

SEVEN



FIVE MINUTE **HEALTHY** **BREAKFASTS**

by Andrea Moss

7 BREAKFASTS YOU CAN MAKE IN 5 MINUTES

You've heard it before: *Breakfast is the most important meal of the day.* Sound familiar? Moms everywhere have been spreading the breakfast gospel for years.

Now, the truth is that it's what you eat *all day* that leads to sustained health. But breakfast does play a specifically important role: **What we eat in the morning sets us up for the day ahead.**

Skipping breakfast usually leads to big blood sugar dips, which can cause crankiness, severely decreased energy, major sugar and caffeine cravings, reduced focus and concentration, and intense hunger throughout the day.

Skipping breakfast has also been linked to weight gain and an increased risk of developing type 2 diabetes.

WHAT BREAKFAST CAN DO FOR YOU: A healthy, balanced breakfast helps to regulate our blood sugar levels after a night of fasting. It gives us the nutritional fuel to start of our day with energy and stamina. It supplies us with "brain food" to kick off clear, focused thinking, and helps to keep cravings at bay by keeping us balanced and satiated.

MOSS WELLNESS #1 BREAKFAST TIP: When it comes to your breakfast, always make sure it contains some protein and healthy fats. Protein gives us long-lasting energy and helps us to build muscle. Healthy fats help to keep us full and assist in stabilizing blood sugar levels (which helps to keep our weight, mood, and cravings balanced).

A study from the Pennington Biomedical Research Center showed that participants who ate two eggs for breakfast lost

65% more weight than participants in the same study who ate a bagel for breakfast, even though the bagel and the eggs contained an equal number of calories. The egg-eaters also lost 61% more body mass and felt more energetic than the participants who ate bagels.

This is a great lesson, because it shows that the old adage "a calorie is a calorie" is false. **It's what is making up those calories that's most important.**

In my experience, the best, most filling and satisfying breakfasts (not to mention great for weight loss) contain healthy fats and proteins.

New clients often come to me hanging their heads with "breakfast shame": They know they're "supposed" to eat breakfast, but who has the time?

In the rush to get ourselves (and our families, pets, etc) out the door in the morning, we can feel overwhelmed and short on time when it come to preparing a nutritious, delicious meal.

But here's some very good news: A healthy, tasty breakfast doesn't have to take much time. In fact, I rarely spend more than 5 minutes on breakfast each morning.

With some practice, you'll be able to whip these quick recipes up in little time, and you'll certainly enjoy the energizing health benefits for hours to come.

RECIPE #1

Breakfast Smoothie

A typical smoothie made with non-fat ingredients, sugars, and fruit juices will leave you feeling hungry soon after. Your energy levels will likely suffer as well, since that big swell from a blood sugar high will give you a momentary energy boost. But when your blood sugar levels inevitably dip, they'll bring your energy levels down with them.

For the healthiest, most energizing smoothies, be sure to include healthy fats and proteins, and keep sugar levels low by relying on whole fruits – not fruit juices – to add some sweetness your shake.

A smoothie can make an incredible on-the-go breakfast. Simply blend your ingredients and pour them into a thermos or jar to take your meal on the go.

CREAMY NUTS & BERRIES BREAKFAST SMOOTHIE

This is my tried-and-true favorite. My blender is whirring away making this breakfast smoothie on most mornings, with the exception of the coldest winter days when nothing but a warm breakfast will do. This smoothie is an antioxidant powerhouse, bursting with berries and nuts and delicious almond milk. Feel free to use whatever seasonal berries you have on hand, or you can buy frozen organic berries any time of year.

FEEL FREE TO ADD IN ANY OF THESE HEALTH BOOSTS TO YOUR SMOOTHIE FOR AN ADDITIONAL NUTRITIONAL KICK:

