

Breakfast Burritos

Serves 6

Ingredients:

10 large eggs, beaten	½ teaspoon pepper
1 small onion, diced	1 cup reduced-fat Mexican cheese blend
1 red bell pepper, diced	6 8-inch, low-carb flour tortillas
½ teaspoon salt	Salsa and plain Greek yogurt for serving, optional
½ - 1 teaspoon smoked paprika (to taste)	

Directions:

1. Lightly spray one tortilla with cooking spray and place, oiled side down, in a hot pan. Lightly spray other side of tortilla with cooking spray. Turn tortilla over when large bubbles form and desired char is reached in both sides. This flavors the tortilla and softens it, making it more pliable for rolling burritos. Repeat with remaining tortillas.
2. Heat a large non-stick skillet over medium heat. Add vegetables and sauté until tender.
3. Whisk together eggs and spices in a large bowl. Add eggs and cook slowly, letting the bottom set a few times before stirring gently.
4. On a clean surface, lay tortillas out and divide egg mixture evenly atop each tortilla. Sprinkle with cheese. Roll up from the bottom, folding in the sides as you go.
5. If eating immediately: Heat a pan over medium heat and spray with cooking spray. Lay burritos seam-side down and cook, covered, until golden brown.
6. If freezing: Wrap with aluminum foil and stack in freezer-tight storage (bag or bin). To reheat, thaw overnight and bake at 425 degrees F for 20 minutes (45 minutes if still frozen).
7. Top with salsa and a dollop of Greek yogurt, if desired. Add turkey sausage for extra protein.

Mini Egg Muffins

Serves 6

Ingredients:

9 large eggs	3 tablespoons tomatoes, diced
¼ teaspoon salt	3 tablespoons onion, diced
Black pepper (to taste)	3 tablespoons red bell pepper, diced
3 strips center-cut bacon, cooked and chopped	2 ounces cheddar cheese, shredded
3 tablespoons frozen spinach, thawed and drained	

Directions:

1. Preheat oven to 350 degrees F and spray a 12-cup muffin tin with non-stick cooking spray.
2. In a large bowl, whisk together eggs with salt and pepper. Add remaining ingredients.
3. Fill and place the muffin tin on a cookie sheet. Bake 20 to 25 minutes, until set.
4. Serve immediately, or let cool and freeze in freezer bags. Reheat in microwave.

Homemade Granola Bars

Serves 12

Ingredients:

1 $\frac{3}{4}$ cups quick or old-fashioned oats	$\frac{1}{2}$ teaspoon salt
1 $\frac{1}{3}$ cups sliced almonds	1 cup creamy, unsalted almond or peanut butter
$\frac{2}{3}$ cup mini dark chocolate chips	$\frac{1}{2}$ cup honey
1 teaspoon ground cinnamon	1 $\frac{1}{2}$ teaspoons vanilla extract

Directions:

1. Line an 8x8-inch or 9x9-inch pan with parchment paper (2 strips crisscrossed for ease of removal).
2. In a large mixing bowl, combine oats, almonds, chocolate chips, cinnamon and salt. Whisk to combine.
3. In a separate bowl, whisk together nut butter, honey and vanilla extract.
4. Blend into dry ingredients and mix well. (Heat the wet ingredients slightly if necessary.)
5. Transfer this mixture to baking pan and pack down with flat-bottomed glass as firmly as possible.
6. Cover and refrigerate at least one hour or overnight. Cut into individual bars to freeze and store in freezer bags.

Baked Oatmeal

Serves 12

Ingredients:

1 $\frac{3}{4}$ cups milk	1 teaspoon baking powder
2 large eggs	1 teaspoon ground cinnamon
$\frac{1}{2}$ cup maple syrup	1 teaspoon vanilla extract
$\frac{1}{4}$ cup unsalted butter, melted	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup unsweetened applesauce or mashed banana	1 $\frac{1}{2}$ cups mixed berries, fresh or frozen (do not thaw)
3 cups old-fashioned oats	<i>Optional:</i> Nuts and/or light vanilla yogurt for topping

Directions:

1. Adjust the oven rack to the lower third position and preheat oven to 350 degrees F.
2. Spray an 8x8-inch or 9x9-inch cooking pan with nonstick cooking spray.
3. Whisk all ingredients together in a large bowl and pour into prepared baking pan.
4. Bake for 35 minutes or until center is almost set.
5. Cool 5 minutes before serving. Top with light vanilla yogurt and nuts, if desired.
6. To freeze: Cut into individual servings and place in freezer bags for later use.

