

Easy Breakfast Recipes for Postpartum

- *Smoothies:*

- *PB&J recipe- 1 cup of milk, ½ a banana, ⅓ cup rolled oats, 1 cup of blueberries, 2 tsp ground flaxseeds, 2 tbsp peanut butter*
- *Very Berry recipe: ⅔ cup berries, ½ cup yogurt, 1 cup milk, ⅓ cup rolled oats, 1 tbsp ground flaxseed, 1 tbsp honey or sweetener of your choice, 1 tsp of brewer's yeast*
- *Banana Oatmeal recipe: ¾ cup of milk, 1 banana, ⅓ rolled oats, 1 tbsp almond or peanut butter, 1 tbsp brewer's yeast, 1 ½ tsp maple syrup. ¼ tsp ground cinnamon, ½ cup ice cubes*
- *Chocolate PB Banana Recipe: 3 cups almond milk, 2-3 bananas, 1 tbsp cocoa powder, ¼ cup chocolate chips, ¼ cup flaxseed, 1-3 tbsp peanut butter*
- *Blueberry Pancake Recipe: 1 cup milk, ⅔ cup yogurt, 1 ¼ cup blueberries, ½ tsp vanilla extract, ⅛ tsp cinnamon, 2 tbsp maple syrup*

- *Yogurt Bowls:*

- *¾ cup yogurt, ½ cup mixed berries of choice, 2-3 tbsp granola, 1 tsp chia seeds, 1-2 tbsp nuts, drizzle of honey or maple syrup*
- *¾ cup yogurt, handful of granola, ½ cup pineapple, ½ of a kiwi, 1 tsp chia seeds, 1-2 tbsp toasted coconut, 1 tsp honey or maple syrup*
- *¾ cup yogurt, handful of granola, 1 tbsp peanut butter, ½ cup banana, 1 tsp chia seeds, 1 tsp honey or maple syrup*
- *¾ cup yogurt, 1-2 tbsp dark chocolate, 1 tbsp mini chocolate chips, 3 tbsp almonds, 1 tsp honey or maple syrup*
- *¾ cup yogurt, 2 tbsp marshmallows, 2 tbsp mini chocolate chips, 3 tbsp crushed graham cracker crumbs*
- *¾ cup yogurt, ½ cup blackberries, 2 tbsp white chocolate, 3 tbsp crushed graham cracker crumbs, 1 tsp honey or maple syrup*

- *Oatmeal:*

- *Combine oats with blueberries, strawberries, banana, etc, nuts or chia seeds, with ½ tsp of honey, chocolate, or peanut butter*

- *Breakfast Burritos:*

- *3 tbsp oil, 4 cups shredded hash browns, 8 eggs, 1 can green chiles, ½ tsp salt, ½ tsp pepper, 6 cooked sausage links, 1 pack flour tortillas, 2 cups shredded mexican cheese. In a skillet, heat oil over medium-high heat. Add hashbrowns and*

press down lightly, cook for 7 minutes. Drizzle more oil and turn. Cook 6-8 minutes longer. Transfer to bowl and cover to keep warm. Beat eggs in a bowl with the chiles, salt, and pepper. Begin cooking sausage for 2 to 3 minutes. Stir in egg mixture and cook for 2 to 3 minutes until scrambled. Spoon a line of hashbrowns down the center of your tortillas. Top with cheese and egg mixture. Eat immediately or freeze.

- *Breakfast Casserole:*

- *Sausage/ham/bacon/or turkey, eggs, shredded cheese, hash browns, milk, veggies if you would like. Brown meat in your skillet. Mix eggs and milk together with any spices you would like to add. Preheat your oven to 350. Spray your baking dish with cooking oil and add hashbrowns, your meat, veggies, and cheese. Pour egg mixture into the baking dish and cover with foil. Bake for 45 minutes. You can remove the foil and bake for another 10-15 minutes to let the dish rest and make sure the cheese is fully melted. Make sure the eggs are thoroughly cooked before serving. You can make ahead and freeze!*

- *Muffins, Egg Muffins, or Pancakes*

- *These can be made ahead of time and frozen too!*