# Easy Breakfast Recipes



#### Recipes Included:

- 1. All in One Breakfast Bake
- 2. Baked Pineapple Bacon
- 3. Breakfast Bruschetta
- 4. Breakfast Fruit Salad
- 5. Breakfast Kabobs
- 6. Breakfast Mixed Vegetable Frittata
- 7. Brunch Style Waffles
- 8. Cheesy Potato & Ham Breakfast
- 9. Creamy Ham & Cheese Omelet
- 10. Crispy Baked Toast
- 11. French Toast Sandwiches
- 12. Fruit & Nut Hot Cereal
- 13. Good for You Apply Syrup
- 14. Good for You Blueberry Crepes
- 15. Good Morning Granola

16. Hash Brown Omelet

- 17. Homemade Bacon & Egg Sandwich
- 18. Honey Orange French Toast
- 19. Make Your Own Egg Substitute
- 20. Peaches & Cream Delight
- 21. Ranch Scrambled Eggs & Cheese
- 22. Spiced Morning Sausage
- 23. Straight from the Freezer Breakfast Wraps
- 24. Sunshine Muffins
- 25. Super Quick Healthy Waffles
- 26. Sweet Lemon Poppy Doughnuts
- 27. Top of the Morning Shake
- 28. Vanilla Blueberry Muffins
- 29. Whole Wheat Oat Cakes
- 30. Yummy Sausage Potatoes

## All In One Breakfast Bake

### What You Need:

1 1/2 C of egg substitute
1/2 C fat free milk
3 1/2 C frozen O'Brien hash browns, thawed
1 1/2 C reduced fat cheddar cheese, shredded and divided
1/2 C of sweet onion
4 tbsp cooked bacon, crumbled and divided
1/2 tsp salt
1/2 tsp salt free seasoning blend
1/4 tsp chili powder
4 green onions

### How to Make It:

Set the oven to 350 degrees and preheat. Coat an 8 inch baking pan well with cooking spray. Place the egg and milk into a bowl and whisk to combine. Stir in the potatoes, 1 C of cheese, the onions and 2 tbsp of bacon. Sprinkle with the salt, seasoning blend and chili powder and stir to combine. Pour the mixture into the prepared baking dish. Bake 45 minutes or until a knife inserted in the center comes out clean. Sprinkle the top with the remaining cheese and bacon. Return to the oven for 3 minutes or until the cheese has melted. Let stand 5 minutes then sprinkle the green onions over the top.

#### Makes 6 servings

How many of us love those great breakfast casseroles but don't make them because they have to set in the refrigerator overnight? Not with this one. Just whip it up, bake and eat it all in less than an hour.

Preparation Time: approximately 10 minutes Cooking Time: approximately 45 minutes Standing Time: approximately 5 minutes Total Time: approximately 1 hour

Nutritional Information: (approximate value per serving) Calories 219; Fat 6g; Saturated Fat 4g; Carbohydrates 25g; Fiber 3g; Protein 17g; Cholesterol 22mg; Sodium 682mg

### **Baked Pineapple Bacon**

### What You Need:

1 lb. Canadian bacon, sliced1/4 C brown sugar, packed1/4 C of unsweetened pineapple juice1/4 tsp ground mustard

#### How to Make It:

Preheat the oven to 325 degrees and spray a baking dish with cooking spray. Place the bacon into the prepared baking dish. In a bowl whisk together the brown sugar, pineapple juice and mustard. Pour the mixture over the bacon. Cover the dish and bake 25 minutes or until piping hot.

Makes 8 servings

This tasty breakfast meat's aroma reminds you of a baked ham while it's cooking. It tastes great and will be requested again and again. Feeding a crowd? This recipe can be doubled with no problems.

Nutritional Information: (approximate values per 2 piece serving) Calories 97; Fat 3g; Saturated Fat 1g; Carbohydrates 8g; Fiber 0g; Protein 9g; Cholesterol 21mg; Sodium 555mg

### **Breakfast Bruschetta**

### What You Need:

10 slices of French bread
5 tsp of sugar, divided
6 oz. fat free cream cheese, softened
1/2 tsp almond extract
3/4 C of fresh blackberries
3/4 C of fresh raspberries
1/4 C of slivered almonds, toasted

#### How to Make It:

Preheat the broiler Lay the bread onto an ungreased cookie sheet. Spray the top of the bread lightly with a nonstick cooking spray. Sprinkle 2 tsp of the sugar evenly over the bread. Broil 4 inches from the heat for 1 minute or until just lightly browned. Place the cream cheese into a mixing bowl. Stir the almond extract into the cream cheese until smooth. Spread the mixture over the bread pieces. Top each piece of bread with the berries and a few slivered almonds.

Makes 10 servings

This is a little different take on our favorite bruschetta. The sweet taste will have them asking for more. Use any combination of your favorite berries. For a special treat dust the top of the bruschetta with a little confectioners' sugar before serving.

