



The Best Healthy Breakfast Recipes

Menu

29 Super Easy
Breakfast Menus

FAVEDIETS 

The Best Healthy Breakfast Recipes: 29 Super Easy Breakfast Menus

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Letter from the Editors

Dear Healthy Cooking Enthusiast:

To stay full and focused all day long, healthy breakfast recipes are an absolute must. When it comes to meeting your diet and weight loss goals, eating a satisfying and healthy breakfast is absolutely essential.

That's why FaveDiets.com has assembled this brand new healthy recipe eCookbook, *The Best Healthy Breakfast Recipes: 29 Super Easy Breakfast Menus*. With so many easy breakfast menu options to choose from, this free eCookbook has everything you need to get going in the morning.

We have assembled some of the best easy breakfast menus around, including low carb breakfast foods, breakfast for vegetarians and breakfast casseroles. We have everything from Corn and Blueberry Muffins, Easy Breakfast Burritos, Pineapple French Toast, plus a whole lot more.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are delicious. Make one or make several, and discover the tasty and healthy delights that can only be found in delicious healthy breakfast recipes!

For additional breakfast recipes, be sure to visit [FaveDiets.com](http://www.FaveDiets.com). While you're there, subscribe to FaveDiets' free [Quick and Healthy Recipes](#) newsletter to get free recipes delivered to your inbox every week.

Enjoy your healthy easy breakfast recipes!

Sincerely,

The Editors of FaveDiets

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Low Carb Breakfast Foods

Chicken and Vegetable Frittata



Description

This Chicken and Vegetable Frittata is full of protein and vegetables to start your day right. Change up the vegetables to include whatever you have in the refrigerator every time you make it or just use your favorites!

Serves: 4

Preparation Time: 10 min

Cooking Time: 40 min

Ingredients

- 1 cup broccoli florets
- $\frac{3}{4}$ cup sliced fresh mushroom
- 2 green onions, finely chopped
- 1 tablespoon margarine
- 1 cup cubed fully cooked chicken, with skin and excess fat removed
- 8 eggs or 16 egg whites
- $\frac{1}{4}$ cup water
- $\frac{1}{4}$ cup Dijon mustard
- $\frac{1}{2}$ teaspoon Italian seasoning
- $\frac{1}{4}$ teaspoon garlic salt
- 1 $\frac{1}{2}$ cups (6 oz.) shredded low-fat Cheddar cheese
- $\frac{1}{2}$ cup chopped tomatoes

Instructions

1. In a skillet, sauté the broccoli, mushrooms and onions in butter until tender.

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2. Add ham; heat through. Remove from the heat and keep warm.
3. In a mixing bowl, beat eggs, water, mustard, Italian seasoning and garlic salt until foamy. Stir in cheese, tomatoes and broccoli mixture.
4. Pour into a greased shallow 1 1/2 quart baking dish. Bake at 375 for 22-27 minutes or until a knife inserted in the center comes out clean.

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Southwest Turkey and Cheese Omelet

Description

Spice up an ordinary breakfast with this omelet. Toss in some corn or black beans, and top with your favorite hot sauce. This omelet has everything you need to start your day right. Serve with a side of whole-wheat toast.

Serves: 5

Preparation Time: 10 min

Cooking Time: 5 min

Ingredients

- 2 tablespoons vegetable oil
- 3 green onions, sliced
- 1 1/2 cups chopped cooked lean turkey
- 1/2 cup cooked fresh or canned corn, drained
- 1 3-ounce can chopped green chilies, drained
- 6 eggs
- 1/3 cup skim milk
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3/4 cup shredded reduced fat Pepper Jack cheese

Instructions

1. Heat oil in a large skillet over medium-high heat. Add green onions and turkey.
2. Cook, stirring occasionally, until green onions are slightly soft, about 5 minutes.
3. Add corn and chilies to skillet; mix well. Meanwhile, combine eggs, milk, salt and pepper in a large bowl.
4. Mix well with a whisk. Pour into skillet. Turn heat to medium.
5. Top with cheese. Cook, covered, until center is set but not dry, about 5 minutes. Slide onto serving plate. VARIATION: For extra color, add 2 tablespoons chopped pimiento

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Italian Mixed Vegetable Frittata



Description

Get all your veggies in one meal with this Italian Mixed Vegetable Frittata. Use whatever vegetables you have on hand for this Italian-inspired dish.

Serves: 4

Preparation Time: 15 min

Cooking Time: 1 hr.

