

## Five Healthy Breakfast Ideas

As you may have heard over and over again, breakfast is the most important meal of the day, and I believe this to be true. You should eat breakfast within an hour upon waking to ensure you have energy throughout the day. Breakfast should contain protein, some carbohydrate and a good fat.

**Here are some suggestions for healthy and yummy breakfast ideas.**

### Scrambler with Avocado

2 eggs scrambled (I use coconut oil in pan)  
Salt to taste (or not)  
¼ avocado  
2-3 slices of tomato (pan friend in coconut oil is my fave)  
1 piece of whole grain, Ezekiel or gluten free bread



### Zucchini & Sweet Potato Frittata

3-4 eggs  
¼ cup of zucchini shredded  
¼ cup of sweet potato shredded  
Feta cheese (or any cheese of your choice – if you aren't dairy free)

Grease pan with coconut oil or butter

Add shredded zucchini and sweet potato to pan and let cook, mixing it every few minutes. Once zucchini looks like it is becoming slightly clear, spread evenly around pan and pour eggs over top.

\*If your pan is a small one then divide ingredients in half. Do not pile too much zucchini and sweet potato into pan, just a thin layer.

### Quick easy Blueberry/Banana Pancakes

2 eggs  
1 ripened banana  
1 tsp. of coconut flour or 1 tbsp. of almond flour  
¼ tsp. of cinnamon  
¼ tsp. baking soda  
½ cup of blueberries

Throw all ingredients in blender (except blueberries) blend for 15-30 seconds.

Grease pan with coconut oil or butter  
Pour mixture in small pan and add some blueberries

\* This is a healthy and very easy to make pancake that you can get your little ones to eat for a healthier breakfast. If they are enticed by chocolate chips instead of blueberries then add a few dark chocolate chips. If you do not have almond flour or coconut flour on hand you can make it without. (A good friend introduced this simple way of making pancakes to me and I use it all the time ever since!)

### **Good ol' Oats**

1 cup of Steel Cut Oats  
¼ tsp. salt  
3 cups of water (you can add almond or coconut milk too)  
Berries  
Crushed walnuts  
Cinnamon  
1 tsp. of honey

Bring water and salt to a boil, add oats and cook 10-20 minutes depending on the consistency you prefer. Add honey and stir, then add berries, walnuts and cinnamon.



### **Egg & Avocado Wrap**

2 boiled eggs diced  
¼ cup of diced tomato  
Avocado diced  
Salt  
Ezekiel or whole grain wrap

Add all chopped up ingredients to a bowl and add a tsp. of olive oil, and salt to taste. Mix it all up and spoon into wrap. Fold it up and enjoy!

**Happy Cooking!**