Nutritional Information: (approximate values per serving) Calories 92; Fat 2g; Saturated Fat 0g; Carbohydrates 14g; Fiber 2g; Protein 4g; Cholesterol 1mg; Sodium 179mg

### **Breakfast Fruit Salad**

### What You Need:

2 C of fresh strawberries, sliced2 C of grapes, halved1 cantaloupe, cut into chunks2 firm bananas, sliced1/3 C of orange juice

### How to Make It:

Place all the fruit in a bowl and toss to combine. Pour the orange juice over the top and toss to coat well. Cover and refrigerate until chilled through. Stir before serving.

Makes 10 servings

Use any of your favorite fruits in this tasty breakfast dish. Use whatever type of pure fruit juice you have on hand. This dish works well for breakfast, as a side dish or even as an afternoon snack.

Nutritional Information: (approximate values per 1/2 C serving) Calories 63; Fat 0g; Saturated Fat 0g; Carbohydrates 15g; Fiber 2g; Protein 1g; Cholesterol 0mg; Sodium 5mg

### **Breakfast Kabobs**

### What You Need:

apple cut into 1 inch chunks
 pear, cut into 1 inch chunks
 tbsp of lemon juice
 (8 oz) unsweetened pineapple chunks, drained well
 grapes
 fresh strawberries

#### How to Make It:

Place the apple and pear chunks together in a mixing bowl. Pour the lemon juice over the top and toss to coat the fruit well. Divide the fruit into 12 portions that contain all of the different kinds of fruit. Thread the fruit onto wooden skewers in any order you like.

Makes 12 kabobs

This is a fun way to get kids to eat fruit for breakfast or any time of the day. Make a special dip for their fruit kabobs. Mix fat free vanilla yogurt, flaked coconut and low sugar orange marmalade together for the perfect fruit kabob experience.

Preparation Time: approximately 15 minutes Total Time: approximately 15 minutes

Nutritional Information: (approximate value per 1 kabob serving) Calories 52; Fat 0g; Saturated Fat 0g; Carbohydrates 12g; Fiber 0g; Protein 1g; Cholesterol 0mg; Sodium 10mg

### **Breakfast Mixed Vegetable Frittata**

#### What You Need:

yellow squash, sliced thin
 zucchini, sliced thin
 onion, chopped
 C of low fat mozzarella cheese
 tomato, sliced
 4 C feta cheese, crumbled
 4 eggs
 C of skim milk
 4 tsp basil
 garlic clove, minced
 2 tsp salt
 4 tsp pepper
 4 C Parmesan cheese, grated

#### How to Make It:

Set the oven temperature to 375 and preheat. Spray a 9 inch pie plate well with a nonstick cooking spray. Place the squash, zucchini and onion into a microwave safe bowl. Cover and microwave on high for 7 minutes or until tender. Drain well and place in the prepared pie plate. Top the vegetables with the mozzarella cheese and then the tomatoes. Spread the feta cheese over the tomatoes. Whisk the eggs, milk, basil, garlic, salt and pepper together well. Pour the mixture over the top. Sprinkle with the Parmesan cheese. Bake for 45 minutes or until a knife inserted in the center comes out clean. Let stand 10 minutes before cutting.

Makes 8 servings

This is a great way to use up all those extra garden vegetables. Use whatever mix of vegetables you have on hand.

Preparation Time: approximately 15 minutes Cooking Time: approximately 52 minutes Standing Time: approximately 10 minutes Total Time: approximately 1 hour 17 minutes

Nutritional Information: (approximate value per serving) Calories 126; Fat 7g; Saturated Fat 4g; Carbohydrates 6g; Fiber 1g; Protein 11g; Cholesterol 121mg; Sodium 316mg

### **Brunch Style Waffles**

### What You Need:

C of flour
 tbsp sugar
 tsp baking powder
 tsp salt
 egg yolk
 C of skim milk
 C of orange juice
 tbsp butter melted
 tsp orange peel, grated
 tsp orange extract
 egg whites
 C of fresh blueberries

#### How to Make It:

Preheat the waffle iron.

Place the flour, sugar, baking powder and salt into a bowl and stir to combine. In another bowl whisk together the egg yolk, milk, orange juice, butter, orange peel and extract.

Stir the mixture into the flour ingredients until just moistened.

In a small bowl beat the egg whites until stiff peaks form

Gently fold the mixture into the batter.

Fold in the blueberries.

Pour the batter into the preheated waffle iron and cook according to the manufacturer's directions for you iron.

Makes 4 servings

These light and fluffy waffles make a great addition to any brunch. Make a double batch and freeze them for a quick on the go breakfast any day of the week. No need to add any syrup the fresh blueberries make them sweet enough.