Ingredients

- 3 large zucchini squash, sliced
- 1/2 pound mushrooms, sliced
- 2 carrots, sliced
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1/3 cup green onions and tops, chopped
- 6 egg whites
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- 1/2 tsp. freshly ground pepper
- 2 cups Low-fat Mozzarella cheese, grated
- 1/2 cup freshly grated Parmesan Cheese

Instructions

1. Preheat oven to 350 degrees F. Using a food processor or sharp knife, thinly slice the vegetables.
2. Steam the carrots for a few minutes until just tender. Heat the olive oil in a large skillet and sauté the garlic until limp but not brown, add the chopped green onions and the prepared vegetables.

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3. Sauté, stirring, for about 7 minutes or until the vegetables are softened. Meanwhile beat the eggs until frothy. Add the seasonings.
4. Combine the vegetables with the beaten eggs. Place in a greases baking dish, sprinkle with the cheeses and bake for about 40 minutes.

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Saucy BBQ Omelet

Description

If you are a breakfast-lover who also loves barbecue, this omelet is for you. Made with part eggs and part egg whites, it's a lower fat alternative, too. Plenty of flavors here!

Ingredients

- 2 large eggs
- 3 large egg whites
- 1/2 small onion, chopped, divided
- 1/2 cup fresh tomatoes, chopped, divided
- black pepper, to taste
- seasoned salt, to taste
- 1/2 cup low-fat shredded cheddar cheese
- 1/2 cup low-sugar barbecue sauce, divided
- 1 tablespoon skim milk or water

Instructions

1. Beat eggs and egg whites with milk, salt, pepper, and cheese.
2. Spray a skillet with cooking spray and heat over medium heat.
3. Pour egg mixture into skillet and cook gently for about two minutes or until the sides and bottom of the omelet are set.
4. Turn omelet over with a pancake turner, and sprinkle one half of the tomatoes, onions, and barbecue sauce down the center.
5. Fold by bringing two sides together and carefully slide omelet on plate.
6. Top with remaining onions, tomatoes, and barbecue sauce.

Breakfast for Vegetarians

Traditional Buckwheat Pancakes

Description

These are your Traditional Buckwheat Pancakes. Top them with a homemade strawberry sauce or mix in sliced bananas or blueberries. You can even make these in cute shapes so the kids will love them too!

Serves: 4

Preparation Time: 10 min

Cooking Time: 20 min

Ingredients

- 1 cup buckwheat flour
- 1 teaspoon baking powder
- 2 tablespoons sugar
- salt
- 1 egg, beaten
- 1 cup skim milk
- 2 tablespoons melted margarine

Instructions

1. Preheat skillet to 375 degrees F. Grease lightly with oil.
2. Mix dry ingredients together. Add egg, milk and margarine, mixing well after each addition.
3. Pour 1/4 cup batter onto hot griddle. Cook until bubbles break on surface, turn and bake an addition 1 to 1 1/2 minutes or until browned.

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Corn and Blueberry Muffins

Description

This is one of the tastiest low calorie muffins around because it combines the sweetness of blueberry muffin recipes with the heartiness of corn muffin recipes. This is one low calorie muffin you cannot afford to miss.

Baking Time: 20 min

Ingredients

- 1 ¹/₃ cups unbleached flour, all purpose or white whole wheat
- ²/₃ cup corn flour
- 2 teaspoons baking powder
- ¹/₂ teaspoon baking soda
- ¹/₂ teaspoon salt
- ¹/₄ cup sugar substitute suitable for baking
- 2 eggs, or equivalent egg substitute
- 1 cup skim milk
- 1 cup skim milk plus 1 tablespoon lemon juice
- ¹/₄ cup butter substitute, melted
- 1 to 2 cups blueberries

Instructions

1. Sift the dry ingredients together.
2. Beat the eggs, milk, milk with lemon juice and butter substitute together.
3. Pour the egg mixture into the flour mixture and stir just enough to moisten the dry ingredients.
4. Fold the blueberries into the batter.
5. Spray a muffin tin with cooking spray and fill the muffin cups ²/₃ full with batter.
6. Bake at 400 degrees F for 20 minutes or until golden brown.

Notes

It's also good with a combination of blueberries and sautéed apples, if you decide to do it that way you should add a little lemon juice and some cinnamon to the batter.

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Healthy Baked French Toast

Description

This baked French toast recipe creates a healthy version of the classic breakfast dish with the help of skim milk and low-fat cottage cheese. Enjoy breakfast and stick to your healthy diet.

