

# FOOD NUTRITIOUS MORNING

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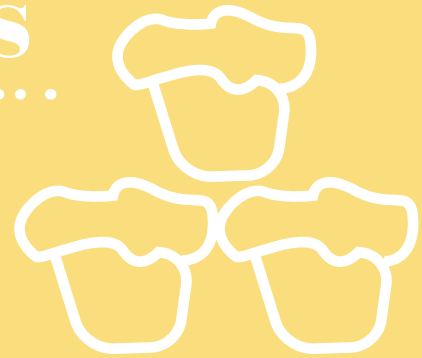
Chocolate Chip  
Breakfast Bars

INNOVATION 2024 27

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Instagram: @alaingablog  
Intro Photo: Monika Grabkowska



# Ham & Cheese Breakfast Egg Muffins



**T**hese easy Ham & Cheese Breakfast Egg Muffins make the perfect make ahead breakfast to have in the fridge or freezer to grab on the go. They are packed with the classic combination of fluffy eggs, cooked ham, onions and cheddar cheese. They are also very customizable and can be made with any type of meats or vegetables.

## Ingredients

- 10 **large eggs**, *beaten*
- 1/2 **onion**, *finely chopped*
- 1 **teaspoon garlic powder**
- 1/2 **teaspoon fine salt**
- 1/4 **teaspoon pepper**
- 140 gr / 5 oz **cooked ham**, *diced*
- 100 gr / 3.5 oz **grated cheddar**

## Directions

1. Preheat oven to 190C / 375F.
2. Position your oven rack in the center of the oven and grease 2x standard 12 cup muffin pans. This recipe yields 18 muffins.
3. Lightly beat the eggs in a large bowl and then add in all of the remaining ingredients until combined.
4. Pour or scoop the mixture into the muffin cups filling them about 3/4.
5. Bake for 14-15 minutes or until set and the top is lightly golden brown. It should also spring back when you touch it.
6. Run a knife along the sides of the muffins to remove from the pan.



# Bacon & Mushroom Breakfast Egg Muffins

**T**hese easy make ahead Bacon & Mushroom Breakfast Egg Muffins make the perfect quick healthy breakfast to have in the fridge or freezer to grab on the go. They are hearty and packed with eggs, crispy bacon, mushrooms, garlic and cheddar cheese. They are also very customizable and can be made with any type of meats or vegetables.

## Ingredients

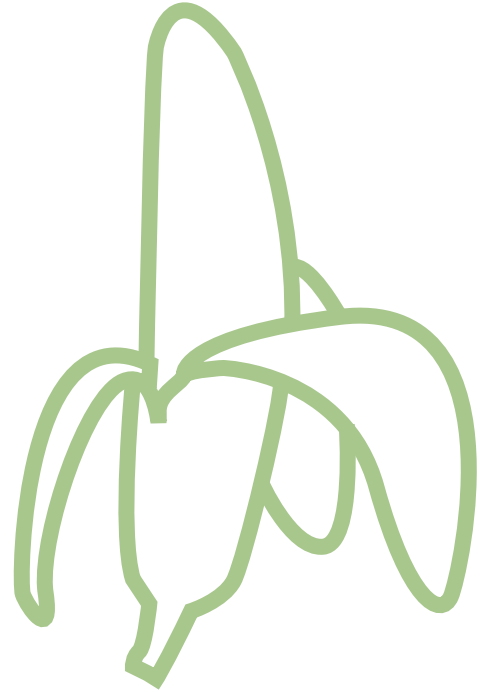
1 tablespoon **vegetable oil**  
100 gr / 3.5 oz **bacon**, *diced*  
100 gr / 3.5 oz **mushrooms**, *finely chopped*  
2 **garlic cloves**, *minced*  
10 **large eggs**, *beaten*  
½ teaspoon **fine salt**  
¼ teaspoon **pepper**  
100 gr / 3.5 oz **grated cheddar**

## Directions

1. Preheat oven to 190C / 375F.
2. Position your oven rack in the center of the oven and grease 2x standard 12 cup muffin pans. This recipe yields 18 muffins.
3. Heat oil in a medium large pan over medium high heat and cook the bacon and mushrooms until starting to brown. About 5 minutes. Add in the minced garlic and cook until fragrant. About 1 minute. Take the skillet off the heat.
4. Lightly beat the eggs in a large bowl and then add in all of the remaining ingredients until combined.
5. Pour or scoop the mixture into the muffin cups filling them about 3/4.
6. Bake for 14-15 minutes or until set and the top is lightly golden brown. It should also spring back when you touch it.
7. Run a knife along the sides of the muffins to remove from the pan.