Preparation Time: approximately 20 minutes Cooking Time: according to the manufacturer of your waffle iron

Nutritional Information: (approximate value per 1 waffle serving) Calories 235; Fat 5g; Saturated Fat 2g; Carbohydrates 40g; Fiber 1g; Protein 8g; Cholesterol 61mg; Sodium 301mg

## **Cheesy Potato and Ham Breakfast**

#### What You Need:

apple, peeled, cored and chopped
 1/4 C of onion, chopped
 1/2 tsp sage
 2 tbsp of water
 1 C of cooked lean ham, diced
 3 C of frozen hash brown potatoes, thawed
 1/2 C of reduced fat cheddar cheese, divided
 4 eggs
 1/2 C of skim milk
 1/4 tsp of salt

#### How to Make It:

Allow the oven to preheat to 350 degrees. Place the apple into an ovenproof skillet. Add the onion, sage and water and place over medium heat. Cook the mixture, stirring occasionally, for 10 minutes or until tender. Stir in the potatoes and ham. Cook the mixture for 10 minutes or until heated through. Remove the pan from the heat and quickly sprinkle half of the cheese over the top. Break the eggs into a mixing bowl. Add the milk and salt and whisk until blended well. Pour the mixture over the potatoes and ham but do not stir. Sprinkle the remaining cheese over the top. Bake for 35 minutes or until a knife inserted in the center comes out clean.

Makes 6 servings

When sauteing use water, broth or even unsweetened fruit juice instead of oil or butter for a healthier addition to your meals.

Preparation Time: approximately 15 minutes Cooking Time: approximately 55 minutes Total Time: approximately 1 hour 10 minutes

Nutritional Information: (approximate value per serving) Calories 242; Fat 7g; Saturated Fat 3g; Carbohydrates 29g; Fiber 3g; Protein 16g; Cholesterol 15mg; Sodium 541mg

# **Creamy Ham and Cheese Omelet**

### What You Need:

1/2 C of sweet onion, chopped
2 tsp olive oil
1 C of egg substitute
1/2 C cooked lean ham, diced
1/4 tsp season salt
1/8 tsp pepper
1/8 teaspoon paprika
3 tbsp fat free cream cheese, cubed

### How to Make It:

Place onion and oil into a skillet over medium heat.

Cook the onion, stirring often, for 5 minutes or until soft.

Add the egg substitute to the skillet, lifting the edges to let the uncooked egg flow underneath.

When the eggs are set, add the ham, salt, pepper and paprika to one half of the egg.

Place the cream cheese cubes on top.

Fold the omelet over the top of the filling.

Cover and cook 2 minutes longer or until the cheese has melted completely.

Makes 2 omelets

No need to flip these eggs while they are cooking. By lifting up the edges of the egg as it sets it will allow the uncooked egg to run underneath. This will cook the egg completely without the mess of trying to turn it over and over again.

Preparation Time: approximately 5 minutes Cooking Time: approximately 10 minutes Total Time: approximately 15 minutes

Nutritional Information: (approximate value per serving) Calories 215; Fat11g; Saturated Fat 4g; Carbohydrates 7g; Fiber 1g; Protein 22g; Cholesterol 23mg; Sodium 905mg

# **Crispy Baked Toast**

### What You Need:

1/2 C of egg substitute
1/2 C of skim milk
1/4 C of orange juice
1 tsp vanilla extract
1/8 tsp nutmeg
12 sliced of French bread
1 1/2 C cornflakes, crushed

### How to Make It:

Set the oven to 425 degrees and preheat.

Place the egg substitute, milk, orange juice and vanilla extract into a shallow bowl and whisk until well combined.

Sprinkle in the nutmeg and stir until blended in well.

Add the bread and soak for 5 minutes, turning once.

Place the cornflake crumbs into another shallow bowl.

Place the coated bread slices into the cornflake crumbs and coat both sides evenly.

Place the coated slices of bread into a casserole dish being sure they don't overlap.

Bake for 10 minutes, turn and continue baking for 5 minutes or until golden brown and crispy.

Makes 6 servings

The cornflakes give this toast a nice little crunch. The orange juice, vanilla and nutmeg give it a wonderful good morning taste.

Preparation Time: approximately 15 minutes Soaking Time: approximately 5 minutes Cooking Time: approximately 15 minutes Total Time: approximately 35 minutes

Nutritional Information: (approximate value per serving) Calories 147; Fat 1g; Saturated Fat 0g; Carbohydrates 28g; Fiber 1g; Protein 5g; Cholesterol 0mg; Sodium 359mg

# **French Toast Sandwiches**

### What You Need:

4 strawberries, sliced 1/2 firm banana, sliced 4 slices of French bread 1 egg 2 tbsp half and half 1/4 tsp cinnamon 1/4 tsp vanilla extract 1 tsp canola oil 1 tsp confectioners' sugar

### How to Make It:

Place the strawberries and bananas in a bowl and toss to combine.

Spread 1/4 C of the fruit onto 2 pieces of the French bread in a single layer. Top with remaining French bread slices.

Set the remaining fruit aside.

Beat the egg, cream, cinnamon and vanilla in a shallow bowl.

Dip both sides of the sandwich into the mixture coating them well.

Heat the oil in a skillet over medium heat.

Place the sandwiches into the skillet and cook 4 minutes on each side or until the bread is golden.

Remove and sprinkle with the confectioners' sugar and top with the remaining fruit.

Makes 2 servings

It can be a little tedious dipping the sandwiches into the egg mixture so be very careful and take your time. They don't have to be drenched just lightly soaked.

