



# Build A Better Breakfast: Recipes

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# Overnight Oats

*The following recipe makes 1 serving; multiply as needed*

- Ingredients:
  - ½ cup old fashioned oats
  - ½ cup milk of choice
  - ½ cup Greek yogurt
  - 1 tsp. chia seeds
  - 1 tsp. sweetener of choice (such as honey or maple syrup)
- Instructions:
  - Combine based ingredients in mason jar or Tupperware
  - Refrigerate overnight or at least 2 hours
  - Add optional toppings prior to eating, such as fresh or dried fruit, nuts, peanut butter or chocolate chips



# Powerful Parfait

- Ingredients:
  - 1 cup Greek yogurt
  - ½ cup fresh or frozen berries
  - ¼ cup nuts or seeds
  - ½ cup whole grain cereal (optional for more energy)
- Instructions:
  - Layer ingredients in bowl and enjoy!

# Egg “Muffins”

- Ingredients:
  - 6 eggs or 1 ½ cups liquid egg whites
  - ¾ cup shredded cheese of choice
  - 1 or more cups chopped veggies of choice such as spinach, tomatoes, mushrooms and/or onions
  - Salt & pepper to taste
- Instructions:
  - Pre-heat oven to 350 degrees.
  - Whisk eggs if using. Add salt and pepper to taste. Spray muffin tins with non-stick spray.
  - Pour eggs/egg whites evenly into 6 slots of muffin tray.
  - Add a few tablespoons of chopped veggies to each slot
  - Top each with about 2 Tbsp. of cheese.
  - Bake for 20 minutes or until eggs are set.

