

Breakfast is one of the most important meals of the day. Kids need healthy fuel in order to concentrate and learn at school. Protein and good fats are important for brain health.

Virtually all breakfast cereals are very high in sugar and carbs and almost all contain processed grains which can make your child unable to focus or sit still in school.

## Quick Healthy Breakfast Recipes

### **Avocado Pineapple Smoothie 316 cal 5 grams protein**

#### INGREDIENTS

1 avocado halved & pitted  
1 cup of pineapple (or use frozen pineapple & omit ice)  
Handful of spinach  
1 cup of ice  
Water as needed for texture

#### DIRECTIONS

Blend until all ingredients are well mixed & ice is gone.

### **Chocolate Avocado Smoothie 290 cal, 10gm protein**

#### INGREDIENTS

1 large Banana (peeled, chopped, and frozen)  
1 Hass Avocado (peeled, chopped, and frozen)  
1 and 1/2 cup Unsweetened Vanilla Almond Milk  
1 scoop Chocolate Protein Powder  
2 tablespoons Cacao Powder  
2 tablespoons Almond Butter

#### INSTRUCTIONS

Prep a head of time. Peel and chop bananas. Cut avocado in half and scoop out the seed with a spoon. Scoop out the flesh with a spoon as well. Place chopped banana and avocado in a zip lock bag and freeze.

In a blender combine frozen banana, avocado, and almond milk. Blend on high speed for 1-2 minutes until fully combined and creamy. Add in protein powder, cacao powder and almond butter, and another splash of milk. Scrap down the sides of the blender if necessary. Blend on high speed for another 1-2 minutes

until everything is fully combined, smooth, and creamy. Add more milk for desired consistency if necessary.

Pour into drinking glasses and serve immediately.

### **Banana Pineapple Smoothie 200 cal, 9.7gm protein**

#### **INGREDIENTS**

½ cup Vanilla Greek Yogurt or Plain Greek Yogurt

½ cup diced fresh sweet pineapple

⅓ of a frozen peeled ripe banana

4 small ice cubes

#### **DIRECTIONS**

Combine all ingredients in blender. Blend until ice has disappeared.

#### **OPTIONAL ITEMS TO ADD TO SMOOTHIES:**

Protein powder

Collagen powder

Yogurt

Milk substitutes such as almond, coconut, pea

Chia or flax seeds

Goji Berry

Acai powder

Hemp seeds

Matcha

Kefir

Coconut water

Kale

Maca powder

### **Apple-cinnamon yogurt**

1 cup plain low fat Greek yogurt

1/2 small apple – peeled or ½ cup apple sauce

1 Stevia packet

1 tsp cinnamon

1 tsp vanilla extract (add while pureeing apples)

#### **Steps**

1. Cut up the apple

2. Add fruit to the blender along with vanilla and blend until smooth

3. Add yogurt, stevia & cinnamon and mix until well blended

Get creative with your toppings! Ideas: shredded coconut, fruit, slivered almonds, flax seeds, granola.

### **Greek yogurt chocolate pudding 74 cals**

6 ounces of plain fat-free yogurt  
1 Tbsp unsweetened cocoa powder  
1 packet stevia

Stir until completely mixed.

### **Breakfast Bowl with Quinoa & Berries**

#### INGREDIENTS

4 cups mixed berries (raspberries, strawberries, blueberries, blackberries)  
2 tablespoons hemp hearts (available in the natural section of most supermarkets in a variety of brands)  
20 whole almonds, toasted and chopped  
1/4 cup cooked quinoa

#### PREPARATION

Divide the berries equally among four bowls. Place the remaining ingredients in another bowl, and toss to combine. Sprinkle the mixture over each of the four bowls and serve.

### **Egg, Kale, Tomato Breakfast Wrap with Hummus**

#### INGREDIENTS

- 5 large kale leaves
- 2 tablespoons extra-virgin olive oil
- 1 1/4 cups grape tomatoes, halved
- 1 large shallot, chopped
- 2 garlic cloves, chopped
- 1 teaspoon chopped fresh thyme
- 1/8 teaspoon crushed red pepper flakes (optional)
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup chopped fresh basil leaves
- 4 large eggs, at room temperature

- 4 (10-inch) whole-wheat tortillas
- 1/4 cup store-bought plain hummus

## PREPARATION

1. Cut away and discard the stem from the center of each kale leaf. Coarsely chop the kale into 1-inch pieces. It will look like you have a lot of kale but it will cook down considerably.
2. Heat the oil in a large nonstick skillet over medium heat. Add the tomatoes, shallot, garlic, thyme, and red pepper flakes, if using. Sauté until the tomatoes and shallot soften, about 4 minutes. Add the kale and sprinkle with the salt and pepper. Toss with 2 wooden spoons until the kale wilts but is still bright green, about 2 minutes. Stir in the basil. Remove from the heat.
3. Fill a wide saucepan with enough water to measure 2 inches deep. Bring the water to a rolling boil over high heat. Break each egg into a separate tea cup. Turn off the heat under the saucepan. Immediately slide each egg from its cup into a different part of the water (the whites will spread out). Let the eggs stand until the whites are set and the yolks are still very soft to the touch, 3 to 4 minutes.
4. Meanwhile, using tongs, toast each tortilla directly over high heat until beginning to blacken in spots, about 15 seconds per side. Put the warm tortillas on plates. Spoon 1 tablespoon of hummus on each tortilla and spread to cover, leaving a 1-inch border. Divide the kale mixture over the hummus.
5. Using a slotted spoon, lift each egg from the water, wiping excess liquid from the bottom of the spoon with paper towels. Put the eggs on top of the kale. Slit the yolks and press on the eggs a bit so the yolks begin to run (this will make them easier to eat). Fold up the bottom of each tortilla and then fold in the sides, leaving the wraps open at the top. Serve.