

Quick & Easy Breakfast Options

1 Baked Eggs with Spinach, Broccoli, Onion & Cheese

Ingredients:

- 8 eggs
- 2 green onions, chopped
- 1 cup spinach, chopped
- ½ cup broccoli, chopped
- 1 cup low moisture part-skim Mozzarella cheese, shredded
- Salt and pepper
- Cooking spray

Directions:

1. Preheat oven to 350 degrees F.
2. Spray muffin tin with cooking spray. Evenly distribute green onions, spinach, and broccoli in muffin tin cups.
3. Top veggies evenly with Mozzarella cheese. Set muffin tin aside.
4. In a medium-sized bowl, whisk eggs together. Sprinkle with salt and pepper, to taste.
5. Pour egg mixture evenly into each muffin tin.
6. Place muffin tin in oven for 30 minutes or until top of baked eggs begin turning golden brown.



This recipe is a great make-ahead breakfast! Make a batch of baked eggs at the beginning of the week, freeze and reheat as needed.

Prep time: 10 minutes

Cook time: 30 minutes

Yield: 8 egg cups

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2 Apple Peanut Butter Waffles

Ingredients:

- ½ medium apple, diced
- 2 Tbsp peanut butter
- 1/8 tsp chia seeds
- 2 whole grain waffles
- Cinnamon
- Apple pie spice

Directions:

1. Toast waffles.
2. Top waffles with peanut butter.
3. Sprinkle apple pieces and chia seeds on top of waffles.
4. Add a dash of cinnamon and apple pie spice.



This seasonal breakfast will surely be a treat!

Prep time: 3 minutes

Cook time: 2 minutes

Yield: 2 waffles

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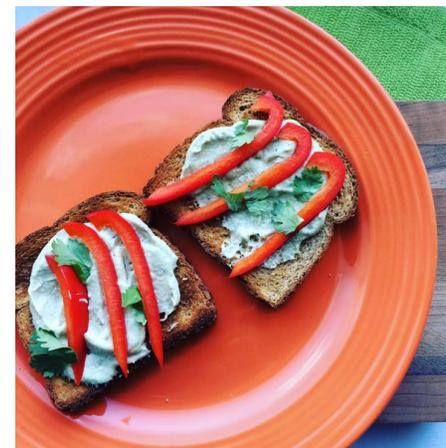
3 Pepper Avocado Toast (Power Toast)

Ingredients:

- 2 slices 100% whole wheat bread
- ½ cup low-fat cottage cheese
- 1 avocado, peeled
- 1 Tbsp lemon juice
- 6 red pepper strips (~1/4 of a medium red pepper)
- Cilantro
- Pepper

Directions:

1. Toast bread.
2. While bread is in toaster, combine lemon juice, cottage cheese, and avocado in food processor. Blend until smooth.
3. Remove toast from toaster and top with heaping spoonfuls of avocado mixture.
4. Top toast with red pepper strips. Garnish with cilantro and pepper.



Give your toast a powerful upgrade!

Prep time: 5 minutes

Cook time: 2 minutes

Yield: 2 slices of toast

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Avocado Breakfast Tostada

Ingredients:

- ½ cup ripe avocado
- 1 Tbsp lime juice
- 1 10" tortilla
- 1 large egg
- ¼ cup Mexican cheese
- Garlic powder, salt, pepper, red pepper flakes, ground cumin, chili pepper
- Cooking spray
- Optional toppings: Salsa, cherry tomatoes, cilantro, hot sauce, jalapeños

Directions:

1. Preheat oven to 350 degrees F.
2. Mash avocado, add lime juice, and seasoning to taste.
3. Toast tortilla on oven rack about 2 minutes and then add cheese. Cook for an additional 3 minutes.
4. Cook your egg to your liking – poached or scrambled are two of our favorites!
5. Spread avocado on tortilla and top with cooked egg.
6. Get creative with additional toppings and enjoy!



Protein and fiber rich, this tostada is a flavorful way to start your day.

*Prep time: 5 minutes
Cook time: 10 minutes
Yield: 1 tostada*