10 30 minutes Or Less

Make Ahead Breakfasts

Foodfaithfitness.com
Recipe

1. In a medium bowl, beat together the peanut butter and coconut sugar using an electric hand mixer until well combined.*
2. Add 1 Tbsp of Greek yogurt to the mixture and beat until well combined and the mixture starts to come together like dough. Stir in the chocolate chips.
3. Divide the cookie dough between two cups, pressing down into the bottom. Spread 1/4 cup of Greek yogurt on top of each cookie dough layer.
4. In a medium bowl stir together the oats and cinnamon. Pour in the milk and stir until the oats are evenly soaked. Divide the oats between the two cups and place into the refrigerator overnight.
5. In the morning, sprinkle with additional chocolate chips, if desired, and DEVOUR.

Notes:
*Because this is a very small amount, you just need to keep scraping the dough off the sides of the bowl until it’s evenly mixed and comes together. I tried to just stir it all together, and it just doesn’t get that “cookie dough” texture.

Prep Time: 10 Mins  Serves: 2

Ingredients

- 2 Tbsp Natural creamy peanut butter
- 1 1/2 Tbsp Coconut sugar brown sugar works too
- 1/2 Cup + 1 Tbsp Vanilla Greek yogurt divided
- 1/2 Tbsp Mini chocolate chips + additional for serving optional
- 1 Cup Quaker® Old Fashioned Oats
- 1/2 tsp Cinnamon
- 1 Cup 1% Dairy milk

Nutritional facts

<table>
<thead>
<tr>
<th>CALORIES</th>
<th>399</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>12.4g</td>
<td>19%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>9mg</td>
<td>3%</td>
</tr>
<tr>
<td>Sodium</td>
<td>120mg</td>
<td>5%</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>55.4g</td>
<td>18%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>5.7g</td>
<td>23%</td>
</tr>
<tr>
<td>Sugars</td>
<td>23.8g</td>
<td>-</td>
</tr>
<tr>
<td>Protein</td>
<td>18.6g</td>
<td>-</td>
</tr>
</tbody>
</table>
Mediterranean Keto Low Carb Egg Muffins with Ham

Recipe

1. Preheat your oven to 400 degrees. GENEROUSLY spray a muffin tin with cooking spray.
2. Line each muffin tin with 1.5 pieces of ham, making sure you don’t leave holes for the egg mixture to explode out of.
3. Place a little bit of roasted red pepper in the bottom of each muffin tin.
4. Place 1 Tbsp of minced spinach on top of each red pepper.
5. Top the pepper and spinach off with a heaping 1/2 Tbsp of crumbled feta cheese.
6. In a medium bowl, whisk together the eggs salt and pepper. Divide the egg mixture evenly among the 6 muffin tins.
7. Bake for 15-17 minutes until the eggs are puffy and feel set.
8. Remove each cup from the muffin tin and garnish with 1/4 tsp pesto sauce, additional roasted red pepper slices and fresh basil.
9. Devour!

Notes:
These are also great cold if you want to eat them for breakfast or a quick snack.

Prep time: 10 Mins  Cook time: 15 Mins  Yield: 6 Muffins

Ingredients

- 9 Slices of thin cut deli ham
- 1/2 Cup Canned roasted red pepper, sliced + additional for garnish
- 1/3 Cup Fresh spinach, minced
- 1/4 Cup Feta cheese, crumbled
- 3 Large eggs
- Pinch of salt
- Pinch of pepper
- 1 1/2 Tbsp Pesto sauce
- Fresh basil for garnish

Nutritional facts

<table>
<thead>
<tr>
<th></th>
<th>CALORIES 109</th>
<th>CALORIES FROM FAT 60</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>6.7g</td>
<td></td>
<td>10%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>169mg</td>
<td></td>
<td>56%</td>
</tr>
<tr>
<td>Sodium</td>
<td>423mg</td>
<td></td>
<td>18%</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>1.8g</td>
<td></td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1.8g</td>
<td></td>
<td>7%</td>
</tr>
<tr>
<td>Sugars</td>
<td>1.2g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>9.3g</td>
<td></td>
<td>19%</td>
</tr>
</tbody>
</table>
Vegan Chickpea Cookie Dough Bowls

Recipe

1. In a small food processor (mine is 3 cups) blend the chickpeas, peanut flour, vanilla extract, agave, 1 Tbsp peanut butter, 1 ½ Tbsp Vanilla Almond milk and pinch of salt until smooth and creamy. You may need to scrape down the sides of the bowl every so often. Additionally, the chickpeas will not break down entirely, which you want for some good cookie-dough like texture.