1-2 tbsp chia seeds, organic hemp seeds, or organic ground flax seeds

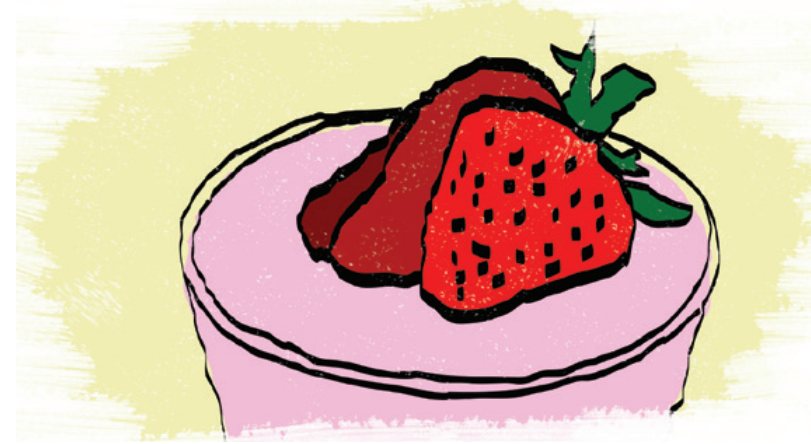
1 tsp mesquite powder (Mesquite is a natural, low-glycemic sweetener that doesn't raise blood sugar levels the same way sugar does. It contains calcium, magnesium, iron, zinc, and high levels of protein.)

1 tbsp organic extra virgin coconut oil or coconut butter

½ avocado (Makes smoothies creamy and rich. You can substitute avocado for nut butter in smoothie recipes.)

Acai - 1 serving of freeze-dried powder or serving of frozen acai fruit (Acai is a delicious, antioxidant rich Amazonian berry.)

1 cup of fresh greens (spinach, kale, romaine, etc) or 1 serving of unsweetened greens powder (such as Pines Wheat Grass powder)



INGREDIENTS:

6 - 8 ounces organic, unsweetened almond milk (Pacific-brand is available in most stores)

1 serving protein powder (see recommended protein powders section)

1 cup berries, fresh or frozen (such as blueberries, raspberries, strawberries, or blackberries)

1 pitted date or ½ banana (freeze the other half for tomorrow's smoothie!)

1 tbsp unsweetened almond or cashew butter

Pinch of ground cinnamon

Ice to thicken smoothie

PREPARATION:

Add all ingredients to blender; blend until smooth.

RECOMMENDED PROTEIN POWDERS:

Protein powders can vary widely in quality and digestibility. In general, I steer clear of soy protein powders which can be highly processed and hard to digest. My protein powders of choice are usually brown rice-based (preferably sprouted brown rice), although hemp protein is a great choice as well (I do find that hemp has a stronger taste than brown rice protein, however, so experiment for yourself to see what you like best). If you can tolerate whey protein, seek out an organic grass-fed whey protein powder.

If you can't find these protein powders at your local health food store, buy them online as I do – you can order directly from the manufacturer, or through sites like amazon.com or rawfoodworld.com.

BROWN-RICE PROTEIN POWDERS:

Boku Protein Powder - *this is made of organic, sprouted brown rice*

Vega One - *made of a combination of pea, hemp, and sprouted brown rice protein*

Metagenics UltraClear - *rice protein*

NutriBiotics Organic Plain Rice Protein - *organic, sprouted brown rice*

SunFood - *sprouted brown rice protein, not currently organic*

HEMP PROTEIN:

Nutiva Organic Hemp Protein
Living Harvest

RECIPE #2

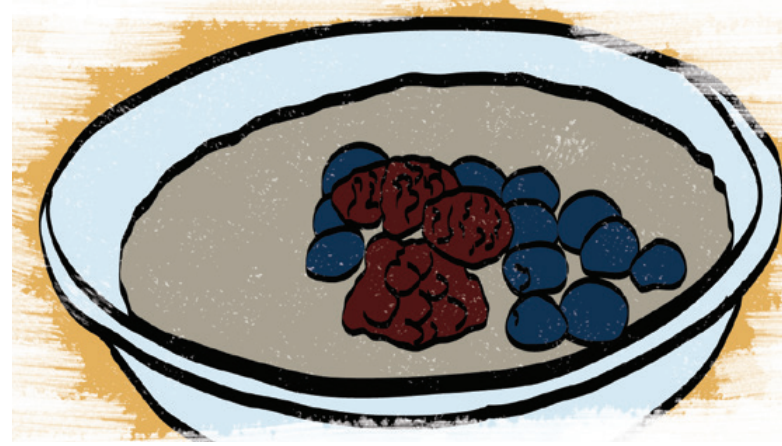
Warming Quinoa Porridge

Quinoa is a highly digestible, quick-cooking grain that's packed with protein. On its own, quinoa can be bland, and adapts well to the flavors you add to it. Its versatility makes it a great breakfast option: Top with avocado, ground flax seed, and a dash of tamari for a savory breakfast, or heat with nut milk and berries for a sweeter choice.

