



## 5 Grab-and-Go Breakfasts

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# 5 Grab-and-Go Breakfasts

**ATTAIN TRUE HEALTH**

Hello!

I think we'll all agree that some mornings are insane. From the second our alarm goes off, it's game on. Work out, shower, figure out what to wear—and multiply that by 100 if you have to get kids out the door. No wonder feeding yourself something healthy and delicious often falls by the wayside.

These 5 recipes fit right into the busiest A.M. routine. Some you can make-ahead, some you stash in the freezer. But all of them are made for those grab-and-go mornings when you deserve better fuel than that coffee-shop pastry.

To your health,  
Alyson



**MON**



**BREAKFAST**  
Berry Baked Oatmeal

**TUE**



**BREAKFAST**  
Carrot Cake Chia Pudding

**WED**



**BREAKFAST**  
Kale & Red Pepper Frittata

**THU**



**BREAKFAST**  
Sweet Potato Pancakes

**FRI**



**BREAKFAST**  
Breakfast Popsicles

## FRUITS

- 1 Peach
- 1/3 cup Pineapple
- 1/3 cup Strawberries

## BREAKFAST

- 1/2 cup Granola
- 1/3 cup Maple Syrup

## SEEDS, NUTS & SPICES

- 1/2 tsp Black Pepper
- 1 cup Chia Seeds
- 2 1/2 tps Cinnamon
- 1/3 tsp Ground Ginger
- 1/2 tsp Sea Salt
- 1/4 cup Sliced Almonds
- 1/3 cup Walnuts

## FROZEN

- 2 cups Frozen Berries

## VEGETABLES

- 1 1/2 Carrot
- 1 cup Cherry Tomatoes
- 2 cups Kale Leaves
- 1 Red Bell Pepper
- 3 Sweet Potato

## BAKING

- 1/8 tsp Ground Cloves
- 2 cups Oats
- 2 tbsps Raw Honey
- 1 1/2 tps Stevia Powder
- 1/2 cup Unsweetened Applesauce
- 3 tbsps Unsweetened Coconut Flakes

## CONDIMENTS & OILS

- 1 1/2 tbsps Coconut Oil
- 1 tbsp Extra Virgin Olive Oil

## COLD

- 14 Egg
- 1 cup Plain Greek Yogurt
- 6 cups Unsweetened Almond Milk



# Berry Baked Oatmeal

6 SERVINGS 45 MINUTES



## INGREDIENTS

2 cups Oats (quick or traditional)  
2 cups Unsweetened Almond Milk  
2 tbsps Maple Syrup  
1/2 cup Unsweetened Applesauce  
1 tsp Cinnamon  
2 tbsps Chia Seeds  
2 cups Frozen Berries  
1/4 cup Sliced Almonds

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil.
- 02 Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
- 03 Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

### NO APPLESAUCE

Use mashed banana instead.

### NO ALMONDS

Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.

### GRAB-AND-GO

A bowl of oats is such a comforting, classic morning meal. But even instant oats can take too long on your crazier mornings. This recipe allows you to just throw together a few ingredients, pour into a baking dish, and bake. In the morning, grab a slice.



# Carrot Cake Chia Pudding

3 SERVINGS 3 HOURS



## INGREDIENTS

- 1 1/2 Carrot (medium, grated)
- 3/4 tsp Cinnamon
- 1/8 tsp Ground Cloves
- 1/3 tsp Ground Ginger
- 1 1/2 tsps Stevia Powder (to taste)
- 3 cups Unsweetened Almond Milk
- 3/4 cup Chia Seeds
- 1/3 cup Walnuts (chopped)
- 3 tbsps Unsweetened Coconut Flakes

## DIRECTIONS

- 01 In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
- 02 Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

## NOTES

### STORAGE

Keeps well in the fridge for 3 to 4 days.

### EXTRA CREAMY

Replace half of the almond milk with full-fat canned coconut milk.

### GRAB-AND-GO

Chia seeds are loaded with fiber, protein, calcium, zinc and other nutrients. Mix the pudding the night before and pour into sealed jars to take with you. I like to top mine with fruit and a sprinkle of chopped toasted nuts or a few spoonfuls of granola.

