinless chicken breast to this omelet, which can also be enjoyed for lunch or dinner!

*Recipe courtesy of Michele Cumberland – NJM Corporate Communications*



### [Protein Pancakes](#)

These are super easy to make (only four ingredients!), but they’re not exactly like real pancakes—they are more like yummy crepes. But with a scoop of protein powder, they’re a healthier everyday option to satisfy a sweet breakfast craving.

*Recipe adapted from willowbirdbaking.com*



### [Avocado Toast](#)

This recipe is as delicious as it is simple: mashed avocado spread on whole-wheat bread, topped off with olive oil, red pepper flakes, and sea salt! It’s full of healthy, unsaturated fats, has loads of fiber and makes for an effortless breakfast. Or try it as a snack!

*Recipe adapted from cookinglight.com*



### [Sweet Potato Boats](#)

We’ve all had potatoes on our breakfast plates at some point, usually as a side dish in the form of hash browns or home fries. Well here’s a recipe that casts potatoes as the star of the show—sweet potatoes, that is! This recipe is pretty basic, but you can make it your own by adding other toppings like reduced fat cheese, chopped veggies or lean ground turkey.

*Recipe adapted from willcookforfriends.com*



# Banana Raspberry Overnight Oats

Serves 1

## Ingredients

- 1/2 cup old-fashioned rolled oats
- 1/3 cup nonfat Greek yogurt, plain
- 1/2 cup skim milk
- 1 teaspoon vanilla
- 1 tablespoon maple syrup
- 1/2 banana, mashed
- 1/2 cup raspberries, roughly mashed with a fork

## Directions

Combine all ingredients in a glass jar or other container. Refrigerate overnight.

Prior to eating, add optional toppings like diced fruit (fresh or dried), nuts, nut butter, seeds, protein powder, granola, coconut, spices, and citrus zest. NOTE: toppings will add calories and alter the nutrition information below.

## Nutrition Information

Source: *Myfitnesspal.com*

Calories: 372

Nutrients below listed in grams:

|               |     |
|---------------|-----|
| Protein       | 13  |
| Carbohydrates | 67  |
| Fiber         | 10  |
| Sugar         | 32  |
| Fat           | 3   |
| Saturated Fat | 1   |
| Trans Fat     | 0   |
| Cholesterol   | 4   |
| Sodium        | 104 |

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# Very Veggie Omelet

Serves 1

## Ingredients

- 1/3 cup diced bell pepper (red, yellow, or orange)
- 1/3 cup diced zucchini
- 1/4 cup diced onion
- 1 oz. fresh mushrooms, sliced
- 1 cup fresh baby spinach, roughly chopped
- 2 tablespoon (1/8 cup) canned black beans, drained and rinsed
- 4 large egg whites, lightly beaten
- 1 oz. reduced fat feta cheese
- 1 oz. avocado, sliced or chopped

## Directions

1. Lightly coat a medium skillet with cooking spray and place over medium heat.
2. Add bell pepper, zucchini, and onion. Season with desired seasonings (salt, pepper, garlic powder, whatever you like) and cook for about 5 minutes, or until softened.
3. Add spinach and black beans and cook for another minute.
4. Pour egg whites over veggies and cook for 2 minutes.
5. Carefully flip the omelet and cook other side to desired doneness.
6. Sprinkle with feta cheese and fold omelet in half.
7. Serve topped with sliced avocado.

## Nutrition Information

Source: [Myfitnesspal.com](http://Myfitnesspal.com)

Calories: 244

Nutrients below listed in grams:

|               |     |
|---------------|-----|
| Protein       | 26  |
| Carbohydrates | 21  |
| Fiber         | 7   |
| Sugar         | 7   |
| Fat           | 9   |
| Saturated Fat | 2   |
| Trans Fat     | 0   |
| Cholesterol   | 10  |
| Sodium        | 496 |

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# Protein Pancakes

Serves 2

## Ingredients

- 1 large banana (about 1/3 - 1/2 cup, mashed)
- 2 eggs
- 1/8 teaspoon baking powder (optional but recommended)
- 2 tablespoons whey protein powder, any flavor
- Splash of vanilla extract (optional)

## Directions

1. Place a skillet over medium heat on the stove. Let it heat up while you prepare the pancakes. It's ready when water dropped into the pan sizzles.
2. To prepare the pancakes, mash the banana well with a fork.
3. Add the eggs, baking powder, protein powder, and vanilla (if using) and whisk until well combined.
4. Spray the skillet with nonstick cooking spray before adding 2-3 tablespoons of the pancake mixture
5. Cook for 25-30 seconds, then flip and cook other side for the same amount of time.
6. Remove to a plate and serve with nut butter, syrup, butter, fruit, or whatever you'd like!

