



Make-ahead Breakfast Ideas

LISA HAYNE

Banana & Nut Chia Oats

4 SERVINGS 8 HOURS



INGREDIENTS

2 cups Plain Greek Yogurt
2 cups Unsweetened Almond Milk
1/4 cup Oats (rolled)
1/4 cup Chia Seeds
1 1/3 tbsps All Natural Peanut Butter
1 1/3 tbsps Maple Syrup
2 tps Vanilla Extract
2 Banana (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	289	Cholesterol	17mg
Fat	11g	Sodium	155mg
Saturated	3g	Vitamin C	13mg
Carbs	34g	Calcium	567mg
Fiber	7g	Iron	2mg
Sugar	15g	Magnesium	42mg
Protein	16g	Zinc	1mg

DIRECTIONS

- 01 In a medium bowl, mix together the yogurt, almond milk, oats, chia seeds, peanut butter, maple syrup, and vanilla. Seal and place in the fridge overnight, or for at least eight hours.
- 02 Divide into containers and add the sliced banana. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in a sealed container for up to four days.

NUT-FREE

Use a nut-free milk such as oat or soy.

MORE FLAVOR

Add a pinch of cinnamon.

NO BANANA

Use mixed berries instead of banana.

MAKE IT VEGAN

Use a vegan yogurt.

CONSISTENCY

For a thicker consistency, add more chia seeds.

Whipped Peanut Butter Yogurt Bowl

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Plain Greek Yogurt
2 tbsps All Natural Peanut Butter
2 tbsps Granola
2 tbsps Blueberries (fresh or frozen)
1 tsp Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	476	Cholesterol	34mg
Fat	25g	Sodium	151mg
Saturated	7g	Vitamin C	17mg
Carbs	35g	Calcium	535mg
Fiber	3g	Iron	2mg
Sugar	18g	Magnesium	82mg
Protein	31g	Zinc	2mg

DIRECTIONS

01 In a bowl, whisk the yogurt and peanut butter together vigorously. Top with granola, blueberries, and maple syrup. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately one cup of yogurt.

DAIRY-FREE

Use coconut yogurt instead of Greek yogurt.

MORE FLAVOR

Swirl berry jam or chia jam into the yogurt.

Cashew Butter & Jelly Overnight Oats

2 SERVINGS 8 HOURS



INGREDIENTS

1 cup Plain Greek Yogurt
1/2 cup Oats
3 tbsps Unsweetened Almond Milk
2 tsps Chia Seeds
2 tsps Maple Syrup
2 tbsps Cashew Butter
2 tbsps Raspberry Jam
1/3 cup Raspberries

NUTRITION

AMOUNT PER SERVING

Calories	341	Cholesterol	17mg
Fat	13g	Sodium	90mg
Saturated	3g	Vitamin C	14mg
Carbs	40g	Calcium	347mg
Fiber	5g	Iron	3mg
Sugar	15g	Magnesium	77mg
Protein	17g	Zinc	2mg

DIRECTIONS

- 01 In a bowl, add the yogurt, oats, almond milk, chia seeds, and maple syrup. Mix to combine.
- 02 Lightly fold in the cashew butter and jam to the yogurt mix. Cover and refrigerate overnight. When ready to eat, top with raspberries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight jar for up to three days.

SERVING SIZE

One serving is roughly 1 1/2 cups.

DAIRY-FREE

Use coconut yogurt or other non-dairy yogurt.

ADDITIONAL TOPPINGS

Hemp seeds, chia seeds, sliced almonds, and/or pumpkin seeds.

NO ALMOND MILK

Use cow's milk or any other milk alternative.

Lemon Blueberry Baked Oats

4 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Oats
2 cups Cow's Milk, Reduced Fat
1/4 cup Maple Syrup
1 Lemon (large, juiced)
1 tsp Vanilla Extract
1 tbsp Chia Seeds
1 tsp Baking Powder
1 cup Blueberries (plus extra for garnish)

NUTRITION

AMOUNT PER SERVING

Calories	308	Cholesterol	10mg
Fat	6g	Sodium	185mg
Saturated	2g	Vitamin C	8mg
Carbs	55g	Calcium	278mg
Fiber	6g	Iron	2mg
Sugar	23g	Magnesium	77mg
Protein	10g	Zinc	2mg

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C) and grease a baking pan, or line it with parchment paper.
- 02 Add the oats, milk, maple syrup, lemon juice, vanilla, chia seeds, and baking powder to the pan. Mix to combine. Fold in the blueberries.
- 03 Bake for 25 to 30 minutes or until cooked through. Remove from the oven and let it cool for ten minutes. Divide between plates and enjoy!