This recipe requires some cooking ahead of time (making yourself a pot of quinoa), but the small effort is well worth it when you'll have a quick and easy breakfast for the week ahead.

This porridge recipe is one of my favorite ways to use quinoa as part of a balanced breakfast. It is a very popular breakfast choice in the Reboot cleanse I run several times a year, yet it's delicious enough to crave even when you're not cleansing!

This breakfast is the perfect way to warm up on a chilly winter morning.



INGREDIENTS:

½ cup cooked, plain quinoa

¼ cup plus 2 tbsp unsweetened organic vanilla almond milk

2 tbsp ground flax seed

½ tsp vanilla extract

¼ cup walnuts, chopped or whole

½ banana, sliced

Optional health boosts for an additional nutritional kick:

1 tbsp chia seeds or organic hemp seeds

1 tbsp organic extra virgin coconut oil or coconut butter

½ cup berries or cherries

PREPARATION:

Heat ¼ cup almond milk and quinoa in a small saucepan over medium heat, stirring frequently, until most of the almond milk has been absorbed — about 3-4 minutes. Add vanilla extract and stir. Turn off heat, add flax seed, banana slices, and walnuts. Pour 2 tbsp almond milk on top, stir, and serve.

RECIPE #3

Peel & Eat Eggs with Avocado

Egg-cellent news: You can get rid of that egg-white omelet with non-fat cheese, made in a pan sprayed with hydrogenated oil, on top of “skinny” bread that you’ve been forcing down your throat in the name of “health.”

Get ready for a healthier, delicious taste-explosion of real, whole eggs and real fat in the form of creamy avocado!

Eggs have been a traditional breakfast choice for years, and with good reason. Their high protein content keeps you filled and fueled for a long time. And don't be so quick to toss the yolk! Egg yolks are a great source of B vitamins, antioxidants, iron, and satisfying, healthy fats that are great for your brain.

Like the quinoa porridge, this recipe does necessitate some cook-ahead time (in the form of boiling eggs for the week ahead). But having some boiled eggs on hand for healthy breakfasts (or high-protein snacks) is a great way to cook once and eat breakfast 2, 3, or 4 times during the week for a major time-saver.

This throw-together, quick breakfast can also work well when you're on the go. Simply place this all in a portable container and toss into your bag.



INGREDIENTS:

2 hardboiled, organic eggs

½ sliced avocado (sprinkle lemon or lime juice over the other half, leave the pit in, and wrap tightly in plastic wrap to eat the next day)

Sea salt to taste

PREPARATION:

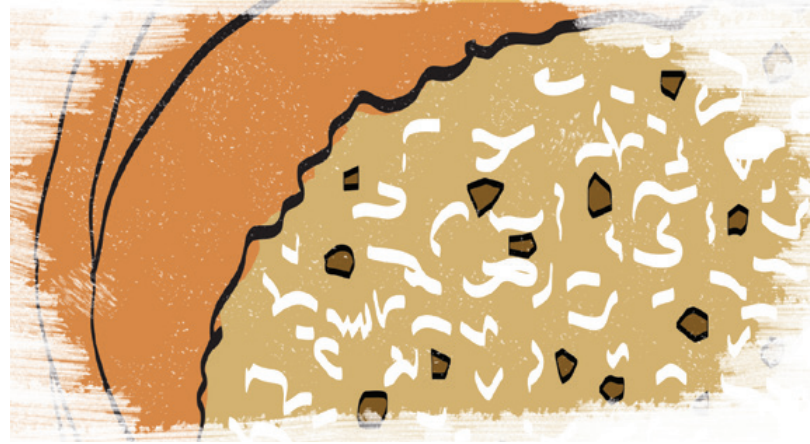
Simply peel 2 eggs and slice them, sprinkle with sea salt, and eat with ½ of a sliced avocado.

Feeling fancy? Warm up two organic corn tortillas and fold them around the eggs and avocado, top with a little jarred organic salsa, and voila – egg tacos!

Powerful 2-second health boost: Serve eggs and avocado in a bowl or plate over 1-2 cups of pre-washed bagged baby spinach or arugula; drizzle with a little olive oil and lemon.