NOTE: toppings will add calories and alter the nutrition information below.

## Nutrition Information

Source: *Myfitnesspal.com*

Calories: 205 per serving. The recipe above makes two servings.

Nutrients below listed in grams:

|                      |     |
|----------------------|-----|
| <u>Protein</u>       | 22  |
| <u>Carbohydrates</u> | 12  |
| <u>Fiber</u>         | 1   |
| <u>Sugar</u>         | 7   |
| <u>Fat</u>           | 6   |
| <u>Saturated Fat</u> | 2   |
| Trans Fat            | 0   |
| <u>Cholesterol</u>   | 40  |
| <u>Sodium</u>        | 628 |

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# Avocado Toast

Serves 1

## Ingredients

- 1/2 small avocado
- 1/2 teaspoon fresh lemon juice
- 1/8 teaspoon Kosher salt
- 1/8 teaspoon freshly ground black pepper
- 1 (1 oz.) slice whole grain bread, toasted
- 1/2 teaspoon extra-virgin olive oil
- Toppings: sea salt, red pepper flakes

## Directions

1. In a small bowl, combine avocado, lemon juice, salt, and pepper. Gently mash with the back of a fork.
2. Top toasted bread with mashed avocado mixture. Drizzle with olive oil and sprinkle with sea salt and red pepper flakes.

## Nutrition Information

Source: *Cookinglight.com*

- Calories 200 •Fat 13g •Satfat 2g
- Monofat 8.4g •Polyfat 2.0g
- Protein 5.0g •Carbohydrates 18g
- Fiber 5.0g •Sodium 370mg
- Sugars 2.0g •Added sugars 0.0g
- Calcium 4% DV •Potassium 8%

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# Sweet Potato Boats

Serves 2

## Ingredients

- 1 large sweet potato
- 1/2 teaspoon olive oil
- 2 slices bacon, cooked and crumbled
- 2 eggs
- Optional toppings: sriracha or other hot sauce, fresh chopped parsley or cilantro, salt and pepper

## Directions

1. Preheat oven to 350 degrees F.
2. Thoroughly wash and dry the sweet potato.
3. Pierce the sweet potato skin with a fork 5 to 6 times.
4. Place on a microwave-safe baking dish and microwave for five minutes on high power, flipping and rotating halfway through.
5. Potatoes are done when they are soft enough to be pierced with a fork. If they are too firm, continue to cook in the microwave in one-minute increments.
6. When potato is done, carefully cut in half lengthwise and carve out a well in the center of each half, reserving the pulp you removed for another use. (Or just eat it now!)
7. Place carved potato halves back into the baking dish and drizzle with olive oil.
8. Crack one egg into each sweet potato half, making sure you don't get any bits of shell in the potatoes. If needed, rest sweet potato halves against the inside walls of the baking dish to prevent them from tipping and spilling any egg.
9. Season with salt and pepper, and return to the oven for 20-25 minutes, or until the eggs are cooked to your liking.
10. Remove from the oven and top with crumbled bacon. Serve with your favorite hot sauce, and a bit of freshly chopped herbs.
11. Customize your potato boat by adding other toppings like reduced fat cheese, avocado, roasted veggies or cooked lean ground turkey. NOTE: toppings will add calories and alter the nutrition information below.

## Nutrition Information

Source: [Myfitnesspal.com](http://Myfitnesspal.com)

Calories: 204 per serving. The recipe above makes two servings.

Nutrients below listed in grams:

|               |     |
|---------------|-----|
| Protein       | 11  |
| Carbohydrates | 19  |
| Fiber         | 3   |
| Sugar         | 6   |
| Fat           | 9   |
| Saturated Fat | 3   |
| Trans Fat     | 0   |
| Cholesterol   | 195 |
| Sodium        | 296 |

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