Nutritional Information: (approximate values per serving) Calories 218 ; Fat 8g; Saturated Fat 2g; Carbohydrates 30g; Fiber 3g; Protein 7g; Cholesterol 114mg; Sodium 253mg

# Fruit and Nut Hot Cereal

### What You Need:

5 C of water 2 C of seven grain cereal 1 apple, peeled and chopped 1 C of unsweetened apple juice 1/4 C of dried apricots, chopped 1/4 C of dried cranberries 1/4 C of raisins 1/4 C of sugar free maple syrup 1 tsp cinnamon 1/2 tsp salt Chopped walnuts

### How to Make It:

Place the water, cereal, apple and apple juice into a 5 qt. crock pot. Stir in the apricots, cranberries and raisins. Add the syrup, cinnamon and salt and stir to blend in well. Cook the cereal on low for 8 hours or until the fruit has softened. Sprinkle each individual serving with walnuts.

Makes 6 servings

All you have to do is throw the ingredients into the crock pot and in the morning you have a breakfast to die for. Use your favorite dried fruits and your favorite chopped nuts. After enjoying a bowl of this healthy cereal you'll never look at breakfast the same way again.

Nutritional Information: (approximate values per serving) Calories 185; Fat 3g; Saturated Fat 0g; Carbohydrates 37g; Fiber 5g; Protein 5g; Cholesterol 0mg; Sodium 120mg

# Good for You Apple Syrup

### What You Need:

tbsp cornstarch
 tsp cinnamon
 tsp nutmeg
 1/4 C unsweetened apple juice
 tbsp agave nectar

### How to Make It:

Place the cornstarch, cinnamon and nutmeg into a saucepan. Stir in the apple juice until the mixture is smooth. Place the pan over medium heat and bring to a boil. Cook, stirring constantly for 2 minutes or until thickened to your liking. Remove from the heat and stir in the agave.

Makes 1 1/4 C

This is a great alternative to maple syrup. It tastes great and the calories are much lower than regular syrup. Try it on pancakes, waffles or your favorite French toast recipe.

Nutritional Information: (approximate values per 2 tbsp) Calories 20; Fat 0g; Saturated Fat 0g; Carbohydrates 5g; Fiber 0g; Protein 0g; Cholesterol 0mg; Sodium 1mg

### **Good for You Blueberry Crepes**

#### What You Need:

2 egg whites
2/3 C of fat free milk
2 tsp canola oil
1/2 C of flour
1/4 tsp salt
1/4 C of reduced sugar orange marmalade
1 C of unsweetened blueberries
1 tbsp. agave necter
1/2 C fat free sour cream
1/8 tsp of cinnamon

#### How to Make It:

Place the egg whites, milk and oil in a bowl and whisk until well blended. In a separate bowl combine the flour and salt. Add the flour mixture to the egg white mixture and blend it in well. Place the marmalade into a saucepan. Stirring constantly, cook the marmalade over low heat until completely melted. Remove from the heat and stir in the blueberries and agave. Mix the sour cream and cinnamon together. Coat a small skillet with cooking spray. Place the skillet over low heat and add 2 tbsp of the batter. Lift the pan to evenly coat the bottom with the batter. Cook until the top is dry and the bottom is lightly browned. Remove the crepe to a wire rack to cool and continue cooking the batter until all the batter is used. Preheat the oven to 375 degrees. Spread each of the crepes with 1 tbsp of the sour cream mixture. Roll each crepe up over the mixture and place in a baking dish. Spoon the blueberries over the top of each crepe.

Bake 15 minutes.

Makes 4 servings

This is a wonderful healthy breakfast to serve to your family on a lazy Sunday morning. Use raspberries, blackberries or strawberries in place of the blueberries if you prefer.

Preparation Time: approximately 25 minutes Cooking Time: approximately 15 minutes Total Time: approximately 40 minutes

Nutritional Information: (approximate value per serving) Calories 173; Fat 3g; Saturated Fat 0g; Carbohydrates 32g; Fiber 2g; Protein 7g; Cholesterol 1mg; Sodium 231mg

### **Good Morning Granola**

#### What You Need:

2 C of old fashioned oats 1/2 C of coconut, flaked 1/2 C of toasted wheat germ 1/4 C of oat bran 1/4 C of sunflower seeds 1/4 C of almond slivers 1/4 C of pecan pieces 2 tbsp sesame seeds 1/4 C of honey 2 tbsp canola oil 2 tbsp orange peel, grated 1 tsp vanilla 1/2 tsp salt 1 C of dried cranberries 1/2 C dried apricots, chopped 3 tbsp of golden raisins

#### How to Make It:

Set the oven temperature to 350 and preheat. In a large bowl toss together the oats, coconut, wheat germ and oat bran. Stir in the sunflower seeds, almond slivers, pecan pieces and sesame seeds. In a separate bowl whisk together the honey, oil, orange peel, vanilla and salt. Pour the mixture over the oat mixture and stir until well coated. Spread the mixture out evenly into a 15X10 baking pan. Bake 25 minutes or until golden brown, stirring occasionally. Remove and cool completely. Stir in the cranberries, apricots and raisins. Store the granola in an airtight container for up to 2 weeks.

