

# Healthy Breakfast Meal Prep

Lili Hanft, FNTTP

## Shopping List:

Bacon, Leek, and Carrot Frittata:

- Eggs
- Carrots
- Leeks
- Cheese
- Bacon

Baked Oatmeal:

- Rolled oats
- Raisins
- Milk
- Eggs
- Cardamom or orange zest (optional)

Buckwheat Ginger Granola:

- Raw buckwheat groats
- Raw walnuts, almonds, and/or sunflower seeds
- Medjool dates
- Maple syrup
- Raisins
- Cinnamon
- Ground ginger
- Vanilla

Sneaky Beet Smoothie:

- Banana
- Beet
- Cauliflower
- Collagen peptides
- Coconut milk
- Vanilla

**Prep Ahead:** Soak the buckwheat and nuts/seeds for the granola (separately) in warm filtered water overnight or for 6-8 hours. Soak the oats and raisins in the milk overnight.

## Bacon, Leek, and Carrot Frittata



6 eggs  
1-2 medium carrots, grated  
1 leek, sliced  
1/2 oz cheese, shredded  
1/2 oz cooked bacon, diced  
Salt and pepper

Combine the veggies and bacon in a greased glass baking dish. Beat the eggs with salt, pepper, and a splash of water. Pour over the veggies. Sprinkle the cheese on top. Bake at 350 degrees for 40 minutes or until set and golden.

# Baked Oatmeal



3/4 c. rolled oats  
1/4 c. raisins  
1 1/2 c. milk  
2 eggs  
Dash of salt  
Vanilla  
1/4 tsp. cardamom or orange zest (optional)

Place oats, raisins, and milk in a bowl and soak overnight. Stir in the remaining ingredients. Pour into a baking dish and bake at 350 degrees for 40 minutes or until set. Makes 4 servings.

Variation:

Add 2 sliced bananas.

# Buckwheat Ginger Granola



- 5 oz raw buckwheat groats, soaked for ~8 hours
- 5 oz raw walnuts, almonds, and/or sunflower seeds, soaked for ~8 hours
- 5 (2.5 oz) medjool dates, chopped
- 1 1/2 Tbsp (1 oz) maple syrup
- 1/3 c. (1.5 oz) raisins
- 1/2 tsp cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp salt
- 1 tsp vanilla

Drain the buckwheat. Drain and rinse the nuts/seeds. Add the dates and maple syrup to a food processor and blend until smooth. Add the soaked and drained buckwheat and blend again. Pulse in the remaining ingredients until well combined but chunks of nuts remain. Spread on a parchment lined baking tray and bake on low (~200 degrees) for an hour or until the granola is dried, stirring several times during baking.

## Sneaky Beet Smoothie



1 ripe banana  
.5 oz beet  
1/2 c. (3 oz) cauliflower  
2 Tbsp collagen peptides  
1/4 c. (2 oz) full fat canned coconut milk  
2 Tbsp water  
Vanilla

Place the beet and cauliflower in a saucepan with about 1/2 inch of water, cover, bring to a boil, and turn down to simmer until fork tender. Let the veggies cool. Once cooled, blend with the remaining ingredients until smooth and creamy, adding additional water if desired. Enjoy right away or store in the fridge for later. (You can steam the beet and cauliflower ahead of time and freeze or refrigerate until you want to make a smoothie.)

# Lili Hanft

## Functional Nutritional Therapy Practitioner

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