

Muffin Tin Omelettes

Prep time: 10 minutes

Cook time: About 25 minutes

Ingredients:

- 1 tbsp of olive oil
- 1 tsp of baking powder
- 1 ½ cups of your choice of filling (mushrooms, tomato, bell peppers, zucchini, etc.) chopped in small pieces
- ¼ tsp of black pepper
- ¼ tsp of onion powder
- ¼ tsp of salt
- 1/2 cup shredded cheese
- 4 whole eggs and 1 ½ cup of egg whites



Directions:

1. Preheat oven to 350°F.
2. Chop up veggies in small pieces.
3. In a large bowl, whisk together eggs, egg whites, salt, pepper, onion powder, oil and baking powder.
4. Lightly oil 12 muffin tins or use muffin tin liners.
5. Mix in chopped up veggies and shredded cheese.
6. Scoop mixture into muffin tins ensuring that an even amount of liquid, chopped veggies and cheese are split between the tins.
7. Bake in preheated 350°F (180°C) oven for about 20-22 minutes or until golden and knife inserted into center comes out clean.
8. Let cool for 5 minutes in the tin before taking them out.

Tip:

- Serve 1-2 omelets with a slice of whole grain bread and a fruit for a balanced breakfast.
- Wrap individual portions in cling wrap and freeze. For a quick breakfast, defrost in the fridge the night before and warm up in a microwave or toaster oven.

Adapted from:

- UnlockFood: <http://www.unlockfood.ca/en/Recipes/Breakfast/Awesome-Mini-Mushroom-Omelettes.aspx>
- Tip Hero: Amazing Omelet Muffins- <https://www.youtube.com/watch?v=VtaeQPibuTU>

Ricotta Berry Oatmeal Cups

Prep time: 10 minutes

Cook time: 30 minutes

Ingredients:

- 3 cups large flake oats
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg or pumpkin pie spice mix
- ¼ tsp of table salt
- 1 ½ tsp baking powder
- 1 cup milk
- 2 large eggs
- ½ cup partly-skim/light ricotta cheese
- 3 tbs maple syrup
- 1 cup of blue berries (fresh or frozen)

Ingredients:

1. Preheat oven to bake at 350° F degrees. Oil 12-cup muffin pan or line with paper muffin liners.
2. Combine the oats, cinnamon, nutmeg/pumpkin spice, salt, baking powder, and milk in a large mixing bowl. Add the ricotta cheese and maple syrup and stir well to combine. Gently fold in the blueberries.
3. Using a ladle or small measuring cup, divide the oatmeal mixture among the muffin cups. Bake for 30-35 minutes until a toothpick comes out clean. Let cool in the pan for a few minutes before running a knife around the edge of the muffins to remove and let cool completely on a cooling rack.
4. Store in an airtight container in the refrigerator or freezer.

Tips:

- Serve oatmeal cups with a side of fruit and spread with your favorite nut butter or top with a dollop of yogurt.

Adapted from: <https://jessicalevinson.com/ricotta-berry-oatmeal-cups/>

Tofu Scramble

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients:

- 2 tbsp olive oil
- 1 medium onion, finely chopped
- 1 clove garlic, minced
- 1 tbsp turmeric
- 1 ½ tsp of garlic powder
- 1 tsp dried dill
- ¾ tsp salt
- ½ tsp pepper or to taste
- 1/3 cup of water
- 3 cups of extra firm tofu (eg. 350 g block)
- Extra vegetables as desired – eg. peppers, mushrooms, zucchini



Directions:

1. In a small bowl, mix together garlic powder, dill, salt, pepper and turmeric. Add water and salt to dissolve. Set aside.
2. Heat oil in a frying pan over medium heat.
3. Add onion and cook for a couple minutes.
4. Add garlic and cook an additional minute.
5. Add vegetables and cook for a couple minutes.
6. Crumble tofu into very small pieces and add to pan.
7. Pour in seasoning liquid, stirring to mix thoroughly.
8. Stir until tofu is heated through, vegetables are softened and liquid has been absorbed.

Tips:

- Serve along whole grain toast
- Wrap in a whole grain tortilla with black beans, salsa and avocado

Source: <https://www.chapters.indigo.ca/en-ca/books/fresh/9781443429450-item.html?ikwid=fresh&ikwsec=Home&ikwidx=23>

Avocado, Banana and Greek Yogurt Pancakes

Ingredients:

- ½ cup + 2 tbsp rolled oats
- 1 Tbsp ground flax
- 1 tsp baking powder
- ½ tsp cinnamon
- 1 egg
- ¼ cup of Greek yogurt
- 1 banana
- 2 Tbsp of milk (dairy or alternative)
- ½ tsp of vanilla extract
- ¼ avocado – peeled pitted and chopped
- 2 tsp of maple syrup
- Nut butter (optional)

Directions:

1. Add all dry ingredients except avocado to a small bowl and mix together.
2. Add wet ingredients to a blender and blend on high for 10 seconds.
3. Add half of dry ingredients to the blender and blend again for 10 seconds. Add the other half and blend again for 10 seconds or until well combined.
4. Transfer the mixture from the blender to a medium bowl. Fold in diced avocado. Let the batter sit for 4-5 minutes.
5. Lightly grease a non-stick skillet or griddle and turn on heat to medium. Use a ladle to scoop out the batter to make 4 equally sized pancakes. Cook on one side until the batter on the top starts to bubble and then flip. Cook until both sides are golden brown.
6. Remove from heat and top with nut butter, diced banana, left over avocado and a drizzle of maple syrup.

Source:

<https://www.cookspiration.com/recipe.aspx?perma=DNC7aH98UCU&g=4>

Overnight Oats: Apple Pie Oatmeal

Prep Time: 5 minutes



Ingredients:

- 1/3 cup of large flake oats
- 1/3 cup-1/2 cup of plain yogurt, 2% or less. (Choose Greek for more protein)
- 1/3 cup of milk
- 1 tsp (5 mL) pure maple syrup
- 1/2 tsp (2 mL) vanilla extract
- 1/4 tsp (1 mL) ground cinnamon (could also add ginger and nutmeg)
- 1 apple, cored and finely diced
- 1 table spoon (15 ml) of chia seeds (optional)

Directions:

1. Place oats in the jar/container. Add all other ingredients and mix well with a spoon.
2. Cover and refrigerate overnight.
3. Take out of the fridge in the morning. Eat and enjoy!

Tips:

- To take this breakfast on the run, pack it into portable containers or mason jars.
- You can also make this recipe by substituting the apple for other fruits- e.g. frozen/fresh berries and 1/2 a banana with cinnamon and/or ginger.

Adapted from:

<http://www.unlockfood.ca/en/Recipes/Breakfast/Overnight-Apple-Pie-Oatmeal.aspx>