Preparation Time: 15 min

Cooking Time: 10 min

Ingredients

- $\frac{2}{3}$ cup low-fat cottage cheese
- $\frac{1}{4}$ cup skim milk
- 2 tablespoons sugar
- 1 large egg
- 1 large egg white
- $\frac{1}{2}$ teaspoon vanilla
- 4 slices whole wheat bread (or oatmeal, or other whole grain bread)

Instructions

1. Preheat oven to 425 degrees F. In a food processor or blender, whirl the cottage cheese, milk, sugar, egg, egg white, and vanilla for about 1 minute or until smooth.
2. Transfer the mixture to a shallow dish, place the bread in it, and let stand for 10 minutes.
3. Spray a baking sheet with cooking spray generously. Place it in the preheat oven for about 7 minutes.
4. Remove the baking sheet from the oven, place the bread on it, and bake for 6 minutes. Turn the bread over and bake 5 to 6 minutes longer or until golden brown. Serve with no-sugar-added jam.

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Blueberry Breakfast Compote

Description

With only three simple ingredients, this super quick and easy breakfast is delicious and satisfying. Double, triple, or quadruple the recipe and make an easy, healthy breakfast for the whole family.

Serves: 1

Preparation Time: 5 min

Ingredients

- $\frac{5}{8}$ cup fat-free cottage cheese
- $\frac{1}{4}$ cup fresh blueberries, lightly crushed
- 2 tablespoons dark amber maple syrup

Instructions

1. Mix blueberries into the cottage cheese and drizzle the maple syrup on the top.
2. Serve in an ice cream dish.

Notes

Best when using small low bush berries that are slightly tart. Nice texture, very satisfying.

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Veggie Breakfast Pizza

Description

Who wouldn't love an excuse to eat pizza for breakfast? Layer pre-made dough with your favorite morning treats, like eggs, low-fat cheese and your favorite veggies. You can't go wrong with this easy recipe.

Cooking Time: 30 min

Ingredients

- 2 cups fresh vegetables of your choice
- 1 cup shredded low-fat cheese
- 4 eggs
- 1 1/2 cups fat-free sour cream
- 2 tablespoons fresh parsley, chopped
- Prepared whole wheat pizza dough or pastry

Instructions

1. Roll pastry to fit into a 12-inch pizza pan. Bake at 425 degrees F for 5 minutes.
2. Sprinkle veggies and cheese evenly over crust.
3. In a bowl, beat eggs, sour cream and parsley until smooth; pour over pizza.
4. Bake for 20-25 minutes or until pizza is puffy and lightly browned.

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Banana Whole-Grain French Toast

Description

Banana Whole-Grain French Toast is a great way to incorporate fruit into your French toast in a healthy and easy recipe. Slice some fresh bananas for a garnish on top and serve with fresh squeezed orange juice for the perfect breakfast.

Serves: 4

Preparation Time: 10 min

Cooking Time: 10 min

Ingredients

- 1 ripe banana, mashed
- 1 egg
- 1 egg white
- $\frac{1}{4}$ cup milk
- $\frac{1}{2}$ teaspoon vanilla
- 2 teaspoons vegetable oil
- 4 slices whole grain bread

Instructions

1. Beat the banana, egg, egg white, milk and vanilla together in a small bowl.
2. Warm the oil in a large non-stick skillet over medium high heat.
3. Dip each piece of bread into the batter, turning them to coat both sides. Fry until brown on both sides. Serve with yogurt and fresh fruit, fruit syrup, etc.

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Whole-Wheat Buttermilk Pancakes



Description

Whole-Wheat Buttermilk Pancakes are a great way to create naturally sweetened pancakes that are healthy. The whole-wheat flour gives the pancakes a thicker consistency and a nuttier flavor that you will love! I like eating them with very mashed ripe bananas on top. They're sweet enough for me!

Yields: 12

Preparation Time: 15 min

Cooking Time: 15 min

Ingredients

- 1 cup whole wheat flour
- 1 teaspoon baking soda
- $\frac{1}{8}$ teaspoon salt
- 2 tablespoons oat bran or wheat germ
- 1 cup low-fat buttermilk
- $\frac{1}{4}$ cup applesauce
- 2 teaspoons olive oil
- 1 egg white, lightly beaten
- 1 teaspoon vanilla

Instructions

1. Combine first 4 ingredients (flour, baking soda, salt and oat bran/wheat germ) in a medium bowl; make a well in the center of mixture.
2. Combine buttermilk and next 4 ingredients, stirring just until dry ingredients are moistened.
3. Coat a nonstick griddle or nonstick skillet with cooking spray, and preheat to 350 degrees F.
4. For each pancake, pour $\frac{1}{4}$ cup batter onto hot griddle, spreading to a 4" circle. Cook pancakes until tops are covered with bubbles and edges look cooked; turn pancakes and cook other side.