Yogurt Chocolate Chip or Berry Muffins

Serves 12

Ingredients:

Cooking spray

1 $\frac{3}{4}$ cups cake flour

$\frac{1}{2}$ teaspoon baking soda

3 tablespoons unsalted butter

$\frac{2}{3}$ cup sugar

3 large egg whites (or 2 large eggs)

$\frac{1}{2}$ tablespoon vanilla extract

10 ounces (1 $\frac{1}{4}$ cups) 0% fat Greek yogurt

9 tablespoons semisweet chocolate chips, or berries tossed with a few teaspoons of flour

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Directions:

1. Preheat oven to 375 degrees F and line muffin tin with 12 liners.
2. Whisk together dry ingredients in small bowl.
3. In a large bowl, cream butter and sugar with a hand mixer on medium setting for about 2 minutes.
4. In a separate small bowl, beat egg whites and vanilla with a whisk. Add to the sugar and butter mixture.
5. Mix yogurt into wet ingredients and then add the flour mixture. Beat on low speed until well combined.
6. Fold in chocolate chips or berries with a spatula until incorporated.
7. Divide evenly into muffin cups and bake at 375 degrees F for 16 to 18 minutes.

Fruit and Yogurt Parfait

Serves one

Ingredients:

Greek yogurt (plain or flavored)

Granola, oats, or chia or flax seeds (*optional*)

Berries, mango, kiwi or other favorite fruits, fresh
(*if available*) or frozen, sliced or chopped as desired

Directions:

1. Layer your favorite Greek yogurt (plain or flavored) in Mason jars or other resealable, freezer-proof containers, alternating yogurt with berries, mango and kiwi, or your other favorite fruits.
2. For extra crunch and texture, add 1 tablespoon of granola, oats, or chia or flax seeds.
3. Freeze, then thaw in the refrigerator the night before you plan to eat your parfait.

If meal prep isn't for you, try these quick and easy recipes to make fresh daily.

Avocado Toast

Serves one

Ingredients:

½ small avocado	1 slice whole grain bread, toasted
½ teaspoon fresh lemon juice	½ teaspoon extra-virgin olive oil
⅛ teaspoon Kosher salt	
⅛ teaspoon black pepper	

Directions:

1. Combine avocado, lemon juice, salt and pepper in a small bowl, and gently mash with a fork.
2. Top toasted bread with mashed avocado mixture, and drizzle olive oil over the top.
3. Try suggested additions below:

Add garlic: Lightly rub a peeled garlic clove over the top of the toast before adding the avocado, or mix a sprinkle of garlic powder into the avocado mixture.

Add fresh, leafy herbs or herbed sauce: Chopped fresh basil, cilantro, dill or parsley are good with avocado. Also try drizzling with pesto or chimichurri.

Add an egg: Top the avocado mash with a fried or poached egg for extra protein.

Add tomatoes: Try adding fresh garden tomatoes thinly sliced with balsamic vinegar as well.

For a bolder flavor: Add pickled vegetables like onion, radishes or jalapeno, or hot sauce.

Fruit and Yogurt Smoothie

Serves one

Ingredients:

Light vanilla yogurt

Milk: skim, almond, cashew or soy

Fruit, fresh or frozen

Ice (if using fresh fruit)

Directions:

1. Combine yogurt with fruit and milk in a blender in amounts for your desired consistency.
2. If using fresh fruit, add ice cubes for a more milkshake-like consistency.
3. Blend until smooth.

Tip: Frozen bananas make a smoothie especially creamy and add sweetness without added sugar. When bananas start turning brown, just peel and freeze them for later use.

Microwave Scrambled Eggs

Serves one

Ingredients:

2 eggs

2 tablespoons milk

¼ cup leftover or fresh vegetables

Salt and pepper to taste

Optional toppings: Bacon or other breakfast meat (pre-cooked), fresh herbs, reduced-fat cheese

Directions:

1. Whisk together eggs, salt and pepper in a microwave-safe bowl. Add vegetables.
2. Microwave on high 45 seconds, stir, and return to microwave for 30 to 45 seconds, until just set.
3. Top with crumbled center-cut bacon, other breakfast meat, fresh herbs or reduced-fat cheese, if desired. Serve immediately.

Peanut Butter, Banana and Chia Seed Toast

Serves one

Ingredients:

2 medium or large sweet potatoes	2 ounces light cream cheese
1 ½ tablespoons butter	1 cup chickpeas
1 shallot, minced	¼ cup shredded mozzarella cheese
1 bag fresh baby spinach	Salt and pepper to taste
¼ cup light sour cream or Greek yogurt	

Directions:

1. Toast English muffin and spread nut butter evenly over both halves.
2. Arrange banana slices on top and drizzle each half with honey.
3. Sprinkle chia seeds on top. Serve open-faced.