



## Metabolic Balance Breakfast Ideas

Created by Cherish Natural Health



# Goat Milk Yogurt & Raspberries. MB.

2 ingredients · 5 minutes · 1 serving



## Directions

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1. Scoop yogurt into a bowl and top with raspberries. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Make it Vegan

Use coconut yogurt instead of goat milk yogurt.

### More Protein

Add hemp hearts, nuts, and/or seeds.

### Additional Toppings

Shredded coconut, cacao nibs, or bee pollen.

### Dairy-Free

Use coconut yogurt instead of goat milk yogurt.

## Ingredients

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**195 grams** Plain Goat Milk Yogurt

**90 grams** Raspberries (or swap for another fruit.)



# Oatmeal with Blueberries. MB.

6 ingredients · 15 minutes · 1 serving



## Directions

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1. In a saucepan over medium heat, add the oats, milk, cinnamon, and salt. Bring to a low boil then reduce the heat to a simmer. Continuously stir as the oats thicken.
2. Add to a bowl and top with blueberries. Enjoy!

## Notes

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### Leftovers

Best enjoyed immediately. Refrigerate for up to three days and reheat before serving.

### Dairy-Free

Use any milk alternative and coconut oil instead of butter.

### No Blueberries

Use blackberries, strawberries, or raspberries.

## Ingredients

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**40 grams** Oats

**200 milliliters** Cow's Milk, Whole (Whole)

**20 grams** Maple Syrup

**1 gram** Cinnamon

**750 milligrams** Sea Salt

**75 grams** Blueberries





# Halloumi Avocado Rye Toast. MB. No Oils

5 ingredients · 5 minutes · 1 serving



## Directions

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1. Warm a pan over medium-high heat. Cook the halloumi slices until golden brown, about one to two minutes per side.
2. Top the toast with mashed avocado, halloumi, salt, pepper, and chili flakes. Enjoy!

## Notes

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### Leftovers

Best enjoyed fresh. Refrigerate the halloumi in an airtight container for up to three days.

### Serving Size

One serving is equal to one slice of toast.

### Make it Vegan

Omit the honey.

### Additional Toppings

Drizzle with extra virgin olive oil.

## Ingredients

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**55 grams** Halloumi (cut into large pieces)

**25 slices** Rye Bread (toasted)

**1/2** Avocado (large, mashed)

Sea Salt & Black Pepper (to taste)

**600 milligrams** Chili Flakes



# Goat Feta, Asparagus, Avocado, on Rye Toast. MB

7 ingredients · 10 minutes · 1 serving



## Directions

1. Warm the oil in a pan over medium heat. Add the asparagus and sauté for four to five minutes or until the asparagus is fork tender.
2. In a bowl, add the avocado, feta and pepper and mash
3. Spread the avocado feta mix on top of the toast. Top with sautéed asparagus, and chili flakes, if using. Enjoy!

## Notes

### Leftovers

Best enjoyed immediately.

### Make it Vegan

Omit feta cheese or use plant-based cheese instead.

### Additional Toppings

Cilantro or parsley.

### No Feta Cheese

Omit or use nutritional yeast or parmesan instead.

### Gluten-Free

Use gluten-free bread instead.

## Ingredients

**30 milligrams** Extra Virgin Olive Oil

**60 grams** Asparagus (chopped, woody ends trimmed)

**60 grams** Avocado

Sea Salt & Black Pepper (to taste)

**25 slices** Rye Bread (toasted)

**55 grams** Feta Cheese (goat/sheep crumbled)

**600 milligrams** Chili Flakes (optional)



# Snap Pea & Mushroom Frittata. MB

5 ingredients · 20 minutes · 1 serving



## Directions

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1. Preheat the oven to 400°F (205°C). Heat the oil in a cast-iron skillet. Add the mushrooms and snap peas and sauté for three to four minutes. Season with salt and pepper.
2. Add the eggs to the pan and stir gently to mix.
3. Cook in the oven for 12 to 15 minutes or until the eggs have set. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

A six-inch cast-iron skillet was used to make one serving.

### More Flavor

Add bell pepper, red onion, and/or a cooked protein of your choice.

### Additional Toppings

Add fresh herbs on top.

## Ingredients

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**30 milliliters** Extra Virgin Olive Oil

**25 grams** Mushrooms (quartered)

**60 grams** Snap Peas (trimmed, chopped)

Sea Salt & Black Pepper (to taste)

**2** Egg (whisked)





# Chicken & Apple Sausage with Avocado & Collard Greens. MB.

8 ingredients · 20 minutes · 2 servings



## Directions

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1. Heat a cast-iron pan over medium heat.
2. Add the chicken, apple, salt, parsley, garlic, and half of the oil to a bowl. Mix well to combine. Divide the meat mixture evenly into the number of servings, and form it into patties.
3. Place the patties in the pan and cook until lightly browned and cooked through, about three minutes on each side. Remove and set aside.
4. Add the remaining oil to the same pan. Once hot, add the collard greens and sauté for two to three minutes or until cooked down.
5. Divide the patties, collard greens, and avocado evenly between plates. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for three days. Leave the avocado whole until you are ready to eat.

### Serving Size

One serving is one sausage patty, one cup of collard greens, and 1/3 of an avocado.

### More Flavor

Add minced shallot and minced sage to the sausage mixture.

## Ingredients

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**250 grams** Extra Lean Ground Chicken  
**1/2** Green Apple (medium, grated)  
**3 grams** Sea Salt  
**4 grams** Parsley (finely chopped)  
**1** Garlic (small, minced)  
**30 milliliters** Extra Virgin Olive Oil (divided)  
**60 grams** Collard Greens (chopped)  
**60 grams** Avocado (sliced)