NOTES

LEFTOVERS

Cover the dish and refrigerate for up to four days. Eat it cold or heat it up.

SERVING SIZE

One serving is equal to one square piece. An 8 x 8-inch baking dish was used to make four servings.

MORE FLAVOR

Before baking, mix in some lemon zest.

ADDITIONAL TOPPINGS

Yogurt, maple syrup, lemon zest, cinnamon, berries, sliced almonds, other nuts and seeds.

DAIRY-FREE

Use an alternative milk.

Bacon & Gruyere Egg Muffins

6 SERVINGS 15 MINUTES



INGREDIENTS

5 Egg
4 slices Bacon, Cooked (chopped)
1/2 cup Gruyere Cheese (shredded)
1/2 cup Baby Spinach (chopped)
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	127	Cholesterol	171mg
Fat	9g	Sodium	293mg
Saturated	4g	Vitamin C	1mg
Carbs	0g	Calcium	117mg
Fiber	0g	Iron	1mg
Sugar	0g	Magnesium	12mg
Protein	10g	Zinc	1mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and grease a muffin tray or use a silicone muffin tray.
- 02 In a large bowl, whisk the eggs. Add the remaining ingredients and stir to combine.
- 03 Portion the mixture into the muffin tray, filling each cup about 3/4 of the way full. Bake for 12 to 15 minutes, or until set. Cool for five minutes, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to one egg muffin.

DAIRY-FREE

Omit the cheese or use plant-based cheese.

ADDITIONAL TOPPINGS

Drizzle with hot sauce before serving.

Nut & Seed Keto Granola Yogurt Bowl

4 SERVINGS 10 MINUTES



INGREDIENTS

1/3 cup Almonds
1/3 cup Sunflower Seeds
1/3 cup Walnuts
1/2 tsp Cinnamon
1 1/2 tsps Coconut Oil (melted)
1/4 tsp Sea Salt
3 tbsps Unsweetened Shredded Coconut
3 tbsps Hemp Seeds
2 cups Unsweetened Coconut Yogurt
1 cup Strawberries (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	346	Cholesterol	0mg
Fat	29g	Sodium	175mg
Saturated	9g	Vitamin C	21mg
Carbs	17g	Calcium	313mg
Fiber	7g	Iron	2mg
Sugar	4g	Magnesium	119mg
Protein	9g	Zinc	2mg

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 02 In a large bowl, mix together the almonds, sunflower seeds, walnuts, cinnamon, coconut oil, and sea salt. Spread the mixture onto the baking sheet.
- 03 Bake the granola for eight minutes, stirring halfway. Be sure to watch the granola closely so that it does not burn.
- 04 Remove the granola from the oven and pour it into a large bowl. Add the shredded coconut and hemp seeds to the bowl and mix well.
- 05 Divide the coconut yogurt, strawberries, and granola evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate the granola in an airtight container for up to one week.

MORE FLAVOR

Add cacao powder to the granola mixture before baking.

ADDITIONAL TOPPINGS

Top with other fresh berries, peaches, cacao nibs, or maple syrup for sweetness.

Tropical Breakfast Bowl

2 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Plain Greek Yogurt
1/2 cup Pineapple (chopped)
1/2 Mango (peeled and chopped)
1 Kiwi (peeled and chopped)
1/2 cup Granola

NUTRITION

AMOUNT PER SERVING

Calories	377	Cholesterol	25mg
Fat	12g	Sodium	115mg
Saturated	4g	Vitamin C	94mg
Carbs	48g	Calcium	424mg
Fiber	6g	Iron	2mg
Sugar	29g	Magnesium	70mg
Protein	22g	Zinc	1mg

DIRECTIONS

01 Divide the yogurt between bowls and top with the pineapple, mango, kiwi, and granola. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

ADDITIONAL TOPPINGS

Chopped nuts, seeds, shredded coconut, and/or honey.

FRUIT

Add banana and/or berries.

DAIRY-FREE

Use coconut yogurt instead.

GRAIN-FREE

Omit the granola.

Carrot Cake Chia Pudding

2 SERVINGS 3 HOURS



INGREDIENTS

1 Carrot (medium, grated)
1/2 tsp Cinnamon
1/8 tsp Ground Cloves
1/4 tsp Ground Ginger
1 tsp Stevia Powder (to taste)
2 cups Unsweetened Almond Milk
1/2 cup Chia Seeds
1/4 cup Walnuts (chopped)
2 tbsps Unsweetened Coconut Flakes

NUTRITION

AMOUNT PER SERVING

Calories	402	Cholesterol	0mg
Fat	30g	Sodium	191mg
Saturated	5g	Vitamin C	2mg
Carbs	30g	Calcium	790mg
Fiber	20g	Iron	5mg
Sugar	2g	Magnesium	45mg
Protein	12g	Zinc	1mg

DIRECTIONS

- 01 In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
- 02 Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

NOTES

STORAGE

Keeps well in the fridge for 3 to 4 days.

