

**HEALTHY**

# BREAKFAST

**FOR A WEEK**



**7 LOW-CAL  
BREAKFAST OPTIONS**

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# WAKE UP SANDWICH

You will want to wake up to this early morning breakfast sandwich.

## Ingredients

**1/4 cup** liquid egg (whites OK too)  
**2 tbsp** light shredded cheese  
**2 tbsp** chopped green pepper  
**1 tbsp** sodium reduced ham  
Pepper to taste  
**1/8 tsp** Italian seasoning (optional)  
**1** whole-grain English muffin, toasted

## Directions

1. Find a bowl that is about the same size around as an english muffin and dishwasher safe.
2. In the bowl, mix together egg, cheese, pepper, ham, ground pepper and Italian seasoning (if using). Microwave on high for 1 minute. Turn the egg over and microwave for another 30 seconds to 1 minute.
3. Place egg on the toasted English muffin.

(Makes 1 Serving)

**Calories Per Serving: 247**

# APPLE OATMEAL

A delicious and warming breakfast treat

## Ingredients

**3 cups** apple juice  
**1/2 tsp** ground cinnamon  
**1 1/2 cups** quick oats  
**1/2 cup** chopped apple  
**1/4 cup** maple syrup  
**1/4 cup** raisins  
**1/4 cup** chopped walnuts  
**4 tbsp** fat free vanilla yogurt

## Directions

1. Combine apple juice and cinnamon in a medium saucepan. Bring to a boil.
2. Stir in oats, chopped apple, maple syrup and raisins.
3. Reduce heat and cook until most of juice is absorbed, stirring occasionally. Fold in walnuts.
4. Top each bowl with a tablespoon of yogurt.

(Makes 4 Servings)

**Calories Per Serving: 271**

# MELON SMOOTHIE

This smoothie harnesses the natural sweetness of the Watermelon.

## Ingredients

- 3 cups** watermelon chunks
- 1** small banana, chopped
- 1 cup** ice
- 1 1/2 cups** 0% fat vanilla yogurt

## Directions

1. Put watermelon chunks, chopped banana, ice and yogurt in a blender. Blend until desired smoothness.
2. Pour into glasses.

(Serving Size 12 oz)

**Calories Per Serving: 158**

# WHOLE WHEAT PANCAKES

A healthier choice than pre mixed pancake batters. Top them wisely as that will add calories,

## Ingredients

**1 cup** whole wheat flour  
**1 tsp** baking powder  
**1/2 tsp** baking soda  
**1/8 tsp** salt  
**1** egg, lightly beaten  
**1 cup** low-fat buttermilk  
**2 tbsp** honey

## Directions

1. Whisk whole-wheat flour, baking powder, baking soda and salt in a medium bowl.
2. In a small bowl, combine egg, buttermilk and honey.
3. Make a well in dry ingredients and stir in egg and buttermilk mixture. Allow batter to rest for a few minutes.
4. Set a nonstick frying pan to medium-high heat. Drop batter by 1/4 cupfuls on to griddle or pan. Cook until the edges begin to dry and bubbles appear in the pancakes. Flip and cook for 1-2 minutes more.

(Makes 8 pancakes)

**Calories Per 2 Pancake Serving: 188**

# MORNING POWER BAR

Power up your morning workout with this healthy power bar.

## Ingredients

1 cup old-fashioned rolled oats  
1/4 cup slivered almonds  
1 tbsp flaxseeds, preferably golden  
1 tbsp sesame seeds  
1 cup unsweetened whole-grain puffed cereal (see Note)  
1/3 cup currants  
1/3 cup chopped dried apricots  
1/4 cup creamy almond butter (see Note)  
1/4 cup turbinado sugar (see Note)  
1/4 cup honey  
1/2 teaspoon vanilla extract  
1/8 teaspoon salt

## Directions

1. Preheat oven to 350°F. Coat an 8-inch-square pan with cooking spray.
2. Spread oats, almonds, flaxseeds and sesame seeds on a large, rimmed baking sheet. Bake until the oats are lightly toasted. Transfer to a large bowl. Add cereal, currants, apricots and raisins; toss to combine.
3. Combine almond butter, sugar, honey, vanilla and salt in a small saucepan. Heat over medium-low, stirring frequently, until the mixture bubbles.

4. Immediately pour the almond butter mixture over the dry ingredients and mix with a spoon or spatula until no dry spots remain.

5. Transfer to the prepared pan and press the mixture down firmly to make an even layer.

6. Refrigerate until firm, about 30 minutes

(Makes 8 Bars)

**Calories Per 1 Bar Serving:** 244 calories



# TEXAN OMELETTE WRAP

This wrap is a healthy taste of the south west.

## Ingredients

1 large egg  
1 large egg white  
1/2 teaspoon hot sauce, such as  
Freshly ground pepper, to taste  
1 tablespoon chopped scallions  
1 tablespoon chopped fresh cilantro, or parsley (optional)  
2 tablespoons prepared black bean dip  
1 9-inch whole-wheat wrap, (see Ingredient note)  
1 teaspoon canola oil  
2 tablespoons grated pepper Jack or Cheddar cheese  
1 tablespoon prepared green or red salsa, (optional)

## Directions

1. Set oven rack 6 inches from the heat source; preheat broiler.
2. Stir together eggs, hot sauce and pepper, scallions and cilantro (or parsley), if using.
3. If black bean dip is cold, warm it in the microwave on High for 10 to 20 seconds. Place wrap between paper towels and warm in the microwave on High for about 10 seconds. Spread bean dip over the wrap, leaving a 1-inch border all around.
4. Brush oil over a 10-inch nonstick skillet; heat over medium heat. Add the egg mixture and cook 20 to 30 seconds. Place the skillet under the broiler and broil just until the top is set, 20 to 30 seconds.

5. Slide the omelet onto the wrap. Sprinkle with cheese. Roll the wrap and serve with salsa/

(Makes 1 Serving)

**Calories Per Serving: 321**

# MUESLI

A classic breakfast that is power packed with dried fruit and healthy nuts.

## **Ingredients**

**300g** jumbo oats

**100g** Allbran

**25g** wheatgerm

**100g** dark raisins

**140g** ready-to-eat apricots , cut into chunks

**50g** golden linseeds

## **Directions**

1. Mix everything in a large bowl.
2. Store for up to 2 months, airtight.
3. Serve with Milk if you prefer

**Calories Per 1 Cup Serving: 124**