

NO-BAKE ALMOND BUTTER ENERGY BITES

INGREDIENTS

1 cup oats

½ cup almond butter

2 tablespoons honey

2 tablespoons chia seeds

1 teaspoon vanilla extract

Optional: chocolate chips
or raisins



DIRECTIONS

1. Mix all ingredients in a bowl until sticky.
2. Roll into small bite-sized balls.
3. Place on a tray.
4. Chill in the fridge for 30–60 minutes.
5. Store in an airtight container.
6. Serve chilled or at room temperature.

PESTO FRIED EGG SANDWICH

INGREDIENTS

- 2 slices bread
- 2 eggs
- 1 tablespoon pesto
- 1 tablespoon butter or oil
- Salt and pepper to taste
- Optional: cheese slice or tomato



DIRECTIONS

1. Heat butter or oil in a pan.
2. Fry eggs to your preferred doneness.
3. Toast the bread slices.
4. Spread pesto on one or both slices.
5. Place fried eggs on the bread.
6. Add optional cheese or tomato.
7. Season with salt and pepper. Assemble and serve warm.

COTTAGE CHEESE AND CUCUMBER RYE TOAST

INGREDIENTS

2 slices rye bread

½ cup cottage cheese

½ cucumber, sliced

Salt and pepper to taste

Dill (optional)



DIRECTIONS

1. Toast rye bread until crisp.
2. Spread cottage cheese on each slice.
3. Add cucumber slices on top.
4. Season with salt, pepper, and dill.
5. Serve fresh.

BAKED APPLE CINNAMON OATMEAL

INGREDIENTS

- 1 cup oats
- 1 apple, diced
- 1 cup milk
- 1 egg
- 1 teaspoon cinnamon
- 1 tablespoon honey or maple syrup
- 1 teaspoon baking powder
- Pinch of salt



DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Mix oats, cinnamon, baking powder, and salt.
3. In another bowl, whisk milk, egg, and honey.
4. Combine wet and dry ingredients.
5. Fold in diced apple.
6. Pour into a baking dish.
7. Bake for 25–30 minutes.
8. Serve warm.

PEANUT BUTTER AND APPLE TOAST

INGREDIENTS

- 2 slices bread (toasted)
- 2 tablespoons peanut butter
- 1 apple, thinly sliced
- Cinnamon (optional)
- Honey (optional)



DIRECTIONS

1. Toast the bread until golden.
2. Spread peanut butter evenly on each slice.
3. Layer apple slices on top.
4. Sprinkle cinnamon if desired.
5. Drizzle honey for extra sweetness.
6. Serve immediately.

HEARTY BLACK BEAN WRAP

INGREDIENTS

- 1 tortilla wrap
- 1 cup black beans
- 1 tablespoon olive oil
- 1 teaspoon cumin
- Lettuce leaves
- Salsa (optional)
- Salt and pepper to taste



DIRECTIONS

1. Heat black beans in a pan with olive oil and cumin.
2. Season with salt and pepper.
3. Warm tortilla slightly.
4. Add lettuce, beans, and salsa.
5. Wrap tightly.
6. Serve warm.

BERRY AND GREEK YOGURT BOWL

INGREDIENTS

- 1 cup Greek yogurt
- ½ cup mixed berries
- 1 tablespoon honey
- 2 tablespoons granola
- 1 teaspoon chia seeds (optional)



DIRECTIONS

1. Add Greek yogurt to a bowl.
2. Top with berries and granola.
3. Drizzle honey over the top.
4. Sprinkle chia seeds if using.
5. Serve cold.

GREEN GINGER SMOOTHIE

INGREDIENTS

1 cup spinach

1 banana

1 teaspoon fresh ginger, grated

1 cup apple juice or water

½ cup yogurt (optional)

Ice cubes (optional)



DIRECTIONS

Add all ingredients to a blender.

Blend until smooth.

Adjust thickness with more liquid if needed.

Pour into a glass.

Serve cold.

OVERNIGHT ALMOND CHIA PUDDING

INGREDIENTS

3 tablespoons chia seeds

1 cup almond milk

1 teaspoon honey or maple syrup

½ teaspoon vanilla extract

Sliced almonds (for topping)



DIRECTIONS

1. Mix chia seeds, almond milk, honey, and vanilla in a jar.
2. Stir well to prevent clumps.
3. Refrigerate overnight (or at least 4 hours).
4. Stir before serving.
5. Top with sliced almonds. Serve cold.

