



Make-ahead Breakfast Ideas

Lisa Hayne | Herb + Spice
<https://herbandspice.net.au>



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 tsps Vanilla Extract
 2 Banana (sliced)

Nutrition

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

Directions

- 1 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.
- 2 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
Fat	25g
Saturated	7g
Carbs	35g
Fiber	3g
Sugar	18g
Protein	31g
Sodium	151mg
Vitamin C	17mg
Calcium	535mg
Iron	2mg
Magnesium	82mg
Zinc	2mg

Directions

- 1 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
Fat	13g
Saturated	3g
Carbs	40g
Fiber	5g
Sugar	15g
Protein	17g
Sodium	90mg
Vitamin C	14mg
Calcium	347mg
Iron	3mg
Magnesium	77mg
Zinc	2mg

Directions

- 1 In a bowl, add the yogurt, oats, almond milk, chia seeds, and maple syrup. Mix to combine.
- 2 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
Fat	6g
Saturated	2g
Carbs	55g
Fiber	6g
Sugar	23g
Protein	10g
Sodium	185mg
Vitamin C	8mg
Calcium	278mg
Iron	2mg
Magnesium	77mg
Zinc	2mg

Directions

- 1 Preheat the oven to 350°F (175°C) and grease a baking pan, or line it with parchment paper.
- 2 Add the oats, milk, maple syrup, lemon juice, vanilla, chia seeds, and baking powder to the pan. Mix to combine. Fold in the blueberries.
- 3 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
Fat	9g
Saturated	4g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	10g
Sodium	293mg
Vitamin C	1mg
Calcium	117mg
Iron	1mg
Magnesium	12mg
Zinc	1mg

Directions

- 1 Preheat the oven to 400°F (205°C) and grease a muffin tray or use a silicone muffin tray.
- 2 In a large bowl, whisk the eggs. Add the remaining ingredients and stir to combine.
- 3 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 tps 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
Fat	29g
Saturated	9g
Carbs	17g
Fiber	7g
Sugar	4g
Protein	9g
Sodium	175mg
Vitamin C	21mg
Calcium	313mg
Iron	2mg
Magnesium	119mg
Zinc	2mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a large bowl, mix together the almonds, sunflower seeds, walnuts, cinnamon, coconut oil, and sea salt. Spread the mixture onto the baking sheet.
- 3 Bake the granola for eight minutes, stirring halfway. Be sure to watch the granola closely so that it does not burn.
- 4 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.
- 5 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
Fat	12g
Saturated	4g
Carbs	48g
Fiber	6g
Sugar	29g
Protein	22g
Sodium	115mg
Vitamin C	94mg
Calcium	424mg
Iron	2mg
Magnesium	70mg
Zinc	1mg

Directions

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

Directions

- 1 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.
- 2 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
Fat	23g
Saturated	3g
Carbs	43g
Fiber	11g
Sugar	12g
Protein	14g
Sodium	65mg
Vitamin C	4mg
Calcium	335mg
Iron	4mg
Magnesium	54mg
Zinc	1mg

Directions

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

Directions

- 1 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.
- 2 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 tsps Maple Syrup
- 1 tsp Vanilla Extract
- 1/2 cup Oats
- 1/2 cup Blackberries
- 1/2 cup Raspberries

Nutrition

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

Directions

- 1 In a bowl, combine the yogurt, milk, maple syrup, and vanilla extract. Stir in the oats.
- 2 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 tbsp Almond Butter
- 1 tsp Bee Pollen (optional)

Nutrition

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

Directions

- 1 Whisk together the chia seeds, almond milk and cinnamon in a small pot over medium-low heat.
- 2 Stir until heated through and the mixture has thickened up, about 5 to 7 minutes.
- 3 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.