



## Quick Breakfast Ideas


Check out these three simple and nutritious breakfast meals. They are a great way to start your day and fuel your body.

If you have any questions, please connect with me.

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Cheers to happy and healthy eating! :)

# Peanut Butter Cup Overnight Oats

 7 ingredients  8 hours  3 servings




## Directions

1. Combine oats, almond milk, peanut butter, chia seeds, maple syrup, cocoa powder and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
2. Remove from fridge. Divide into single-serving size jars or containers. Enjoy!

## Ingredients

- **1 1/2 cups** Oats (quick or rolled)
- **1 1/2 cups** Unsweetened Almond Milk
- **1/4 cup** All Natural Peanut Butter
- **2 tbsps** Chia Seeds
- **2 tbsps** Maple Syrup
- **1 tbsp** Cocoa Powder
- **1/2 cup** Water

# Eggvocado

 2 ingredients  15 minutes  1 serving




## Directions

1. Preheat oven to 350 degrees F.
2. Slice the avocado in half and scoop out a little flesh from each half to make room for the eggs. Place face-up on a baking sheet.
3. Crack an egg in each half of the avocado and bake for 10-15 minutes, depending on how runny you like your eggs. Enjoy!

## Ingredients

- 1 Avocado
- 2 Egg

# Pumpkin Breakfast Cookies

 14 ingredients  45 minutes  8 servings

## Directions

1. Preheat oven to 350 and line a baking sheet with parchment paper.
2. Combine oats, flax seed, cinnamon, nutmeg, sea salt, baking powder, pumpkin seeds, sunflower seeds and chopped dates together in a bowl. Mix well to combine.
3. Whisk egg in a separate mixing bowl. Add pumpkin, honey, coconut oil and grated carrot. Mix well to combine.
4. Add dry ingredients in with the wet and mix well until a dough-like consistency forms.
5. Form cookies with the dough and transfer to the baking sheet. (Tip: Use a lid from a large-mouth mason jar as a mould.)
6. Place in the oven and bake for 30 to 40 minutes depending on how crispy you like your cookies. Remove from oven and let cool. Enjoy!

## Ingredients

- **1 1/4 cups** Oats (quick or rolled)
- **1 1/2 tsps** Ground Flax Seed
- **2 tsps** Cinnamon
- **1 tsp** Nutmeg
- **1/4 tsp** Sea Salt
- **1 1/2 tsps** Baking Powder
- **1/2 cup** Pumpkin Seeds
- **1/2 cup** Sunflower Seeds
- **1 cup** Pitted Dates (chopped)
- **1** Egg
- **3/4 cup** Pureed Pumpkin
- **1/4 cup** Raw Honey
- **1 tbsp** Coconut Oil (melted)
- **1** Carrot (grated)