Makes 7 cups

This is a great healthy on the run breakfast recipe. It's low fat, full of fiber and ready to go whenever you don't have time to make a sit down breakfast. Add any of your favorite dried fruits, nuts or seeds to give this granola exactly the taste you're looking for.

Nutritional Information: (approximate values per 1/4 C serving) Calories 132 ; Fat 5g; Saturated Fat 1g; Carbohydrates 23g; Fiber 3g; Protein 3g; Cholesterol 0mg; Sodium 57mg

### Hash Brown Omelet

### What You Need:

1 onion, chopped
1/2 C green pepper, chopped
1 3/4 C frozen hash browns, thawed
2 C egg substitute
1/4 C of water
1/8 tsp pepper
3 slices of low fat American cheese

### How to Make It:

Spray a skillet well with a nonstick cooking spray and place over medium heat. Add the onions and green peppers and sauté for 5 minutes or until tender. Stir in the potatoes and cook 5 minutes longer.

Place the egg substitute, water and pepper into a bowl and whisk until well blended.

Pour the mixture over the onions and peppers.

Cook 5 minutes and as the eggs set lift the edges so the uncooked egg can set. Lay the slices of cheese onto one half of the cooked egg.

Fold the egg over the top of the cheese.

Cook the omelet 1 minute longer or until the cheese melts.

Makes 4 servings

This omelet doesn't need any added meat to be filling or to taste good. For something a little different add chopped tomatoes into the egg mixture before pouring it into the skillet.

Preparation Time: approximately 20 minutes Cooking Time: approximately 11 minutes Total Time: approximately 31 minutes

Nutritional Information: (approximate value per serving) Calories 239; Fat 7g; Saturated Fat 0g; Carbohydrates 23g; Fiber 0g; Protein 21g; Cholesterol 9mg; Sodium 457mg

# Homemade Bacon and Egg Sandwich

### What You Need:

2 eggs
1 tsp skim milk
1/4 tsp salt
1/8 tsp pepper
2 slices of Canadian bacon
1 English muffin, split and toasted
2 tbsp low fat cheddar cheese, shredded

### How to Make It:

Whisk the eggs, milk, salt and pepper together well.
Spray 2 microwave safe custard cups with non stick cooking spray.
Pour the egg mixture into the 2 prepared cups.
Microwave the eggs on high for 20 seconds.
Stir and continue microwaving on high for 20 seconds or until the center of the eggs are almost set.
Place 1 slice of the bacon on each of the English muffin pieces.
Top the bacon with the egg mixture.
Sprinkle the cheese evenly over the eggs.
Place on a microwave safe dish and microwave for 10 seconds or until the cheese has melted.

Let stand 1 minute before serving.

Makes 2 servings

This tasty breakfast sandwich is much healthier than the fast food sandwiches and tastes better too. Using the microwave shortens the cooking time so your sandwich is ready to eat when you are.

Nutritional Information: (approximate values per serving) Calories 179; Fat 8g; Saturated Fat 3g; Carbohydrates 14g; Fiber 1g; Protein 12g; Cholesterol 223mg; Sodium 673mg

# **Honey Orange French Toast**

### What You Need:

3 tbsp of butter, melted 2 tbsp honey 1/2 tsp cinnamon 3 eggs 1/2 C of orange juice 8 slices of bread

### How to Make It:

Preset the oven temperature to 400 degrees. Spray a baking dish well with a nonstick cooking spray. In a mixing bowl, whisk together the butter, honey and cinnamon. Pour the mixture into the prepared baking pan, spreading it out to coat the bottom completely. Place the eggs and orange juice into a shallow bowl and blend together well.

Soak the bread slices in the egg mixture well and place into the prepared baking pan.

Bake 15 minutes or until a golden brown.

Makes 4 servings

Top your French toast with a little extra honey and add slices of oranges on the side.

Preparation Time: approximately 15 minutes Cooking Time: approximately 15 minutes Total Time: approximately 30 minutes

Nutritional Information: (approximate value per 2 piece serving) Calories 158; Fat 5g; Saturated Fat 0g; Carbohydrates 23g; Fiber 0g; Protein 6g; Cholesterol 1mg; Sodium 231mg

# Make Your Own Egg Substitute

### What You Need:

3 egg whites

2 tbsp nonfat dry instant milk powder

1 tsp water

2 drops of yellow food coloring

### How to Make It:

Place the egg whites into a small bowl. Add the dry milk powder and whisk to blend in well. Add the water and food coloring and stir until blended in.

Makes 1 serving

With this recipe you can always have your egg substitute on hand. This recipe can be doubled or even tripled if necessary

Nutritional Information: (approximate value per serving) Calories 64; Fat 1g; Saturated Fat 0g; Carbohydrates 5g; Fiber 0g; Protein 10g; Cholesterol 2mg; Sodium 156mg

# **Peaches and Cream Delight**

### What You Need:

1 (15 oz) can of sliced peaches in light syrup, drained well1 1/2 C of fat free cottage cheese4 oz. of cream cheese, cubedSmall amount of sugar or sweetener of choice

### How to Make It:

Slice 4 of the peaches very thin and set aside. Place the remaining peaches into the blender. Add the cottage cheese and process until well blended. Add in the cream cheese and sugar and blend until smooth. Spoon the mixture into 4 serving cups and garnish with the reserved peach slices.

