



Norman Thatch

HEALTHY

BREAKFAST OPTIONS



Almond Cacao Overnight

Oats

Recipe:

- 1/3 cup greek yogurt or coconut yogurt (for vegans)
- 1/2 cup rolled oats
- 2/3 cup unsweetened almond milk
- 1 teaspoon chia seed
- 1 teaspoon flax seed
- 1 teaspoon maple syrup or stevia
- 1 tablespoon almond butter
- 1 tablespoon raw cacao powder
- 1 tablespoon unsweetened shredded coconut



How to make:

- Whisk together all ingredients in a medium sized bowl except for shredded coconut.
- Spoon mixture in a sealed container.
- Refrigerate for at least 4 hours (best overnight) and enjoy with some unsweetened coconut on top before serving.

Nutritional Information (per serving 1.5 cups):

- Calories: 265
- Fat: 5 g
- Saturated Fat: 0 g
- Cholesterol: 0 mg
- Sodium: 8 mg
- Carbs: 14 g
- Fiber: 12 g
- Sugar: 2 g
- Protein: 28 g

Avocado Toast w/Fried

Egg

Recipe:

- 1 piece of whole grain bread
- 1 egg
- 1/2 avocado, mashed
- Dash of hot sauce
- Cooking spray

How to make:

- Toast one piece of whole grain bread.
- Heat a small pan with cooking spray over medium-high heat.
- Crack egg into pan, sprinkle with sea salt and pepper and cook until your it is to your liking. About 2 minutes.
- Turn off heat and flip egg.
- Mash your avocado and spread on toast. Top with fried egg and drizzle hot sauce on top.



Nutritional Information (per serving):

- Calories: 250
- Fat: 11 g
- Saturated Fat: 3 g
- Cholesterol: 111 mg
- Sodium: 5 mg
- Carbs: 10 g
- Fiber: 4 g
- Sugar: 0 g
- Protein: 12 g

Veggie Egg White Omelette

Recipe:

- 4 egg whites
- 1 cup fresh organic spinach
- 1/2 red bell pepper, chopped
- 1 tablespoon goat cheese
- Cooking spray



How to make:

- Heat a medium-sized pan and spray with cooking spray over medium-high heat
- Add spinach and bell peppers, sauté for 3 minutes
- Pour egg whites into pan on top of the sautéed veggies, sprinkle goat cheese and cook until firm for an additional 4 minutes
- Flip and fold omelette, side onto a plate and enjoy with your favorite hot sauce

Nutritional Information (per serving 1.5 cups):

- Calories: 170
- Fat: 1 g
- Saturated Fat: 0 g
- Cholesterol: 0 mg
- Sodium: 125 mg
- Carbs: 1 g
- Fiber: 2 g
- Sugar: 0 g
- Protein: 17 g

Easy Banana Protein Pancakes

Recipe:

- 1 small banana
- 1 teaspoon cinnamon
- 1/2 cup egg whites or 2 whole eggs
- 3 tablespoons sugar free syrup
- 1 teaspoon coconut oil

How to make:

- In a medium bowl, mash the banana and crack the eggs in it, stirring until the mixture is combined.
- Heat a greased griddle using 1 teaspoon of coconut oil (or cooking spray) or frying pan on medium heat and pour about a 2.5-inch wide puddle of batter.
- Carefully flip the pancake after about 25 seconds or when it browns.
- The recipe makes 3-4 small pancakes. Serve with some sugar free syrup



Nutritional Information (per serving using egg whites):

- Calories: 180
- Fat: 5 g
- Saturated Fat: 1.5 g
- Cholesterol: 0 mg
- Sodium: 13 mg
- Carbs: 13 g
- Fiber: 2 g
- Sugar: 9 g
- Protein: 14 g