2. Once blended, transfer the mixture to a bowl and pour additional almond milk around the outside. Top with more peanut butter (if desired,) the chocolate chips and option sprinkle of cinnamon.

3. DEVOUR

Notes:
You do need a small food processor to make sure you can get the chickpeas creamy. If yours is too big, you can easily double or triple the amount and keep it the refrigerator for easy breakfasts throughout the week!

Prep Time: 5 mins Serves: 1

Nutritional facts

- Calories: 364.3
- Calories from Fat: 15.4g
- Total Fat: 15.4g
- Cholesterol: 0mg
- Sodium: 393.3mg
- Total Carbohydrates: 50g
- Dietary Fiber: 7.3g
- Sugars: 25.5g
- Protein: 12.2g
Recipe Ingredients

1. Mix the oats and powdered peanut butter in a bowl.
2. Add the banana and milk and stir until well mixed. Cover and refrigerate for at least 6 hours.
3. Top with additional banana and DEVOUR!

Prep Time: 5 Mins  Serves: 1

Banana Peanut Butter Overnight Oats Recipe with Almond Milk

Ingredients

• 1/2 Cup Rolled, old fashioned oats (not quick oats - gluten free if needed)
• 1 1/2 Tbsp Powdered peanut butter
• 1/2 Cup Banana, mashed - additional for serving
• 1/2 Cup Unsweetened vanilla almond milk

Nutritional facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>299</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>51</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>5.7g</td>
<td>9%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>147mg</td>
<td>6%</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>57g</td>
<td>19%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>8.9g</td>
<td>36%</td>
</tr>
<tr>
<td>Sugars</td>
<td>15.5g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>10.5g</td>
<td>21%</td>
</tr>
</tbody>
</table>
Nutrition

Recipe

Ingredients

1. Preheat your oven to 350°F and generously spray an 8x8 inch pan with cooking spray. Set aside.
2. In a large bowl, microwave the peanut butter and the honey until it is smooth and fluid, about 1 minute. Sprinkle the coconut sugar on top and let it stand for 5 minutes. Do not mix the coconut sugar in.
3. While the sugar stands, combine the oatmeal, oat flour, powdered peanut butter, protein powder, salt, baking powder, baking soda, cinnamon and roasted peanuts in a large bowl until well combined. Set aside.
4. Once the peanut butter/sugar mixture has been standing for 5 minutes, beat it until well combined with an electric mixer.
5. Add in the vanilla extract and egg yolk and beat again until well combined. The egg yolk will thicken the peanut butter mixture up quite a bit.
6. Pour the peanut butter mixture, along with the almond milk and mini chocolate chips, into the oatmeal mixture. Mix until well combined. Your dough will be very thick.
7. Press into the prepared pan and bake until it appears just set and the edges begin to turn golden brown, about 20 mins. Let cool completely before slicing and serving.
8. Once the bars have cooled, melt the remaining chocolate in the microwave using 20 second intervals on 50% power, stirring between each interval until the chocolate is smooth and melted. Stir in the protein powder and drizzle on the bars.
9. DEVOUR.

Notes:
Coconut sugar is a little bit coarse, and letting it sit for 5 minutes helps it slightly dissolve. If you use brown sugar, skip this step and go right into beating the sugar and the peanut butter.

Prep Time: 10 Mins Cook Time: 20 Mins Yield: 12 Bars

Healthy Peanut Butter Oatmeal Breakfast Bars

For the topping:
• 2 ounces Semisweet Chocolate
• 1 tablespoon Vanilla Protein Powder

Nutritional facts

Total Fat: 15.4g 
Cholesterol: 18mg 
Sodium: 136mg 
Total Carbohydrates: 21g
Dietary Fiber: 3.1g
Sugar: 9.4g
Protein: 9.9g

Calories: 252
Calories from Fat: 139

% Daily Value

24% 6% 6% 7% 12%
Cookie Dough Protein Oatmeal

Recipe

1. Combine the almond milk, oatmeal and a pinch salt in a medium pot and bring to a boil on high heat.
2. Once boiling, reduce the heat to medium and simmer, stirring frequently, until the oats are thick and tender, but still a little runny, about 3 minutes.
3. Once cooked, remove from the heat and stir in the protein powder, sweetener and extract.
4. Transfer to a bowl and stir in the chocolate chips.
5. DEVOUR!