Makes 4 servings

This refreshing breakfast is easy to throw together but is full of protein. It's a refreshing way to start out your day. Try it with apricots or pears for something a little different each time you make it.

Nutritional Information: (approximate values per serving) Calories 127 ; Fat 0g; Saturated Fat 0g; Carbohydrates 15g; Fiber 1g; Protein 15g; Cholesterol 6mg; Sodium 443mg

# **Ranch Scrambled Eggs and Cheese**

### What You Need:

8 egg whites
6 eggs
4 tbsp of reduce fat ranch salad dressing
3 tsp brown mustard
1/4 tsp parsley
1/2 tsp garlic powder
2 tsp olive oil
1/2 C low fat mozzarella cheese, shredded

### How to Make It:

Place the egg whites and eggs in a bowl and whisk until well blended.
Slowly whisk in the ranch dressing.
Add the mustard, parsley and garlic powder and whisk until blended in well.
Place the oil into a large skillet and heat over medium heat.
Pour the egg mixture into the skillet and cook 2 minutes or until almost set.
Sprinkle in the cheese and stir to combine.
Cook 1 minute longer or until the eggs are completely set and the cheese has melted.

Makes 4 servings

Using only the egg whites instead of using all whole eggs cuts the cholesterol in this recipe. If you're not watching your cholesterol it's still good for you. This allows you a larger serving while keeping your cholesterol at the right levels.

Preparation Time: approximately 10 minutes Cooking Time: approximately 3 minutes Total Time: approximately 13 minutes

Nutritional Information: (approximate value per serving) Calories 251; Fat 16g; Saturated Fat 4g; Carbohydrates 4g; Fiber 0g; Protein 21g; Cholesterol 31mg; Sodium 496mg

### **Spiced Morning Sausage**

#### What You Need:

1 tart apple, peeled, cored and shredded
1/2 C of brown rice, cooked
2 tbsp onion, grated
2 garlic cloves, minced
1 1/2 tsp sage
1 tsp salt
1/2 tsp pepper
1/2 tsp thyme
1/8 tsp cayenne pepper
1/8 tsp allspice
1 lb. extra lean ground turkey

#### How to Make It:

Place the apples, rice, onion and garlic into a bowl and toss to combine. Season the mixture with the sage, salt, pepper, thyme, cayenne pepper and allspice. Crumble the turkey into the mixture and mix with your hands until well combined. Form the mixture into 8 equal size patties. Coat a skillet with cooking spray and place over medium heat. Add the patties and cook 5 minutes. Turn and continue cooking 5 minutes or until the juices run clear when poked with a fork.

Makes 4 servings

Believe it or not all ground turkey is not the same. Always be sure to read the label when purchasing your ground turkey especially if you're watching your fat intake. A one pound package of regular ground turkey can have up to 68 grams of fat but a one pound package of extra lean ground turkey can have only 4 grams of fat.

Preparation Time: approximately 10 minutes Cooking Time: approximately 10 minutes Total Time: approximately 20 minutes

Nutritional Information: (approximate value per serving) Calories 111; Fat 5g; Saturated Fat 1g; Carbohydrates 6g; Fiber 1g; Protein 10g; Cholesterol 45mg; Sodium 348mg

# **Straight from the Freezer Breakfast Wraps**

#### What You Need:

1 lb. turkey Italian sausage links, casing removed
1 sweet red pepper, diced
1 onion, diced
4 (8 oz.) cartons of frozen egg substitute, thawed
1 (4 oz) can of green chili peppers, chopped
1 tsp chili powder
10 (8 in) flour tortillas
1 1/4 C of salsa

How to Make It:
Allow the oven to preheat to 350 degrees.
Spray a 13X9 baking dish with cooking spray.
Place the sausage into a nonstick skillet placed over medium heat.
Cook the sausage for 10 minutes, stirring occasionally, or until browned through.

Cook the sausage for 10 minutes, stirring occasionally, or until browned through. Drain well and transfer to the prepared baking dish. Spread the red pepper and onion over the top of the sausage. Place the egg substitute into a bowl. Add the green chili peppers and chili powder and stir until blended well. Pour the mixture over the top of the sausage. Bake for 30 minutes or until set. Remove and break up the mixture with a spoon and let cool. Spread 2/3 C of the mixture down the center of each tortilla and top with salsa. Fold one end of the tortilla over the sausage mixture. Fold the two sides over to form the wrap. Place in individual freezer bags and freeze.

To reheat just remove from the freezer and place in the microwave on high for 2 to 3 minutes or until heated through.

Makes 10 wraps

Who says eating healthy can't be done on the run? With these tasty wraps it more than just a possibility. Be sure to let the sausage mixture cool completely before assembling and freezing your wraps.

