

¡Viva Health!

Eat well, feel great.

Come bien, siéntete bien.



The Joy of Breakfast

Volume 3



Blenderless Smoothie

4 servings / 1 serving = about 1 cup / calories 132

Ingredients:

2 cups plain, low-fat yogurt
1 teaspoon vanilla extract
1 cup 100% orange juice
1 cup apple sauce, unsweetened

Preparation:

1. In a large mixing bowl, add yogurt, vanilla extract, orange juice, and apple sauce.
2. Mix well with a whisk and serve chilled.

Tip: Chill ingredients the night before.



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Whole Wheat Almond Pancakes

4 servings / 1 serving = 2 small pancakes / calories 180

Ingredients:

2 cups whole wheat flour, sifted (or try 1 cup whole wheat flour + 1 cup almond flour)
1 teaspoon baking powder
½ teaspoon salt
½ teaspoon ground cinnamon
4 eggs
½ cup non-fat plain Greek yogurt
½ cup fat-free milk
1 cup canola oil
Optional toppings: fresh berries and chopped pecans

Preparation:

1. In a large bowl, combine the almond flour, baking powder, and salt. Whisk together.
2. In a separate bowl, beat the eggs well. Add the milk, yogurt, and canola oil and mix well. Add the egg mixture to the dry ingredients and combine. Let sit for 15 minutes.
3. Heat a nonstick skillet or griddle over medium heat. Spray with cooking spray and using a ¼ cup scoop, pour pancake batter onto the skillet. Flatten lightly with the scoop and cook until the bottom is lightly browned. Flip and continue to cook until the other half is lightly browned. Remove from heat and continue with the rest of the batter.
4. Sprinkle with cinnamon and serve with optional fresh berries and chopped pecans.



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Sweet Potato Muffins

16 servings / 1 serving = 2 mini muffins / calories 130

Ingredients:

1 ½ cups whole wheat flour
1 tablespoon baking powder
½ teaspoon salt
1 teaspoon ground nutmeg
1 teaspoon ground cinnamon
2 large eggs, beaten
1 cup low-fat milk
½ cup brown sugar
1 cup sweet potato puree
½ cup canola oil
1 teaspoon vanilla

Preparation:

1. Preheat the oven to 375°F. Grease a mini-muffin pan with cooking spray.
2. In a large bowl, whisk together the whole wheat flour, baking powder, salt, cinnamon and nutmeg.
3. In a separate bowl, whisk together the eggs, milk, sugar, sweet potato puree, canola oil, and vanilla. Add this to the flour mixture by folding in gently until just combined. Do not over mix; the batter should not be smooth.
4. Divide the batter among the muffin cups. Bake until a toothpick inserted in 1-2 muffins comes out clean, about 10 minutes. Let cool for 2-3 minutes before removing from the pan.

In The Kitchen

Prepare your own sweet potato puree by roasting sweet potatoes until softened. Scoop out the flesh and enjoy as a puree or add to muffins or pancakes.



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Banana Nut Oatmeal

2 servings / 1 serving = 1 cup / calories 300

Ingredients:

1 cup low-fat milk or unsweetened milk alternative
1 teaspoon ground cinnamon, or to taste
2 teaspoons honey
½ cup rolled oats
1 banana, peeled and sliced
¼ cup chopped walnuts or pecans (optional)

Preparation:

1. In a small pot, add milk and heat over medium low heat until small bubbles start to rise to the top. Be careful not to scorch the bottom, so stir gently.
2. Add cinnamon and honey and whisk to combine with the milk.
3. Add rolled oats and bring to a simmer. Stir gently and cook until oats are cooked, 5-7 minutes. During the last minute of cooking, add banana and walnuts and warm through.



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Egg, Spinach, and Avocado Toast

4 servings / 1 serving = 1 slice toast with one egg / calories 270

Ingredients:

2 tablespoons extra-virgin olive oil, divided
2 garlic cloves, grated or finely chopped
1 bunch spinach, washed and cut into bite-sized pieces
4 eggs
½ large avocado
4 slices whole wheat bread, toasted
salt and freshly ground black pepper, to taste

Preparation:

1. Prepare spinach: heat 1 tablespoon oil over medium heat in a large sauté pan. Add garlic and cook until softened, about 1 minute. Add spinach and cook until wilted, stirring constantly, about 5 minutes. Remove from heat and season with a sprinkle of salt and freshly ground black pepper.
2. Cook eggs in the remaining oil, and cook until desired doneness.
3. Toast the bread. Mash avocado on each piece of toast and divide the spinach amongst the 4 slices of toast. Top the spinach with 1 egg. Season with salt and pepper.



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Egg “Muffins”

12 servings / 1 serving = 1 egg “muffin” or two mini “muffins” / calories 140

Ingredients:

12 eggs
½ teaspoon salt
½ teaspoon black pepper
½ tablespoon canola or extra-virgin olive oil
1-2 cups chopped veggies (i.e. red bell pepper, green bell pepper, onion, spinach, mushrooms)
¾ cup shredded mozzarella or cheddar cheese, optional

Preparation:

1. Preheat oven to 350°F. Spray a 12 cup muffin tin well with cooking spray.
2. In a large bowl, beat the eggs well. Season with salt and pepper and set aside.
3. Heat a large skillet over medium heat. Add oil and chopped veggies. Let brown, then drain any excess oil. Divide the veggies between the 12 muffin cups. Add a sprinkle of cheese, if using. Pour the beaten eggs over the veggies to fill the cups ¾ of the way.
4. Bake for 20 minutes, or until eggs are fully cooked. They should be set when removed from the oven.
5. Let cool for a few minutes, then use a knife to loosen the edges before popping the muffins out. Cool and store in the refrigerator for up to 3 days, or freeze and reheat in a microwave or toaster oven.



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Fun Fruit Pizza

4 servings / 1 serving = 1 half sandwich thin or English muffin / calories 190

Ingredients:

2 whole wheat sandwich thins or English muffins, split in half
4 ounces low-fat plain cream cheese, softened
½ teaspoon vanilla extract
½ tablespoon honey

Preparation:

1. Toast each round lightly.
2. In a small bowl, combine the low-fat cream cheese with the vanilla extract and honey. Stir well to combine.
3. Spread about a tablespoon of the cream cheese on top of each sandwich round.
4. Top with a variety of fruits.

Offer a variety of fruits such as:

1 kiwi
½ cup raspberries
½ cup sliced strawberries
½ cup blueberries



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Rainbow Fruit Skewers with Cinnamon Yogurt

8 servings / 1 serving = 2 skewers + ¼ cup of yogurt / calories 260

Ingredients:

16 small cubes of cantaloupe, about the size of 1 tablespoon each
16 strawberries
16 small cubes of pineapple, about the size of 1 tablespoon each
16 kiwi wedges
32 small grapes

Preparation:

1. Thread the pointy edge of a wooden kebab stick through the fruit in any order you wish.
2. Place the Greek yogurt in a large bowl. Whip with a whisk or fork until velvety. Add the vanilla and cinnamon and whisk to combine.
3. Once the skewers are prepared, serve with 2 tablespoons of the yogurt and sprinkle with walnuts.

For the yogurt:

1 cup plain non-fat or low-fat Greek yogurt
1 teaspoon vanilla extract (optional)
1 teaspoon ground cinnamon
1 tablespoon walnuts, chopped (optional)



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