Prep time: 5 Mins Serves: 1

Ingredients

- 1 cup Unsweetened Vanilla Almond Milk
- 1/2 cup Old Fashioned Rolled Oats, gluten free if needed
- pinch of Salt
- 5 tablespoons Vanilla Whey Protein Powder
- 1 1/2 teaspoons Monkfruit Sweetener, or sweetener of choice, to taste
- 1 teaspoon Organic Butter Extract
- 1 tablespoon Mini Chocolate Chips

Nutritional facts

- Calories: 365.7
- Calories from Fat: 12.3g
- Total Fat: 12.3g
- Cholesterol: 74.4mg
- Sodium: 207.9mg
- Total Carbohydrates: 41.4g
- Dietary Fiber: 5g
- Sugars: 10.7g
- Protein: 22.5g
Pesto Freezer Breakfast Burritos

Recipe

1. Heat a large, non-stick skillet to medium heat and cook the breakfast sausage, breaking up as it cooks, until golden brown, about 5-7 minutes. Transfer to a bowl.

2. Turn the heat down to medium low and pour the liquid egg whites, and a pinch of salt and pepper, into the same pan, keeping the juices from the chicken in the pan to cook the egg whites in. Scramble, stirring frequently, until the egg whites just begin to set. Transfer to a bowl to let them cool and cook a little bit more.

3. While the sausage/eggs cook combine the white beans, pesto and a pinch of salt and pepper in a SMALL food processor (mine is 3 cup) and blend until smooth and creamy, stopping to scrape down the sides as necessary.

To assemble:

1. Spread out a large piece of tinfoil onto your counter and lay one wrap down on top. Spread about 2 Tbsp of the white bean pesto in the center of it, followed by the spinach. Place 1/4 of the chicken in the middle of the wrap, and then 1/4 of the scrambled egg whites.

2. Fold the long sides in first, making sure to hold them tight and tight, so that they overlap. Then, fold the shorter ends over top, so the burrito is tightly sealed. Wrap VERY tightly in plastic wrap and store in the freezer for 2-3 months.

3. To thaw: unwrap the burrito and place onto a microwave-safe plate. Microwave until warmed through, about 60-90 seconds.

4. Prep-Time: 5 Mins Cook time: 10 Mins Yield: 4 Burritos

Ingredients

- 8 Oz Chicken breakfast sausage
- 1 Cup Liquid egg whites
- Salt and pepper
- 1/2 Cup White beans, drained and rinsed (116g)
- 2 Tbsp Pesto, of choice
- 4 8 Inch Gluten Free Tortillas
- 1 Cup Spinach, Packed

Nutritional facts

CALORIES 308

- Total Fat: 9.2
- Cholesterol: 41mg
- Sodium: 1109mg
- Total Carbohydrates: 32.9g
- Dietary Fiber: 2.7g
- Sugars: 1.2g
- Protein: 23.5
Taco Breakfast Egg Muffins

Recipe

1. Preheat your oven to 375 degrees and GENEROUSLY spray a muffin pan with cooking spray.
2. In a large frying pan, heat the olive oil over medium-high heat.
3. Add in the ground beef and cook, breaking up, until no longer pink. Add in the taco seasoning and stir until well mixed.
4. Remove the pan from the heat and stir in the salsa. Set aside.
5. In a large bowl, whisk the eggs and egg whites with a pinch of salt and pepper.
6. Using a ladle, divide the eggs between 12 muffin cavities.
7. Divide the beef mixture between the cavities, which is about 2 Tbsp per cavity.
8. Finally, top each muffin cavity with 1 lightly heaping Tbsp of the cheese.
9. Bake until the eggs are set and lightly golden brown, about 20-23 minutes.
10. Let cool in the pan for 10 minutes and then remove to a wire rack to finish cooling.
11. DEVOUR!

Prep Time: 5 Mins  
Cook time: 25 Mins  
Yield: 12 Muffins

Ingredients

- 2 tsp Extra-virgin Olive oil
- 1/2 Lb Lean ground beef I use 93% lean
- 1/2 Tbsp Taco seasoning
- 3/4 Cup Salsa of choice
- 6 Eggs
- 4 Egg whites
- Pinch of salt and pepper
- 1 Cup Reduced-fat Mexican cheese blend

Nutritional facts

<table>
<thead>
<tr>
<th>CALORIES</th>
<th>105.5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>6.3g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>110.5mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>202.4mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>1.3g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0.3g</td>
</tr>
<tr>
<td>Sugars</td>
<td>0.2g</td>
</tr>
<tr>
<td>Protein</td>
<td>11.2g</td>
</tr>
</tbody>
</table>
Gluten Free Cinnamon Roll Overnight Oats

To make the balsamic reduction:
1. In a small bowl, stir together the protein powder, coconut sugar and cinnamon. Slowly add in the water, adding enough until it makes a thick but still spreadable mixture. Then, spread 2/3 of the mixture into the bottom of a cup or small bowl.