Preparation Time: approximately 15 minutes Cooking Time: approximately 40 minutes Total Time: approximately 55 minutes + cooling

Nutritional Information: (approximate value per wrap) Calories 277; Fat 7g; Saturated Fat 1g; Carbohydrates 30g; Fiber 2g; Protein 21g; Cholesterol 27mg; Sodium 893mg

### **Sunshine Muffins**

### What You Need:

1/3 C of butter, room temperature

1 C sugar

4 egg whites

2 tbsp lemon peel, grated

2 C of flour

1 tsp baking soda

1 C of fat free plain yogurt

### How to Make It:

Allow the oven to preheat to 375 degrees. Spray a muffin tin well with a nonstick cooking spray or use paper liners. Beat the butter and sugar together until crumbly. Beat in the egg whites. Add the lemon peel and stir until well combined. In a separate bowl whisk together the flour and baking soda. Alternating between the flour mixture and vogurt add a little a time stirring af

Alternating between the flour mixture and yogurt add a little a time stirring after each addition.

Fill the muffin cups 2/3 full of the batter.

Bake 18 minutes or until a toothpick inserted in the center comes out clean. Cool 5 minutes in the pan then remove to a wire rack to cool completely.

### Makes 12 muffins

These muffins are sure to add a little sunshine to anyone's morning. The smell of them baking will have everyone up and ready to start their day. They do have a distinct lemon flavor so if you're not a fan of lemon these muffins may not be for you.

Preparation Time: approximately 15 minutes Cooking Time: approximately 15 minutes Total Time: approximately 30 minutes plus cooling

Nutritional Information: (approximate value per 1 muffin) Calories 171; Fat 5g; Saturated Fat 3g; Carbohydrates 27g; Fiber 1g; Protein 4g; Cholesterol 14mg; Sodium 186mg

# **Super Quick Healthy Waffles**

### What You Need:

1 1/4 C of flour
1/4 C of wheat bran
1 tbsp sugar
2 1/2 tsp baking powder
½ tsp salt
1 egg
1 egg white
1 1/2 C of skim milk
2 tbsp canola oil
1/3 C of pecans, chopped

#### How to Make It:

Preheat the waffle iron.

Place the flour, wheat bran, sugar, baking powder and salt in a bowl and stir to combine.

Whisk together the egg, egg white, milk and oil in a separate bowl.

Stir the egg mixture into the flour mixture well.

Fold in the pecans.

Cook as directed by the manufacture for your specific waffle iron.

Makes 6 waffles

These waffles are to die for. The pecans give them the perfect touch. Top your waffles with honey or sugar free preserves or better yet add fresh fruit to the top for the perfect start your morning off right breakfast.

Preparation Time: approximately 10 minutes Cooking Time: determined by the manufacturer of you waffle maker Total Time: approximately 10 minutes + cooking

Nutritional Information: (approximate value per serving) Calories 253; Fat 11g; Saturated Fat 1g; Carbohydrates 28g; Fiber 2g; Protein 8g; Cholesterol 37mg; Sodium 344mg

### Sweet Lemon Poppy Doughnuts

#### What You Need:

1 C of flour
1/2 C sugar
1 tbsp poppy seeds
3/4 tsp baking powder
3/4 tsp baking soda
1/4 tsp salt
1 egg
1/3 C of buttermilk
1/3 C of low fat plain yogurt
1 tbsp canola oil
2 tsp lemon juice
1 tsp lemon peel grated
1/2 tsp vanilla extract
2 tsp confectioners' sugar, divided

#### How to Make It:

Set the oven temperature to 400 degrees and preheat. Coat 6 (4 in) tube pans with a nonstick cooking spray. In a small bowl mix together the flour, sugar, poppy seeds, baking powder, soda and salt.

In a separate bowl, whisk together the egg, buttermilk, yogurt and oil.

Stir in the lemon juice, lemon peel and vanilla.

Stir the mixture into the dry ingredients until just moistened through.

Dust the tube pans with 1 tsp of the confectioners' sugar.

Pour the batter evenly into the 6 prepared pans.

Bake 10 minutes or until a toothpick inserted in the center comes out clean.

Cool 5 minutes then move to wire racks to cool completely.

Dust with the remaining confectioners' sugar before serving.

Makes 6 servings

Who says you can't eat doughnuts when you're trying to eat healthy? This recipe shows you that you can enjoy some of those temptations. Just don't eat too many at one time. Freeze any you have leftover to enjoy on another day.

Nutritional Information: (approximate values per serving) Calories 199; Fat 4g; Saturated Fat 1g; Carbohydrates 36g; Fiber 1g; Protein 5g; Cholesterol 37mg; Sodium 341mg

# **Top of the Morning Shake**

### What You Need:

1 1/2 C of fat free milk
1 C of unsweetened raspberries
Sweetener of choice if desired (sugar, agave, stevia etc. – we use sugar-free jello sometimes!)

### How to Make It:

Pour the milk into the blender. Add the strawberries and sprinkle with the sweetener. Cover and blend until smooth and thick. Pour into glasses and serve.