EXTRA CREAMY

Replace half of the almond milk with full-fat canned coconut milk.

Blueberry Overnight Oats

4 SERVINGS 8 HOURS



INGREDIENTS

1 1/2 cups Oats
1 1/2 cups Unsweetened Almond Milk
2 tbsps Chia Seeds
2 tbsps Maple Syrup
1 tsp Cinnamon
1/2 cup Water
1 cup Blueberries
1 cup Slivered Almonds

NUTRITION

AMOUNT PER SERVING

Calories	413	Cholesterol	0mg
Fat	23g	Sodium	65mg
Saturated	3g	Vitamin C	4mg
Carbs	43g	Calcium	335mg
Fiber	11g	Iron	4mg
Sugar	12g	Magnesium	54mg
Protein	14g	Zinc	1mg

DIRECTIONS

- 01 Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
- 02 Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

Raspberry Overnight Oats

4 SERVINGS 8 HOURS



INGREDIENTS

1 1/2 cups Oats (rolled)
2 cups Unsweetened Almond Milk
1/4 cup Ground Flax Seed
1 tsp Cinnamon
2 cups Raspberries (fresh or frozen, thawed)

NUTRITION

AMOUNT PER SERVING

Calories	198	Cholesterol	0mg
Fat	6g	Sodium	83mg
Saturated	0g	Vitamin C	16mg
Carbs	31g	Calcium	273mg
Fiber	9g	Iron	2mg
Sugar	3g	Magnesium	64mg
Protein	7g	Zinc	1mg

DIRECTIONS

- 01 Add the oats, almond milk, flax seed and cinnamon together in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 02 Remove the oats from the fridge. Divide into containers and top with raspberries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Enjoy cold, or warm on the stovetop with almond milk.

NUT-FREE

Use a nut-free milk such as oat or soy.

NO ROLLED OATS

Use quick oats instead.

Yogurt Overnight Oats

2 SERVINGS 8 HOURS



INGREDIENTS

1 cup Plain Greek Yogurt
1/2 cup Cow's Milk, Whole
2 tps Maple Syrup
1 tsp Vanilla Extract
1/2 cup Oats
1/2 cup Blackberries
1/2 cup Raspberries

NUTRITION

AMOUNT PER SERVING

Calories	259	Cholesterol	23mg
Fat	6g	Sodium	99mg
Saturated	3g	Vitamin C	23mg
Carbs	35g	Calcium	354mg
Fiber	6g	Iron	2mg
Sugar	14g	Magnesium	50mg
Protein	16g	Zinc	1mg

DIRECTIONS

- 01 In a bowl, combine the yogurt, milk, maple syrup, and vanilla extract. Stir in the oats.
- 02 Divide evenly between jars and top with blackberries and raspberries. Refrigerate overnight or for at least eight hours. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately one cup.

MAKE IT VEGAN

Use plant-based yogurt and milk of choice.

ADDITIONAL TOPPINGS

Top with cinnamon, coconut flakes, nut butter, nuts and seeds.

Warm Apple Chia Pudding

1 SERVING 10 MINUTES



INGREDIENTS

3 tbsps Chia Seeds
3/4 cup Unsweetened Almond Milk
1/4 tsp Cinnamon
1 Apple (cored and diced)
2 tbsps Pecans
1 tbsps Almond Butter
1 tsp Bee Pollen (optional)

NUTRITION

AMOUNT PER SERVING

Calories	483	Cholesterol	0mg
Fat	31g	Sodium	129mg
Saturated	2g	Vitamin C	9mg
Carbs	48g	Calcium	649mg
Fiber	21g	Iron	4mg
Sugar	21g	Magnesium	81mg
Protein	12g	Zinc	1mg

DIRECTIONS

- 01 Whisk together the chia seeds, almond milk and cinnamon in a small pot over medium-low heat.
- 02 Stir until heated through and the mixture has thickened up, about 5 to 7 minutes.
- 03 Remove from heat and add to a bowl. Top with apples, pecans, almond butter and bee pollen. Enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge in an air-tight container up to 3 to 4 days.

NO HEAT

Mix together the chia seeds, almond milk and cinnamon then let it sit in the fridge for 15 to 20 minutes to thicken before adding toppings.

NUT-FREE

Use coconut milk instead of almond milk, and use pumpkin seeds instead of pecans.