SMOKED SALMON AND CREAM CHEESE BAGEL

INGREDIENTS

- 1 bagel, sliced and toasted
- 2–3 tablespoons cream cheese
- 2–3 slices smoked salmon
- Red onion slices (optional)
- Capers (optional)
- Lemon juice (optional)



DIRECTIONS

1. Toast the bagel until crisp.
2. Spread cream cheese evenly on both halves.
3. Add smoked salmon on top.
4. Layer onion and capers if using.
5. Add a squeeze of lemon juice.
6. Serve immediately.

SIMPLE HARD-BOILED EGGS AND FRESH FRUIT

INGREDIENTS

2–3 eggs

Mixed fresh fruit
(banana, apple, berries,
orange, etc.)

Salt and pepper
(optional)



DIRECTIONS

1. Place eggs in a pot and cover with water. Bring to a boil, then cook for 9–10 minutes. Cool, peel, and serve.
2. Wash and slice fresh fruit.
3. Plate eggs with fruit on the side.
4. Season eggs with salt and pepper if desired.

WARM CINNAMON RAISIN ENGLISH MUFFIN

INGREDIENTS

- 1 English muffin
- 1 tablespoon butter
- 1 tablespoon raisins
- ½ teaspoon cinnamon
- Honey or jam (optional)



DIRECTIONS

1. Split and toast the English muffin.
2. Spread butter while warm.
3. Sprinkle cinnamon and raisins on top.
4. Add honey or jam if desired.
5. Serve warm.

TROPICAL MANGO SMOOTHIE BOWL

INGREDIENTS

1 cup frozen mango

1 banana

½ cup yogurt

¼ cup milk or juice

Granola (topping)

Fresh fruit (topping)

Honey (optional)



DIRECTIONS

1. Blend mango, banana, yogurt, and liquid until thick.
2. Pour into a bowl.
3. Top with granola and fruit.
4. Drizzle honey if desired.
5. Serve cold.

QUICK MICROWAVE EGG MUG

INGREDIENTS

2 eggs

2 tablespoons milk

Salt and pepper to taste

2 tablespoons cheese
(optional)



DIRECTIONS

1. Whisk eggs, milk, salt, and pepper in a mug.
2. Add cheese if using.
3. Microwave for 45–90 seconds, stirring halfway.
4. Cook until fully set.
5. Let cool slightly and serve.

SPINACH AND FETA SCRAMBLE

INGREDIENTS

3 eggs

1 cup spinach

¼ cup feta cheese

1 tablespoon butter

Salt and pepper to taste



DIRECTIONS

1. Whisk eggs with salt and pepper.
2. Melt butter in a pan over medium heat.
3. Add spinach and cook until wilted.
4. Pour in eggs and gently scramble.
5. Add feta cheese near the end.
6. Cook until fluffy and serve warm.

SWEET POTATO BREAKFAST HASH

INGREDIENTS

- 1 sweet potato, diced
- 1 onion, chopped
- 1 bell pepper, chopped
- 2 eggs
- 1 tablespoon olive oil
- Salt and pepper to taste



DIRECTIONS

1. Heat olive oil in a skillet.
2. Cook sweet potato until slightly soft.
3. Add onion and bell pepper and cook until tender.
4. Create space in pan and crack in eggs.
5. Cook until eggs are set.
6. Season with salt and pepper.
7. Serve warm.

BANANA OATMEAL PANCAKES

INGREDIENTS

- 1 banana, mashed
- 1 cup oats
- 2 eggs
- ½ cup milk
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- Butter or oil for cooking



DIRECTIONS

1. Blend oats into a fine flour.
2. Mix banana, eggs, milk, vanilla, and baking powder.
3. Stir in oat flour until smooth batter forms.
4. Heat pan with butter or oil.
5. Pour batter into small pancakes.
6. Cook 2–3 minutes per side until golden.
7. Serve warm.

SIMPLE AVOCADO SOURDOUGH TOAST

INGREDIENTS

2 slices sourdough bread

1 ripe avocado

1 teaspoon lemon juice

Salt and pepper to taste

Chili flakes (optional)



DIRECTIONS

1. Toast sourdough slices until golden and crisp.
2. Mash avocado with lemon juice, salt, and pepper.
3. Spread avocado mixture on toast.
4. Sprinkle chili flakes if desired.
5. Serve immediately.