RECIPE #4

Andrea's Super Simple Seed Cereal



Most breakfast cereals are filled with processed flours, sugar, and fillers. These cereals contain simple carbohydrates that our bodies burn through really quickly. That means you'll be full for about 20 minutes after eating your typical cereal, then hungry about an hour later.

Starting your day with most of these popular cereals is like trying to go on a 500-mile road trip with a quarter tank of gas: You're going to end up feeling empty and desperate for more fuel very quickly.

(Hint: This happens even with those so-called "healthy" cereals out there!)

The combination of simple carbs + added sugars = nutritional disaster zone when it comes to maintaining a healthy weight and having energy throughout the day.

This seed cereal is different. It's packed with healthy fats and proteins, and it's low in sugar. It also happens to be very easy to prepare and it's incredibly delicious.

The chia seeds and hemp seeds provide a big ol' dose of omega 3 fatty acids, which are fantastic for brain health and for creating glowing hair, skin, and nails. Omega 3s also help boost our mood, assist in weight management, and keep our joints nice and lubricated (which helps reduce achiness and stiffness in the body).

Full disclosure: This seed cereal doesn't taste like your traditional bowl of grainy-Os, but it's quite delicious in its own right! It will also support weight management efforts and fuel your brain for some serious morning power-work sessions. It's a favorite of many of the runners that I work with for keeping energy levels going all day long.

It also travels well. Simply toss the dry ingredients with the milk in a portable container, snap on the lid, and off you go! This is my go-to breakfast when I have to take my breakfast out the door with me. It's one of the more unusual meals in that it actually improves in flavor and consistency as it sits!

INGREDIENTS:

1 tbsp organic chia seeds

1 tbsp organic hemp seeds

1 tbsp organic sunflower seeds (or pumpkin seeds)

1 tbsp unsweetened shredded coconut, raw or lightly toasted

1/3 cup organic, unsweetened almond milk

10-12 chopped, raw nuts (slivered almonds, walnuts, or pecans)

1/2 cup fresh berries, or fresh/dried fruit of your choice (1/2 banana, whole or 1/2 chopped apple or pear, a light sprinkling of raisins, or several chopped dried apricots)

Ground cinnamon

Optional: 1 chopped date for additional sweetness, if desired

PREPARATION:

Combine all seeds in a bowl with shredded coconut. Add almond milk and let sit for 5 minutes. The chia seeds will soak up the almond milk and become creamy/pudding-like. **Note:** The longer this cereal sits, the longer the chias will "gel" and create more of a tapioca-like consistency.

Top with chopped nuts, fruit, a sprinkling or two of cinnamon, and chopped date if using. Eat and enjoy the burst of energy to come!

RECIPE #5

Renovated Fruity Yogurt Parfait

Non-fat yogurts, flavored with sugary syrups (or even worse, artificial sweeteners) masquerade themselves as health food, but they're super sneaky junk food in disguise!

One of the hardest (yet most exciting) things for my clients to digest is that full-fat (or at least low-fat) yogurt is far better for you than non-fat!

Full-fat yogurt is tastier, more satisfying, and keeps you fuller than non-fat versions.

Additionally, non-fat dairy delivers more fast-absorbing lactose (milk sugar) to our bloodstream, creating a blood sugar spike and subsequent dip in energy levels and increase in our sugar cravings.

Fat is digested slowly by the body, and helps decrease the rate at which we digest and break down carbohydrates. This means, contrary to the common fear of dietary fat leading to body fat, the very opposite is usually the case. Real fat helps us release our own fat stores.

It can be overwhelming to sort through the myriad options in the dairy aisle at your typical grocery store. Here are my general yogurt rules to help you choose the best option at your next shopping trip.

1) Go organic. Dairy products are one of the most important foods to purchase organic. Non-organic dairy, which usually comes from factory-farmed cows, can contain hormones and antibiotics. It's worth the extra price to go for organic yogurt whenever possible. Bonus points for grass-fed dairy products! Snatch these up whenever you can find them. They can be harder to find in a larger supermarket, but this may be an option from local companies that sell to health food stores or at farmers markets.

2) Buy plain. Sweeten/flatten your yogurt with your own healthier, tastier options. Good choices include fresh fruit, a small amount of dried fruit, or a teaspoon or two of raw honey, real maple syrup, or coconut sugar.