Makes 4 servings

This tasty breakfast shake can be made with any type of fresh berry. Try strawberries, blackberries or blueberries for a change of pace. It's nutritious and quite healthy so fix yourself a different shake each day of the week.

Nutritional Information: (approximate values per serving) Calories 152 ; Fat 2g; Saturated Fat 1g; Carbohydrates 25g; Fiber 2g; Protein 9g; Cholesterol 7mg; Sodium 161mg

### Vanilla Blueberry Muffins

### What You Need:

2 C of flour
1/2 C brown sugar, packed
1 tbsp baking powder
1 tsp baking soda
1/2 tsp lemon peel, grated
1/2 tsp nutmeg
1 C of fresh blueberries
1 C fat free vanilla yogurt
1 C of buttermilk

### How to Make It:

Allow the oven to preheat to 400 degrees.

Line a muffin tin with paper liners or spray well with cooking spray.

In a large bowl mix together the flour, sugar, baking powder, baking soda, lemon peel and nutmeg.

Fold the blueberries into the mixture.

Mix the yogurt and buttermilk together well in a separate bowl.

Stir the yogurt mixture into the flour mixture until the flour mixture is just moistened.

Fill the muffin tin cups 3/4 full of the batter.

Bake 18 minutes or until a toothpick inserted in the center comes out clean. Cool in the pan for 5 minutes then move to wire racks to cool completely.

Makes 12 muffins

The yogurt and buttermilk make these muffins moist and enhance their wonderful taste. It also means there's very little fat in these tasty gems. Use any of your favorite fresh berries to make your own one of kind healthy muffins.

Preparation Time: approximately 10 minutes Cooking Time: approximately 18 minutes + cooling Total Time: approximately 28 minutes + cooling

Nutritional Information: (approximate value per muffin) Calories 145; Fat 1g; Saturated Fat 0g; Carbohydrates 31g; Fiber 0g; Protein 4g; Cholesterol 1mg; Sodium 267mg

### **Whole Wheat Oat Cakes**

### What You Need:

C of quick cooking oats
 1/2 C of flour
 1/2 C of whole wheat flour
 1 tbsp sugar
 1 tsp baking powder
 1/2 tsp baking soda
 1/4 tsp salt
 1 egg
 2 C of buttermilk
 2 tbsp canola oil
 1 tsp vanilla extract

#### How to Make It:

Place the oats, both types of flour, sugar, baking powder, baking soda and salt into a bowl and toss to combine.

Break the egg into a mixing bowl and beat lightly with a fork. Whisk in the buttermilk, oil and vanilla.

Stir the mixture into the dry ingredients until just moistened through.

Heat a griddle over medium high heat.

Pour 1/4 C of the batter onto the hot griddle.

Cook 3 minutes or until bubbles begin to appear around the edges. Turn and cook 2 additional minutes or until nicely browned.

Makes 4 servings

These pancakes are the tops when it comes to healthy breakfast eating. Don't ruin it by adding syrup to them. Top them off with fresh berries instead.

Preparation Time: approximately 15 minutes Cooking Time: approximately 5 minutes per batch Total Time: approximately 20 minutes per batch

Nutritional Information: (approximate value per 3 pancake serving) Calories 328; Fat11g; Saturated Fat 2g; Carbohydrates 45g; Fiber 4g; Protein 12g; Cholesterol 4558mg; Sodium 509mg

### Yummy Sausage Potatoes

#### What You Need:

7 potatoes, peeled and cut into cubes
1/2 C green pepper, chopped
1/2 C sweet red pepper, chopped
1/2 C frozen corn, thawed
1 onion, chopped
1 garlic clove, minced
1/2 lb. turkey sausage links, cut into small pieces
2 tbsp olive oil
1/4 tsp pepper

#### How to Make It:

Place the potatoes into a saucepan and cover them completely with water.
Place over high heat and bring the water to a brisk boil.
Reduce the heat to medium and gently boil the potatoes for 10 minutes or until just beginning to soften.
Drain the potatoes well.
Spray a skillet with cooking spray.
Place the green and red peppers, corn, onions and garlic into the skillet.
Sauté the vegetables for 5 minutes or until just tender.
Stir the sausage into the mixture.
Cook the mixture for 5 minutes or until heated through.
Add the potatoes, oil and sprinkle with the pepper and stir to combine.

Spoon the mixture into an ungreased 13X9 inch baking dish.

Bake in a preheated 350 degree oven for 35 minutes.

Makes 12 servings

This recipe makes enough for a crowd. Aren't feeding a bunch? That's okay. Freeze the left over for another morning. Divide the leftovers into individual freezer containers. They can grab one, throw it in the microwave and have a hot breakfast in a matter of not time.

Preparation Time: approximately 10 minutes Cooking Time: approximately 55 minutes Total Time: approximately 1 hour 05 minutes

Nutritional Information: (approximate value per serving) Calories 114; Fat 3g; Saturated Fat 1g; Carbohydrates 18g; Fiber 2g; Protein 4g; Cholesterol 7mg; Sodium 164mg