# Healthy Breakfast Banana Split

This delicious Healthy Breakfast Banana Split is super easy to make and only requires a couple of standard healthy ingredients such as banana, yogurt, chia seeds, granola, any type of berries and shredded coconut. It's the perfect quick breakfast or snack for when you want something fresh that doesn't require any cooking.

## Ingredients

- 1 banana
- 3 tbsp greek yogurt or skyr
- 1 tsp **chia seeds**
- 2 tbsp granola of choice
- Berries of choice
- 1 tbsp finely shredded coconut

## Directions

1. Cut the banana in half lengthwise.
2. Place the banana on a plate and top with greek yogurt.
3. Add all of the toppings.
4. Serve and enjoy immediately.



# Homemade Breakfast Granola Bars

This delicious Healthy Breakfast Banana Split is super easy to make and only requires a couple of standard healthy ingredients such as banana, yogurt, chia seeds, granola, any type of berries and shredded coconut. It's the perfect quick breakfast or snack for when you want something fresh that doesn't require any cooking.

## Ingredients

- 113 gr / 1/3 cup pure maple syrup
- 80 gr / 1/3 cup nut butter of choice
- 2 tbsp coconut oil
- 1 tsp vanilla extract
- 180 gr / 2 cups old fashioned oats
- 1/4 tsp ground cinnamon
- 1/2 tsp fine sea salt
- 75 gr / 1/2 cup roughly chopped almonds
- 30 gr / 1/4 cup dried cranberries
- 30 gr / 1/4 cup dried raisins

## Directions

1. Line a square baking pan (8x8 or 9x9) with parchment paper and spray it with nonstick spray.
2. In a microwave safe bowl or a small saucepan over medium heat, combine the maple syrup, nut butter and coconut oil. Melt and stir until smooth and combined.
3. Remove from the heat and stir in vanilla extract. Let cool down for 3-5 minutes.
4. In a large mixing bowl combine oats, cinnamon and salt. Then stir in chopped almonds, cranberries and raisins.
5. Stir in the nut butter mixture until evenly combined.
6. Transfer the mixture into the prepared baking pan pressing firmly down with a spatula or a spoon into an even layer.
7. Place the bars in the refrigerator for at least 2 hours to set. You can also leave them in overnight.
8. Once the bars are fully chilled, remove from the pan onto a cutting board and slice into bars or squares.
9. Serve and enjoy or store in the refrigerator in an airtight container for up to 1 week. Or in the freezer for up to 2 months.







# Chocolate Chip Breakfast Bars

**T**hese no bake Chocolate Chip Breakfast Bars are perfect as a quick breakfast or snack for the entire family. They are highly customizable and very easy to make. With only 8 ingredients, 15 minutes of prep time and 2 hours of chilling you will soon find yourself snacking on these delicious breakfast bars. I hope you enjoy!

## Ingredients

- 113 gr / 1/3 cup pure maple syrup
- 80 gr / 1/3 cup nut butter of choice
- 2 tbsp coconut oil
- 1 tsp vanilla extract
- 180 gr / 2 cups quick cooking oats
- 25 gr / 1 cup Cheerios or other cereal
- 1/2 tsp fine sea salt
- 80 gr / 1/2 cup chocolate chips of choice  
(extra for garnish)

## Directions

1. Line a square baking pan (8x8 or 9x9) with parchment paper.
2. In a microwave safe bowl or a small saucepan over medium heat, combine the maple syrup, nut butter and coconut oil. Melt and stir until smooth and combined.
3. Remove from the heat and stir in vanilla extract. Let cool down for 1-2 minutes.
4. In a large mixing bowl combine oats, Cheerios, sea salt and chocolate chips.
5. Stir in the nut butter mixture while still slightly warm and the chocolate chips start to melt into the mixture.
6. Transfer the mixture into the prepared baking pan pressing firmly down with a spatula or a spoon into an even layer. Top with extra chocolate chips for garnish.
7. Place the bars in the refrigerator for at least 2 hours to set. You can also leave them in overnight.
8. Once the bars are fully chilled, remove from the pan onto a cutting board and slice into squares or bars.
10. Serve and enjoy immediately or store in the refrigerator in an airtight container for up to 1 week. Or in the freezer for up to 2 months.