



# HEALTHY BREAKFAST IDEAS



## PROTEIN!

For stable blood sugars, a healthy breakfast balances high fibre carbohydrates with protein foods. Protein foods include:

- Eggs
- Peanut Butter (natural)
- Cheese
- Greek Yogurt
- Nuts and Seeds
- Cottage Cheese
- Fish and Meat

## BANANA OAT PANCAKES

2 servings - 30g of carbohydrates

- 1 medium bananas, mashed
- 2 eggs
- 1/2 cup traditional rolled oats
- 1 tablespoon olive oil

Mix all ingredients together. Let the mixture sit for 5-10 minutes to thicken. Heat the oil in frying pan over medium heat and cook 2 minutes each side.

## EASY HEALTHY MUSH

1 serving - 30\* - 45g of carbohydrates

- 1/3 cup traditional rolled oats
- 1 cup of milk or milk alternative
- 1 cup berries or 1 small apple, chopped
- 1/4 cup walnuts (or any nut or seed such as flaxseed)

In a small saucepan, bring 3/4 cup of milk to simmer with oats. Boil for 1 minute, then cover the pot and turn off the heat. Let sit for 10-12 minutes without stirring. Add walnuts or hemp seeds, chopped apple or berries and remaining milk just before serving. \*if using no-sugar milk alternative

## OVERNIGHT OATS - 2 WAYS

2 servings - 30g of carbohydrates, or less\*

- 2/3 cup traditional regular oats
- 1 cup milk or milk alternative
- 3/4 cup plain yogurt or 1/4 cup chia seeds
- 1 cup berries, (fresh or frozen)

In a bowl, soak oats in milk or milk alternative, and yogurt or chia seeds. Add berries if frozen. Stir well and place covered in refrigerator overnight. In the morning add more liquid if too thick, and top with berries if using fresh. Option to also top with nuts or seeds

\*if using no-sugar milk alternative



## A NOTE ON CEREAL

Cereal has been marketed as a healthy breakfast option, but unfortunately this **highly processed food** is not good for our blood sugar levels.

Cereals such as **Rice Krispies, Corn Flakes, Cheerios, Shredded Wheat, Bran Flakes** and **Mini Wheats**, as well as sugary cereals such as **Frosted Flakes** and **Corn Pops**, will break down into sugar very quickly, causing a large spike in blood sugar levels.

## FISH HASH

1 serving - 30g of carbohydrates

- 1 tsp olive oil
- 1 cup mixed vegetables (diced green onion, mushrooms, kale, spinach, herbs, peppers)
- 1/2 cup canned fish (salmon, smoked herring) or 2 eggs
- Salt and pepper to taste
- 2/3 cup diced and cooked sweet potato/yam hash or potato hash

Heat oil on medium high in a small sized frying pan. Add vegetables and sauté for 1 minute before adding in the canned fish or whisked eggs, and yam hash. Cook until fish and yam is heated (or eggs are cooked). Season to taste.

## SIMPLE CORN CAKES

4 servings - 30g of carbohydrates

- 3 cups of water
- 1 cup polenta or coarse cornmeal
- pinch of salt
- 1 to 2 tbsp oil

In a large pot over high heat, bring water and salt to a boil. Whisk in the cornmeal, and stir until there are no lumps. Reduce heat and simmer until mixture is thick and the texture is creamy - about 30 to 40 minutes, stirring occasionally. Set aside to cool.

Shape the cooked cornmeal into patties, 4 inches round by 1 inch thick. Heat a frying pan with oil over medium-high heat. Sear the patties and cook for about 5 to 10 minutes on each side. Top with smoked salmon, or cooked berries and sunflower seeds.

## VEGETABLE OMELETTE

2 servings - 30g of carbohydrates

- 1 tsp olive oil
- ½ cup mixed vegetable (onion, peppers, mushrooms)
- 3 eggs
- 2 tablespoons of milk or milk alternative
- 4 tablespoons cheese, grated (optional)
- Optional: oregano, basil, salt and pepper to taste
- 4 slices whole-grain, high fibre toast

Heat olive oil in frying pan over medium heat and sauté assorted vegetables. Beat together egg, milk, herbs and seasoning in a separate bowl and pour over vegetables. Reduce heat to low. Cover and cook for a few minutes until eggs are fluffy and no longer runny. Top with grated cheese if using, cover for 1 minute before serving.

## PROTEIN BERRY SMOOTHIE

2 servings - 30g of carbohydrates, or less\*

- 1 ½ cups plain yogurt (or 2 scoops protein powder, or 4 tablespoons of peanut butter)
- 1 banana (fresh or frozen)
- 1 cup frozen berries
- 1 cup milk or milk alternative
- Optional: 1 tablespoon hemp, chia seeds, flax seeds

Add all ingredients to a blender and blend until smooth.

\*\*if using no-sugar milk alternative

## MAKE AHEAD STEEL-CUT OATS

4 servings - 30g of carbohydrates

- 3 cups water
- 1 cup milk or milk alternative
- 1 cup steel-cut oats
- Optional: salt, cinnamon, vanilla
- Suggested Toppings: Peanut butter or other nut butter, plain yogurt, fruit, or mixed nuts or seeds.

In a medium-sized pot, bring the water and milk to a boil. Add in steel-cut oats and reduce heat to low. Simmer on low, uncovered, for 25-30 minutes, stirring every 5 minutes or so.

When the oats are creamy and tender, remove from heat. Add cinnamon and vanilla extract. Serve immediately or allow to cool before transferring into air tight containers in the fridge.

## MORE BREAKFAST IDEAS

- Hummus Avocado On Whole-Grain Toast
- Peanut Butter (natural) on Whole-Grain Bread
- Greek Yogurt (plain) with Berries (fresh or frozen)
- Hard Boiled Eggs with Fruit
- Leftover meat, starch and vegetables from dinner