2. In a separate small bowl, whisk together the oatmeal, milk and Greek yogurt until well mixed. Spoon over top of the cinnamon mixture.

3. Spread, or drizzle all of the remaining cinnamon mixture on top of the oats and refrigerate for at least 6 hours - overnight. (You can also put all the cinnamon mixture on the bottom if you want to make this even easier!)

4. In the morning, swirl it all up so you get cinnamon in every bite, and DEVOUR.

Prep Time 5 Mins Serves: 1

Recipe Ingredients

- 2 Tbsp Vanilla whey protein powder
- 1 Tbsp Coconut sugar
- 1 tsp Cinnamon
- 4-5 tsp Water depending on how thick your protein powder is
- 1/2 Cup Rolled old fashioned oatmeal (gluten free if needed)
- 1/2 Cup Unsweetened vanilla almond milk or any milk you want
- 1/4 Cup Non-fat Vanilla Greek yogurt

Nutritional facts

<table>
<thead>
<tr>
<th></th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>307</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>44</td>
</tr>
<tr>
<td>Total Fat</td>
<td>4.9g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>21mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>139mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>48.5g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>6.1g</td>
</tr>
<tr>
<td>Sugars</td>
<td>17.3g</td>
</tr>
<tr>
<td>Protein</td>
<td>18.3g</td>
</tr>
</tbody>
</table>

Calories from Fat 44%
Apple Raisin Oatmeal Breakfast Cookies

Recipe

1. Preheat your oven to 400 degrees and line a cookie sheet with parchment paper. *
2. Spread the almonds onto the pan and place in the oven until lightly golden brown, about 2-3 minutes. They toast quickly, so keep an eye on them. Turn the oven temperature down to 325 degrees.
3. In a large bowl, whisk together the almond butter, maple syrup, vanilla extract and apple sauce until well combined and smooth. Add in the quick oats, cinnamon, ginger and salt and stir until well combined. Finely add in the raisins, chopped dried apples and toasted almonds. Stir until evenly mixed. Your dough will be quite sticky.
4. Drop the batter onto the prepared cookie sheet in 8 large balls. Use a fork to press the cookies down to about ¾ inch thick. Make sure to press the edge of the cookie together with the fork as well to keep them together while baking.
5. Bake until the edges are lightly golden brown and the cookies feel springy, about 22-23 minutes. Let cool COMPLETELY on the pan and then DEVOUR.

Notes:
*Cookies sometimes crumble if you just use cooking spray, so be sure to line the pan with parchment. Store cookies in an air-tight container in the refrigerator.

Prep Time 5 Mins Cook Time: 25 Mins Yield: 8 Cookies

Ingredients

- ¼ Cup Sliced almonds 25g
- ½ Cup Creamy almond butter
- ¼ Cup Pure maple syrup
- ½ tsp Vanilla extract
- ¹⁄₃ Cup Unsweetened apple sauce
- 1 Cup Quick oats 90g (NOT rolled oats)
- ¹⁄₃ tsp Cinnamon
- ¹⁄₃ tsp Ginger powder
- ¹⁄₃ tsp Salt
- ¼ Cup raisins 30g
- ¼ Cup Finely chopped dried apples packed (22g)

Nutritional facts

Calories: 203
Calories from Fat: 100

<table>
<thead>
<tr>
<th></th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat: 11.2g</td>
<td>17%</td>
</tr>
<tr>
<td>Cholesterol: 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium: 76mg</td>
<td>3%</td>
</tr>
<tr>
<td>Total Carbohydrates: 22.2g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber: 2.4g</td>
<td>10%</td>
</tr>
<tr>
<td>Sugars: 9.4g</td>
<td>-</td>
</tr>
<tr>
<td>Protein: 5.6g</td>
<td>-</td>
</tr>
</tbody>
</table>

Total Carbohydrates: 22.2g
Dietary Fiber: 2.4g
Sugars: 9.4g
Protein: 5.6g