

5 EASY BREAKFASTS



These five breakfast recipes take less than ten minutes to prepare and are proven to give you and your family a boost in energy, focus and nutrition.

To your wild happiness,
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BREAKFASTS

ITALIAN EGG TOASTS

MORNING SMOOTHIES TO GO

OATMEAL WITH TOPPING BAR

ENERGY BARS

TURKISH BREAKFAST PLATE



ITALIAN EGG TOASTS

Serves 1



INGREDIENTS

ITALIAN EGG TOASTS

- 1 Tablespoon olive oil (or butter)
- 2 slices whole wheat bakery bread (not sandwich loaf)
- 2 large eggs
- ¼ teaspoon kosher salt
- dash of black pepper
- 1 teaspoon Italian seasoning
- optional: 4 leaves fresh garden basil or fresh garden herb



Use olive oil.



Substitute gluten-free bread.

DIRECTIONS

ITALIAN EGG TOASTS

1. Press a hole in the center of each slice of bread using a 2-1/2 inch diameter drinking glass or a biscuit cutter.
2. Heat the oil in a 10-12" skillet over medium heat.
3. Arrange bread in bottom of pan. Brown on one side then flip.
4. Crack an egg into the bread hole without breaking the yolk.
5. Season with salt and black pepper.
6. Cook egg for two minutes and then flip, season with Italian seasoning and cook for one minute.
7. Remove and serve while yolk is a little soft. Serve with bread cut outs.



MORNING SMOOTHIES TO GO

Serves 1



INGREDIENTS

FOR BASIC GREEN SMOOTHIE

- 1 cup kale
- ½ cup parsley
- 1 green apple
- 1 frozen banana (ripe)
- water/liquid

FOR PEANUT BUTTER CHOCOLATE SMOOTHIE

- 1 cup milk
- 1 frozen banana (ripe)
- ¼ cup plain greek yogurt
- 1/3 cup peanut butter
- ¼ cup honey
- ¼ cup cacao powder



Substitute almond or rice milk and omit yogurt.

DIRECTIONS

FOR MORNING SMOOTHIES

1. Add ice and blend to desired consistency.

Some mornings are a little more chaotic than others. When I'm light on time, my go to kitchen tool is my blender. It's fast, easy and gets me out the door with breakfast in record time. These smoothie recipes are just basic ideas but you can get creative and add in whatever sounds good.



OATMEAL WITH TOPPING BAR

Serves 4



INGREDIENTS

FOR OATMEAL

2 cups oatmeal
2-½ cups water, milk or almond milk
¼ teaspoon kosher salt

FOR TOPPING BAR

choose a few:

plain Greek yogurt
blueberries
bananas
strawberry
pineapple
raisins
dried cranberries
shredded coconut
ground cinnamon or nutmeg
honey or maple syrup
walnuts
macadamia nuts
chocolate pieces
sautéed apples or applesauce



Use unsweetened almond or rice milk, or water. Choose dairy-free toppings.



Use certified gluten-free oatmeal.

DIRECTIONS

FOR OATMEAL WITH TOPPING BAR

1. Boil water.
2. Add oats and salt.
3. Stir once, cover and cook on low for 8-10 minutes.
4. Divide into bowls and add toppings as desired.



ENERGY BARS

Serves 12



INGREDIENTS

FOR ENERGY BARS

- 1 cup cashew nuts
- 1 cup dried fruit (cherries or apples)
- 12 whole dates, pitted
optional
- ½ cup shredded unsweetened coconut flakes*
- ½ teaspoon cinnamon*
- ¼ teaspoon salt*

DIRECTIONS

FOR ENERGY BARS

1. Combine all the ingredients in a food processor. Pulse a few times just to break them up. Separate the dates if they start to clump together.
2. Process continuously for 30 seconds.
3. Scrape the bowl then process for 1-2 minutes more, until the mixture forms into a ball.
4. Form into a 1" thick square or rectangle. Wrap and chill.
5. Remove from fridge and cut into 12 bars. Wrap each bar in plastic wrap or wax paper.
6. Store up to a week in fridge or freeze for up to 3 months.
7. Serve cold.



TURKISH BREAKFAST PLATE

Serves 1



INGREDIENTS

FOR TURKISH BREAKFAST PLATE

2 scrambled eggs
½ grilled tomato
¼ cup feta cheese cubes
¼ cup cucumber cubes
English muffin
honey

DIRECTIONS

FOR TURKISH BREAKFAST PLATE

1. Plate and serve.



Substitute a gluten-free English muffin.



Omit feta cheese.