



Healthy Breakfast Recipes

Wholesome and nutritious breakfast ideas
the whole family will love!



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Crafting the Perfect Breakfast Bowl

A breakfast bowl offers a delightful and adaptable way to kick off your day. You can choose between sweet or savory options, or even mix various flavors to tantalize your taste buds. Here's a straightforward guide to help you create the ideal breakfast bowl.

Base

- Grains: Oats, quinoa, brown rice, farro
- Greens: Spinach, kale, mixed greens
- Starches: Sweet potatoes, regular potatoes

Protein

- Eggs: Scrambled, poached, or boiled
- Meat: Lean bacon, sausage, ham, or turkey
- Plant-based: Tofu, tempeh, or beans
- Dairy: Greek yogurt or cottage cheese

Toppings

- Fruits: Berries, banana slices, apple chunks, avocado
- Vegetables: Tomatoes, bell peppers, cucumbers, carrots
- Nuts & Seeds: Almonds, walnuts, chia seeds, pumpkin seeds
- Cheese: Feta, cheddar, or parmesan

Sauces/Dressings

- Healthy Fats: Olive oil, avocado oil
- Creamy: Greek yogurt, hummus, tahini
- Sweet: Honey, maple syrup
- Savory Salsa, hot sauce, soy sauce



Overnight Oats

CHOCOLATE PEANUT BUTTER OVERNIGHT OATS

Ingredients:

(Optional: use sunflower seed butter for nut-free version)

- ½ cup rolled oats
- 1 tbsp chia seeds or ground flax
- ¾ cup unsweetened almond or oat milk
- ¼ cup plain Greek yogurt or coconut yogurt (for dairy-free)
- 1 tbsp peanut butter or almond butter
- 1 tbsp cocoa powder
- 1 scoop chocolate or vanilla protein powder (unflavored for young kids)
- ½ banana, mashed or sliced (optional for sweetness)
- 1–2 tsp maple syrup or honey (optional)

Instructions:

1. Combine all ingredients in a mason jar or container.
2. Stir well, cover, and refrigerate overnight.
3. In the morning, stir again and top with cacao nibs, sliced banana, or a drizzle of nut butter.



Overnight Oats

BERRY VANILLA OVERNIGHT OATS

Ingredients:

- Ingredients:
- ½ cup rolled oats
- 1 tbsp chia seeds
- ¾ cup unsweetened milk of choice
- ¼ cup plain Greek yogurt or coconut yogurt
- ½ cup mixed berries (fresh or frozen)
- ½ tsp vanilla extract
- 1 scoop vanilla or unflavored protein powder
- Optional: 1–2 tsp maple syrup

Instructions:

- Combine all ingredients in a mason jar or container.
- Stir well, cover, and refrigerate overnight.
- Top with more berries or shredded coconut.



Avocado Toast



Ingredients:

- 2 slices of bread
- Avocado
- Salt, pepper, and red pepper flakes, to taste
- Fried or poached egg
- Sliced tomatoes
- Sprouts and/or microgreens (optional)

Instructions:

- Toast a slice of bread to your preferred crispness.
- In a bowl, mash half an avocado and spread it generously over the toast.
- Season with salt, pepper, and red pepper flakes according to your taste.
- Optional: Top it off with a fried egg, sliced tomatoes, or any other toppings you enjoy. Bon appétit!

Creamy Coconut Chia & Basil Seed Pudding



Ingredients:

- 1 cup unsweetened coconut milk (or any plant-based milk)
- 1 tbsp chia seeds
- 1 tbsp basil seeds (sabja)
- ½ tsp vanilla extract
- 1 tbsp maple syrup or honey (optional)
- ½ cup fresh fruit: mango, berries, or kiwi
- Pinch of cinnamon or cardamom (optional)

Instructions:

- Mix all ingredients (except fruit) in a bowl or jar.
- Stir well, wait 10 minutes, stir again to avoid clumping.
- Refrigerate overnight or for at least 2–4 hours.
- Serve topped with fruit and shredded coconut or nuts/seeds.



Healthy Breakfast Bars

Ingredients:

- 2 cups rolled oats
- ½ cup nut or seed butter
- ¼ cup maple syrup or honey
- ½ cup mashed banana or applesauce
- ¼ cup hemp hearts or ground flax
- 1 tsp cinnamon
- ¼ tsp salt
- Optional: raisins, dark chocolate chips, or chopped nuts

Instructions:

1. Preheat oven to 350°F (175°C).
2. Mix everything in a bowl until well combined.
3. Press into a parchment-lined 8x8 baking dish.
4. Bake 20–25 minutes until golden and firm.
5. Cool, then slice into bars. Store in fridge.

Healthy Black Bean Brownies

Ingredients:

- 1 can (15 oz) black beans, rinsed and drained
- 2 eggs (or flax eggs for vegan)
- ¼ cup maple syrup or honey
- ¼ cup olive oil or melted coconut oil
- ½ cup cocoa powder
- ½ tsp baking powder
- 1 tsp vanilla extract
- Pinch of sea salt
- Optional: ¼ cup dark chocolate chips or walnuts

Instructions:

1. Preheat oven to 350°F (175°C). Line an 8x8 pan with parchment.
2. Blend all ingredients in a food processor until smooth.
3. Pour into pan, sprinkle with optional toppings.
4. Bake for 25–30 minutes or until a toothpick comes out clean.
5. Cool before slicing. Great for breakfast or snacks!





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