3) Consider going non-dairy. Many people (myself included) have dairy sensitivities, which can manifest as digestion issues, skin problems (acne, rashes), sinus issues, and post-nasal drip. Cow's milk is notoriously hard to digest, and many of us just don't break it down all that well. Experiment with goat's or sheep's milk dairy, and consider trying almond or coconut-milk based yogurts and see how your body responds.

INGREDIENTS:

½ cup full-fat plain organic yogurt (or non-dairy option, if using)

1 tbsp pumpkin seeds

1 tbsp hemp seeds or ground flax seeds

¼ cup nuts of your choice, chopped

½ cup fresh fruit of your choice (try berries, cherries, chopped peach or apple)

2 tsp real maple syrup

PREPARATION:

Place yogurt in a bowl or sundae cup. Top with pumpkin seeds, hemp or ground flax, chopped nuts, fruits, and drizzle on maple syrup.

RECIPE #6

Overnight Steel-Cut Oatmeal

If your idea of a healthy breakfast has been a packet of microwaved maple-sugar flavored instant oatmeal, get ready to have your world rocked.

Oatmeal can be (and should be) so much more: healthier, more filling, satisfying, and a trillion times more nutritious than those little microwaved packets (which are filled with simple sugars and simple carbs that lead to weight gain, lower energy, and reduced health).

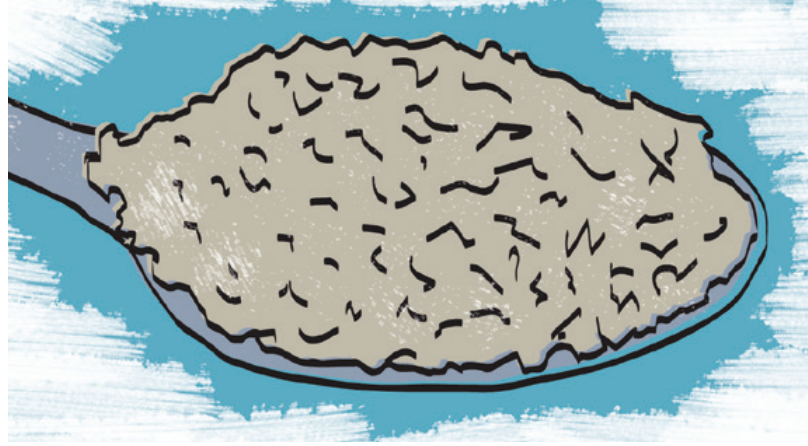
Oatmeal has enjoyed a good reputation over the past couple of decades, getting itself known for its heart-health properties. Oatmeal has been shown to reduce cholesterol levels, assist with weight loss, and can help stabilize blood sugar levels through its high levels of fiber. Whole oats contain B vitamins, fiber, protein, and calcium.

Don't be fooled by cheap imitators! Instant oatmeal doesn't contain an iota of these health properties when it compared to the real deal. Steel-cut oatmeal is a different oatmeal-y beast entirely. Steel-cut oats are made from oat kernels that have been sliced into thick bits.

Steel-cut oatmeal is a better choice over instant or rolled oats, because it digests more slowly than those other options. This means your blood sugar levels are raised much more slowly as a result.

If the idea of slaving over a stove to cook steel-cut oatmeal has kept you out of the kitchen, I totally get it. No one wants to spend 45 minutes preparing breakfast on a busy weekday.

But the great news is that you can easily make a quick version of steel-cut oatmeal that's just as delicious (and healthy) as the slow-cook method! All that's required is boiling water (or nut milk) the night before.



INGREDIENTS:

½ cup steel cut oatmeal

1 cup water or unsweetened almond milk

¼ cup nuts of your choice, chopped

½ cup fresh fruit of your choice (berries, cherries, sliced banana, chopped apple)

Feel free to add in any of these health boosts to your oatmeal for an additional nutritional kick:

1 tbsp unsweetened coconut flakes

1-2 tbsp chia seeds, organic hemp seeds, or organic ground flax seeds

Ground cinnamon (great for lowering blood sugar levels!)

Pure vanilla extract

A tablespoon of nut butter in place of chopped nuts

Healthy sweeteners, if desired: 1 chopped, pitted date, sprinkling of coconut or palm sugar, a drizzle of raw honey, or drizzle of real maple syrup

For additional creaminess: pat of organic, grass-fed butter, 1 tbsp organic extra virgin coconut oil or coconut butter, or additional 2 ounces organic canned coconut milk (added in the morning when reheating the oatmeal)

PREPARATION:

Before going to bed, bring 1 cup of water or unsweetened, organic almond milk to a boil.

