

## We've Asked Our Health Coaches What Their Favorite Breakfasts Are. Here's What They Recommend:



### Jesse W

**Breakfast 1:**

-1 egg + 3/4 cup egg whites made into an omelet with spinach, red bell pepper, and onion and topped with salsa  
-2 slices whole grain bread with almond butter

**Breakfast 2:**

-Avocado Toast made with 2 slices of whole grain bread, 1/2 of large avocado (mashed); topped with over easy eggs (1 egg + 1/2 cup egg whites)



### Katie K

**Smoothie:** Fill blender with greens (spinach is my go-to) and some water. Blend until you get green water. Then add a banana or avocado (I like my smoothies creamy), sprinkle in flax or other seeds, and whatever combination of frozen fruit you like. You can adjust the drinkability by adjusting the water.

**Individual serving Breakfast Apple Crisp:** Mix 3 Tb oats, 1 Tb whole wheat flour, 1 Tb brown sugar, and a sprinkle of cinnamon. Add enough water just to moisten. Layer over a bowl with a chopped apple (I leave the peel on). Microwave 2:30 min.



### Angela D

Waffles that I make with beans, whole grains, Chia seeds and ground flaxseed, and almond milk, mix in pecans, apples, and cinnamon.

I love a "Sweet Vegetable Kale salad Kit" bag and I add 1/2 can Garbanzo beans and 1/2 cup of mandarin orange slices and some sunflower seeds.



### Nikki L

Farm Fresh Egg scramble with spinach, mushrooms and tomatoes. Served with Ezekiel bread.

Warm bowl of oatmeal with fruit (berries) and sometimes granola (homemade is the best).



## Amy S

My favorite breakfast is oat flour, egg free apple pancakes! I top them with a little almond butter and sliced fruit and a small drizzle of pure maple syrup or sometimes, pureed fruit. I make a big batch of these on the weekend so that they are in the fridge to heat and eat in the mornings.

Another favorite breakfast of mine is plain coconut milk yogurt – I mix in some pure vanilla and cinnamon and then top it with sliced banana, fresh berries and some chopped almonds or pecans! I often stir in a Tb of ground flaxseeds as well.



## Laurie B

Protein Smoothie; 1-2 scoops of protein powder, fat-free lactose free milk, 1/2 frozen berry blend

Oatmeal with 1/2 tbsp peanut butter, 1/2 cup of fresh berries on top (or apple/banana)!



## Wendy F

Spring Smoothie: 1 cup green grapes, 1/2 lemon, 1 orange, 1/2 a cucumber, 1/2 green apple, 1 cup kale, 1 cup spring greens mix, 1 cup frozen pineapple, 2 cups ice cubes. (serves 5)

My other favorite is Old Fashioned Oats with fresh strawberries, blueberries, ground flax and a few walnuts with almond milk.



## Karen S

My absolute favorite breakfast is tofu scramble. I cook onions and mushrooms then add fresh spinach and set that aside. Then I drain a package of firm tofu, crumble it by hand and sprinkle in lots of turmeric and just a little black pepper and granulated garlic. Once the tofu is warm I put it all together (and try not to eat it all in one serving).

A quick breakfast treat is pouring frozen blueberries into a bowl and sprinkling them with 2 TB ground golden flaxseed and roasted cinnamon. Once the blueberries defrost a little and the juice is absorbed in the flaxseed/cinnamon, I cut half a banana into it and top with walnut pieces for crunch. It feels like eating a breakfast parfait.