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# Healthy Breakfast Ideas



**Tonie-Maria's favorite  
recipes**

Revitalize your mornings with my top picks of nourishing breakfasts. Whether it's a vibrant fruit oatmeal or a satisfying avocado toast, these options are sure to fuel your day with goodness!

# Eggs on Toast

## Ingredients

- 2-3 eggs
- 2 tablespoons feta cheese
- 1 teaspoon butter
- 1 cup spinach roughly chopped
- Salt
- Pepper

## Instructions

- Crack eggs into a bowl, whisk to combine and set aside.
- Heat butter in a pan on medium-high heat.
- Once the butter has melted, add the chopped spinach and a pinch of salt and cook, stirring often, until the spinach is wilted, about 1 to 2 minutes.
- Once the spinach has cooked, reduce the heat to medium, add whisked eggs to the pan and, using a spatula, gently stir and fold the eggs. When eggs are about 1/2 way cooked, add crumbled feta cheese to continue folding and stirring eggs until cooked to your liking.
- Once cooked, remove from the pan, season with additional salt and pepper to taste, and serve immediately with sourdough bread



# Protein Overnight Oats

## Ingredients

- 1/2 cup old-fashioned rolled oats, or quick oats
- 1 scoop vanilla protein powder
- 1 tablespoon chia seeds
- 1/2 cup milk
- 1/2 cup plain Greek yogurt
- 1/2 cup fresh berries, or frozen berries

## Instructions

- In a mason jar or small container with a lid, add rolled oats, vanilla protein powder, chia seeds, milk, and Greek yogurt.
- Using a small spoon, give everything a good stir until well combined. If using frozen berries, add them on top now.
- Once mixed, cover the jar or container with a lid and then place it in the fridge overnight.
- In the morning, remove the overnight oats and give them a good stir, and serve with fresh berries and/or toppings of your choice.
- If making them for meal prep, the oats can be made in advance and stored in an airtight container in the fridge for up to 5 days.



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# Ricotta Toast

## Ingredients

### Toast Base:

- 1 slice of sourdough bread
- 2 tablespoons ricotta cheese
- Sea salt
- Black pepper

### Toppings Options:

- Avocado
- Tomato
- Smoked Salmon
- Poached Egg



# Cottage Cheese Toast

## Ingredients

### Toast Base:

- 1 slice of sourdough bread
- 1/2 cup cottage cheese

### Toppings:

- Honey
- Berries
- Cinnamon
- Flaxseeds



# Chocolate Protein Pancakes

## Ingredients

- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup plain Greek yogurt
- 1/4 cup chocolate protein powder
- 3 tablespoons cocoa powder
- 2 tablespoons sugar (optional)
- 1 egg
- 1 teaspoon vanilla extract
- 1/3 cup milk
- Butter, for greasing

## Instructions

- In a medium bowl, mix the dry ingredients. In a large bowl, add the wet ingredients and whisk until smooth and well combined.
- Add the flour mixture to the wet ingredients and gently fold together until well incorporated.
- Preheat a pan to medium heat and melt a knob of butter onto it. Pour 1/4 cup of batter. Cook until the pancake is lightly bubbling on top, then flip and cook for an additional 1-2 minutes until golden brown.
- Once cooked, serve the pancakes immediately with greek yoghurt, or fresh berries.
- Any leftovers can be stored in the fridge for up to 7 days or in the freezer for up to 3 months.



# Cottage Cheese Pancake

## Ingredients

- 1 cup cottage cheese
- 2 eggs, whisked
- 2 tablespoons butter, melted
- 1/2 teaspoon vanilla extract
- 1 cup oat flour
- 2 tablespoons maple syrup
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 cup milk, plus more as needed

## Instructions

- In a medium bowl, mix the dry ingredients. In a large bowl, add the wet ingredients and whisk until smooth and well combined.
- Add the flour mixture to the wet ingredients and gently fold together until well incorporated.
- Preheat a pan to medium heat and melt a knob of butter onto it. Pour 1/4 cup of batter. Cook until the pancake is lightly bubbling on top, then flip and cook for an additional 1-2 minutes until golden brown.
- Once cooked, serve the pancakes immediately with greek yoghurt, or fresh berries.
- Any leftovers can be stored in the fridge for up to 7 days or in the freezer for up to 3 months.



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# Chocolate Banana Oatmeal

## Ingredients

- 1/2 cup rolled oats
- 1 1/4 cups water or milk of your choice
- 2 teaspoons cacao powder
- 1/2 teaspoon vanilla extract
- 1 pinch of sea salt
- 2 teaspoons maple syrup
- 1 banana, sliced

## Instructions

- In a small saucepan, combine rolled oats, water/milk, cacao powder, vanilla extract and sea salt, and bring to a boil.
- Reduce to a simmer and cook on low heat for 5-8 minutes, stirring frequently, until all of the liquid has been absorbed and oats are tender.
- Once cooked, transfer oatmeal to a bowl, drizzle with maple syrup and top with sliced banana.



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