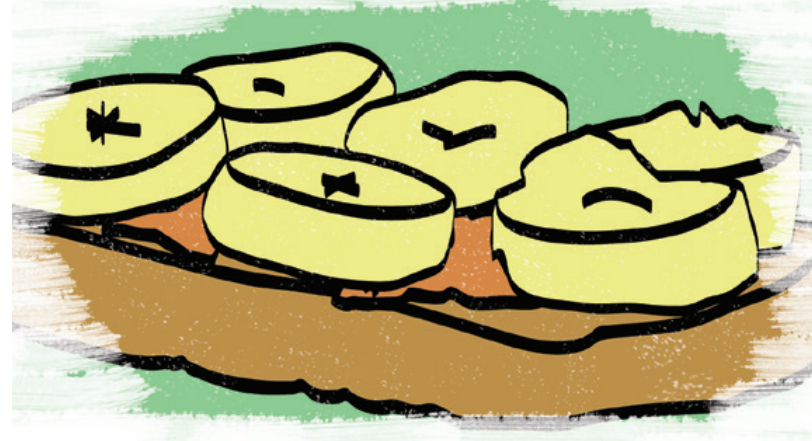
When water comes to a boil, add ½ cup steel cut oats. Stir.

Turn off heat and cover pot, leaving it on the same burner. Go to sleep.

In the morning, cook oats over low-medium heat, stirring frequently, until desired consistency (about 5 minutes).

Serve in a bowl topped with fresh fruit and nuts.

Sweet or Savory Healthy Toasts



Ah, bread. We love you, but you don't always love us back.

Bread basically falls into the same category as cereal. Most of the stuff on the market is packed with colorings, preservatives, sugars, and fillers. When it comes to weight loss, most bread options out there will stop us right in our tracks.

It's the same deal as before. The simple carbohydrates in bread will spike our blood sugar levels, setting us up for more hunger, sugar cravings, and energy dips throughout the day.

Additionally, the gluten in bread (a protein found in wheat and wheat-related grains like barley and rye) can create a host of health issues. Gluten sensitivity is definitely on the rise, and many of my clients who experience digestive issues, brain fog, and weight issues are eventually diagnosed with gluten-sensitivity. Gluten can also play a really big role in thyroid disorders, autoimmune disease, type 2 diabetes, and brain/mood disorders.

For this reason, I am hesitant to recommend gluten-containing bread to most people, unless I know they're absolutely OK on gluten. Even then, I recommend consuming it in moderation.

For the best, healthiest breads on the market (available in most health food stores), I recommend the Food for Life brand. There are other good options out there made by other companies, but they can be harder to track down.

Food for Life is readily available in the freezer section of health food stores (and even some larger grocery stores) and is one of the best choices around. They make several sprouted grain options (sprouted grains contain more protein and are easier to digest) that are the best choice if you're going to eat bread that contains gluten.

They also do a line of gluten-free breads that are fantastic! Their brown rice, red rice, black rice, and millet breads are a really popular choice of my clients.

For the healthiest breakfast toasts, we want to be sure we get in a good combo of protein and healthy fats. These are my favorite toast toppings that are guaranteed to be delicious, healthy, and very quick to throw together!

Sweet Toasts:

2 slices Food For Life bread of your choice, served open-face, topped with your choice of:

½ sliced banana and 2 tbsp unsweetened almond or cashew butter

2 tbsp coconut butter (*Artisana is a great brand*) with 2 chopped, pitted dates

2 tbsp unsweetened almond or cashew butter with 1 tbsp ground flax seed and 2 tbsp raisins

Feel free to mix and match these combos to create your own unique breakfast toast!

Savory Toasts:

2 slices Food For Life bread of your choice, served open-face, topped with your choice of:

2 tbsp hummus, spread on toasts, topped with 2 sliced hardboiled eggs, sprinkled with sea salt

2 tbsp black bean spread and ½ sliced avocado, squeeze ½ lemon on top

½ avocado, mashed onto toasts, topped with 2 tbsp ground flax seed and sea salt

½ avocado, mashed onto toast, topped with ½ can sardines or canned wild salmon