

Healthy Breakfast

*made
simple*

By Laura Copping

www.heavenlyhomemakers.com

Healthy Breakfast Made Simple

by Laura Coppinger

I love sitting down with my family at breakfast, lingering over homemade waffles topped with fresh strawberries and whipped cream.

But because...

- not every day affords the luxury of standing at the waffle iron for an hour (oh yes, we eat *that* many waffles at our house)
- I'm not willing to compromise our health by throwing a donut at my kids as they scurry in and out of the kitchen (although we do enjoy an occasional store-bought donut when my dad comes to visit)
- it's great to save money while nourishing my houseful of big eaters

...we need a healthy breakfast made simple.

As much as possible, if I can make breakfast food (or any food) ahead of time, I do it. This practice saves time, money, and energy. (Learn more about how to get ahead in the kitchen in my [Let's Do This! Getting Ahead in Your Real Food Kitchen](#) eCourse.)

The recipes in this book can be made ahead of time, will cut down on the time it takes to prepare that all important first meal of the day, and will ensure that you and your family are eating healthy food!

Here are the recipes you'll find in *Healthy Breakfast Made Simple*:

Homemade Instant Oatmeal Packets.....	3
Fruity Baked Oatmeal.....	4
Dark Chocolate Almond Granola.....	4
Apple Cinnamon Breakfast Rounds.....	4
Karli's Slow Cooker Breakfast Casserole.....	5
Stove-Top Granola.....	5
Bacon, Egg, and Cheese Muffins.....	6
Smoothie Kits.....	6
Applesauce Squares.....	7
Peanut Butter Banana French Toast Sandwiches....	7
Healthy Breakfast Made Simple Tips.....	8

Homemade Instant Oatmeal Packets

10 cups rolled oats (divided)
2 cups sucanat
2 teaspoons sea salt

Measure 7 cups of oats into a large mixing bowl. Blend the remaining 3 cups of oats ($\frac{1}{2}$ cup at a time) until powdery and stir into the mixing bowl. Add sucanat and sea salt. Mix well. This recipe serves 24.

To make Instant Oatmeal Packets:

Measure $\frac{1}{2}$ cup of mix into a small zip baggie, making about 24 Instant Oatmeal Packets. Be sure to scoop the mix from the bottom of the bowl as the sucanat may separate and settle there. Store in a dry, cool place. If you'd prefer not to scoop the mix into individual baggies, simply place the entire mix in a large, airtight container, scooping out $\frac{1}{2}$ of mix for each serving.

When ready to serve the oatmeal, empty contents of baggie into a cereal-sized bowl. Add $\frac{1}{2}$ to $\frac{3}{4}$ cup boiling water. Stir. Allow the oatmeal and water to sit for about 5 minutes. Stir and eat.



Instant Oatmeal Varieties

By sprinkling in various fruits, spices, chocolate chips, or nuts - you can create many different types of instant oatmeal packets! I fill my bags with the basic mix, then sprinkle in various add-ins so as to have a variety of packages available for my family to pick from. Here are a few ideas:

Chocolate Swirl

Add a few mini chocolate chips

Blueberries and Cream

Add freeze dried blueberries, then cook oatmeal with milk instead of water

Strawberries and Cream

Add freeze dried strawberries, then cook oatmeal with milk instead of water

Cinnamon Raisin

Add $\frac{1}{4}$ teaspoon cinnamon and a few raisins

Apples and Cinnamon

Add $\frac{1}{4}$ teaspoon cinnamon and a few dehydrated apple chunks

Banana Nut

Add a few crushed walnuts and some freeze dried bananas

Fruity Baked Oatmeal

2 cups rolled oats
½ cup sucanat
½ teaspoon sea salt
1 teaspoon baking powder
1 teaspoon ground cinnamon
2 eggs
¾ cup milk
⅓ cup melted butter
¾ cup chopped fresh peaches or apples

Stir together oats, sucanat, salt, baking powder, and cinnamon. Add eggs, milk, and melted butter. Fold in fresh fruit chunks. Pour batter into a buttered 8x8 inch baking dish. Bake in a 350° oven for 30-40 minutes or until golden brown. Cut into squares. Serves 6-8.

Dark Chocolate Almond Granola

4 cups rolled oats
¾ cup shredded, unsweetened coconut
1 cup slivered almonds
¾ cup honey
¾ cup coconut oil
½ cup dark chocolate chips or chunks

In a small sauce pan, melt coconut oil and honey together. Stir oats, coconut, and slivered almonds together in a large bowl. Drizzle on the honey/coconut oil mixture and stir well. Pour mixture onto a large, parchment paper lined baking sheet. Bake at 300° for 35-45 minutes, stirring after the first 20 minutes. Allow mixture to cool. Stir in dark chocolate chunks. Store granola in an air tight container. Makes about 16 servings.



Apple Cinnamon Breakfast Rounds

3 whole grain bagels or english muffins
3 ounces cream cheese, softened
2 Tablespoons natural peanut butter
2 apples – any variety
1 Tablespoon ground cinnamon
2 Tablespoons sucanat

Stir together cream cheese and peanut butter until smooth. Open each bagel and spread peanut butter mixture over the top of each bagel half.

Wash, core, and slice apples. Lay apple slices on top of each prepared bagel. Mix cinnamon and sucanat together, and sprinkle over the apple slices. Place the Breakfast Rounds on a cookie sheet and toast lightly in the oven – about 5 minutes at 350°. Serve warm. Serves 4-6.