# Kale & Red Pepper Frittata

4 SERVINGS 30 MINUTES



## INGREDIENTS

- 8 Egg
- 1/2 cup Unsweetened Almond Milk
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tbsp Extra Virgin Olive Oil
- 2 cups Kale Leaves (chopped)
- 1 Red Bell Pepper (chopped)
- 1 cup Cherry Tomatoes (halved)

## DIRECTIONS

- 01 Preheat oven to 400°F (204°C).
- 02 Whisk the eggs, almond milk, salt and pepper together in a mixing bowl. Set aside.
- 03 Heat the oil in a cast iron skillet over medium heat. Add the kale, pepper, and tomatoes. Cook for 5 to 7 minutes, or until the kale is wilted and peppers are tender.
- 04 Pour the whisked eggs into the pan with the vegetables and let the eggs begin to set for about 30 seconds, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven and bake for 12 to 15 minutes, or until the eggs have set.
- 05 Remove the skillet from the oven and let sit for about 5 minutes before cutting into wedges. Serve and enjoy!

## NOTES

### NO KALE

Use spinach instead.

### NO RED BELL PEPPER

Use a bell pepper of another color instead.

### LEFTOVERS

Keep in the fridge for up to 3 days.

### GRAB-AND-GO

Prefer a savory breakfast? A frittata is an ideal morning meal. Once cooled, cut it up and wrap the individual wedges for a grab-and-go. Plus, frittatas are good hot or cold, so you don't have to worry about warming it up if your morning is hectic.

# Sweet Potato Pancakes

3 SERVINGS 20 MINUTES



## INGREDIENTS

- 3 Sweet Potato (small)
- 6 Egg (whisked)
- 1 1/2 tbsps Coconut Oil
- 3/4 tsp Cinnamon
- 3 tbsps Maple Syrup

## DIRECTIONS

- 01 Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork.
- 02 Measure out about 1/2 cup of mashed sweet potato per serving and add it to a bowl. Add in the eggs and mix well.
- 03 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Divide pancakes onto plates and top with cinnamon and maple syrup. Enjoy!

## NOTES

### SPICE IT UP

Add nutmeg and/or ginger spice.

### TOPPINGS

Top with banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.

### GRAB-AND-GO

Whipping up pancakes on the weekend? Wrap and freeze them and take them with you to make a crazy weekday more fun. Sandwich them with some nut butter and or apricot jam - yum!



# Breakfast Popsicles

6 SERVINGS 5 HOURS



## INGREDIENTS

- 1 cup Plain Greek Yogurt
- 1/2 cup Unsweetened Almond Milk
- 2 tbsps Raw Honey
- 1 tbsp Chia Seeds
- 1/3 cup Strawberries (sliced into small pieces)
- 1 Peach (sliced into small pieces)
- 1/3 cup Pineapple (sliced into small pieces)
- 1/2 cup Granola

## DIRECTIONS

- 01 In a medium sized mixing bowl, combine the yogurt, almond milk, honey, and chia seeds. Mix well.
- 02 Fill popsicle moulds about 1/4 of the way with the yogurt mixture then drop in the fruit. Spoon more of the yogurt mixture in to cover the fruit. To burst any air-pockets in your popsicles, press down on the mixture with a spoon.
- 03 Sprinkle the granola into the moulds to cover the yogurt and fruit, and press down with a spoon so that it gets incorporated with the yogurt mixture.
- 04 Freeze for at least 5 hours. When you're ready to eat, leave on the counter for 10 minutes before removing from moulds, so they will slide out effortlessly. Enjoy!

## NOTES

### VEGAN

Use unsweetened coconut yogurt and replace honey with maple syrup.

### MIX IT UP

Use any fruit that is in season, or any fruit that you have on hand.

### GRAB-AND-GO

Popsicles for breakfast—if that doesn't make you smile, I don't know what will. This one includes fruit but you can take any smoothie mixture you like, pour it into your pop molds and get ready for the most fun grab-and-go breakfast ever.