Karli's Slow Cooker Breakfast Casserole

1 pound turkey sausage
6 cups hashbrowns
1 green pepper, chopped
1 onion, chopped
2 ½ cups shredded cheddar cheese
Salt and pepper to taste
1 cup milk
12 eggs

Brown turkey sausage. Butter the inside of a slow cooker, then stir in cooked sausage, hashbrowns, pepper, onions, and cheese. Whisk together milk and eggs, then pour mixture over the top of the contents in the slow cooker.



Cover and cook on low for 10-12 hours. Serves 8-10.

Stovetop Granola

2 Tablespoons coconut oil
2 cups rolled oats
⅓ cup butter
2 Tablespoons honey
2 Tablespoons sucanat
½ cup chopped almonds
⅓ cup dried cranberries

In a saucepan, heat and stir together coconut oil and oats over medium heat for about five minutes or until lightly toasted. Remove from heat and spread onto a cookie sheet to cool.

In the same saucepan, melt the butter. Add honey and sucanat, stirring until dissolved and bubbly. Return oats to the pan, cooking and stirring for about five minutes. Spread mixture onto the cookie sheet to cool.

Once cooled, stir in almonds and cranberries. Transfer to an airtight container and serve as needed.

Makes 4-6 servings.

Bacon, Egg, and Cheese Muffins

1 ½ cups whole wheat flour
¼ cup sucanat
½ teaspoon baking powder
½ teaspoon sea salt
1 egg
¾ cup milk
¼ cup melted butter or coconut oil
½ pound turkey bacon
½ cup shredded cheddar cheese

Using kitchen shears, cut bacon into bite-sized pieces. Brown in a skillet until cooked thoroughly.

In a mixing bowl combine flour, sucanat, baking powder, and sea salt. Add egg, milk, and melted butter. Stir well. Fold in cooked turkey pieces and shredded cheese.

Scoop batter into 12 paper-lined muffin tins. Bake in a 400° oven for about 20 minutes or until muffins are golden brown. Makes 12 muffins.

Smoothie Kits

Blueberries, strawberries, raspberries, peaches, pineapple, mango, bananas, or other frozen fruit of your choice

Orange juice concentrate (optional)

In quart sized freezer bags, place smoothie sized portions of your choice of frozen fruit (about two cups). Add a scoop of frozen orange juice concentrate. Label and seal well. Place in the freezer for quick smoothie preparation.

To Prepare Smoothies



Place contents of Smoothie Kit into the blender. Add one cup of milk or coconut milk. Sweeten with a touch of maple syrup or stevia if desired. Blend until smooth and serve.

Applesauce Squares

2 cups whole wheat flour
¾ cup sucanat
1 teaspoon baking soda
½ teaspoon sea salt
1 teaspoon cinnamon
½ cup melted butter
1 egg
1 teaspoon vanilla extract
1 ½ cups unsweetened applesauce
1 cup chopped walnuts (optional)
1 cup raisins (optional)

Stir together flour, sucanat, baking soda, salt, and cinnamon. Add melted butter, egg, vanilla, and applesauce. Mix in walnuts and raisins if desired. Pour batter into a well-buttered 8x8 inch baking dish. Bake in a 350° oven for 30 minutes or until a toothpick inserted in the middle comes out clean. Cut into squares and serve. Serves 6-8.

Peanut Butter and Banana French Toast Sandwich

2 eggs
½ teaspoon vanilla extract
4 Tablespoons creamy or crunchy natural peanut butter
2 bananas
4 slices whole grain bread
2 Tablespoons butter

In a medium-sized bowl, whisk together eggs and vanilla. Set aside.

Spread peanut butter on top of each slice of bread. Cut bananas into slices, laying them on top of the peanut butter on two slices of the bread. Use the remaining two slices of bread to top the others, forming two sandwiches.

Melt butter in a skillet on the stovetop. Dip sandwiches into the egg mixture to coat. Cook in the heated skillet until brown on both sides. Slice sandwiches in half, and serve with a small bowl of real maple syrup.

Serves 2-4.

Healthy Breakfast Made Simple Tips

- Always serve fruit with breakfast! Apples, bananas, berries, peaches, applesauce, and cantaloupe are all great choices.
- Many of us need protein to begin our day. Eggs are quick to prepare and are a great source of protein. Scrambled, over-easy, topped with cheese, boiled – take your pick!
- You can cook sausage and bacon ahead of time and rewarm individual servings on the stove-top or in the toaster oven if you'd like a little meat with your meal. I have a recipe for [Homemade Turkey Sausage](#) on my website.
- It's easy to make [Homemade Frozen Hashbrowns](#). Learn how [here](#).
- Have a plan the night before so that you won't have to think about what to make for breakfast.
- Once you have a breakfast plan, slide all necessary ingredients to the front of the fridge the night before for easy access. Get out bowls, baking dishes, and all other kitchen utensils needed for breakfast prep.
- Set the table the night before.
- Want a grab and go breakfast? Bake something like Applesauce Squares or Bacon, Egg, and Cheese Muffins, allow them to cool, wrap them individually, and freeze. Thaw in the fridge overnight for a ready-made breakfast the next day.
- And speaking of freezing breakfast foods – take some time to put together some simple breakfast foods that freeze well. Having these foods on hand can help so much in putting together a simple, healthy breakfast. Check out our [{Healthy} Make-Ahead Meals and Snacks eBook](#) for recipes and ideas.



Need more ideas for a healthy breakfast made simple? Come look through our long list of healthy breakfast recipe ideas at HeavenlyHomemakers.com. Most of the recipes can be made ahead of time and all of them are kid friendly. We'd love to have you join us there each day! If nothing else, you should really come grab the Chocolate Chocolate Chip Bread recipe pictured above.

Enjoy your Healthy Breakfast Made Simple!

Laura Coppinger