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Applesauce Oatmeal Muffins

Description

This applesauce oatmeal muffin recipe is great for breakfast or a snack on-the-go. Try topping your muffins with butter or fruit jam.

Cooking Time: 20 min

Ingredients

- 1 cup flour
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 cup brown sugar
- 1/4 cup oil
- 2/3 cup applesauce
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 cup rolled oats
- 1 egg
- 1/3 cup milk

Instructions

1. Preheat oven to 375 degrees F, prepare pans.
2. Mix dry ingredients well with a fork. Beat egg, then add oil and milk, stir in applesauce. Add the dry mix to the wet mix until just combined.
3. Spoon into pans and bake for 20 minutes or until cooked.

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Breakfast Foods High in Protein

Tasty Almond Strata

Description

Create a delicious breakfast in no time. You can make this dish with items you likely already have lying around your pantry and fridge. The toasted almonds add a great flavor that makes this dish great for a quick breakfast or for a fancy brunch.

Preparation Time: 15 min

Cooking Time: 1 hr.

Ingredients

- 10 slices day old wheat bread
- $\frac{1}{2}$ cup reduced fat cheddar cheese, shredded
- $2 \frac{2}{3}$ cups skim milk
- $\frac{1}{2}$ teaspoon cornstarch
- 6-7 eggs, or equivalent egg substitute
- $\frac{1}{2}$ teaspoon almond extract
- 1 teaspoon salt
- $\frac{1}{2}$ cup butter substitute, melted
- $\frac{1}{2}$ cup almonds, slivered

Instructions

1. De-crust and cube bread. Alternate layers of cheese and bread in 2 qt. baking dish. Beat next 5 ingredients and pour over bread.
2. Pour melted butter substitute over top. Chill overnight. Before baking, sprinkle with almonds. Bake at 350 degrees F about 1 hour, making sure eggs are set.

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Light Scotch Eggs

Description

Scotch Eggs can often be an unhealthy breakfast, filled with fatty sausage and cholesterol. This recipe gives a lighter version of this classic dish.

Serves: 6

Preparation Time: 15 min

Cooking Time: 20 min

Ingredients

- 6 hard-boiled free-range eggs
- 2 skinned fillets haddock or Pollock
- 1 raw egg
- 1 tablespoon of potato flour or corn flour
- 1 teaspoon of horseradish sauce (optional)
- 1 large fillet of smoked haddock
- Milk and bay leaf, for poaching
- Oil for deep-frying

Instructions

1. Set aside the hard-boiled eggs and breadcrumbs. Gently poach the smoked haddock in the milk, using the bay leaf for flavor.
2. Flake the fish, discarding any bones.
3. Blend all the remaining ingredients into a stiff paste and add the smoked haddock flakes.
4. Shape into six equal patties and cover each hard-boiled egg evenly. Now roll the rounds in breadcrumbs.
5. Do not deep fry, but fry in small amount of oil until the breadcrumbs are golden and drain well on kitchen paper. Dab with paper towel until all excess oil is removed.

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Amazing Asparagus Cheese Strata

Description

Asparagus and cheese make a delicious combination. Just try adding some bacon and onions and you will have asparagus cheese strata to die for. This is a great breakfast food I can't wait to try!

Serves: 6

Preparation Time: 15 min

Cooking Time: 45 min

Ingredients

- 1 pound fresh asparagus or 2 packages (9 oz. each) frozen asparagus pieces
- 6 slices whole wheat bread
- Butter
- 2 ¹/₄ cups shredded cheddar cheese
- 1 cup coarsely chopped cooked ham
- 5 eggs
- 2 tablespoons instant minced onion
- ³/₄ teaspoon dry mustard
- ³/₄ teaspoon Worcestershire sauce
- Salt
- Garlic powder, to taste
- 1 dash cayenne
- 1 ³/₄ cups milk

Instructions

1. Remove tough ends from fresh asparagus and cut diagonally into 1-inch pieces.
2. Drop into boiling salted water to cover; cook rapidly just until tender (about 4 minutes).
3. Lift from pan with slotted spoon, drain, and set aside. (If using frozen asparagus, cook as directed on package; drain and set aside.)
4. Trim crusts from bread.
5. Butter slices lightly and fit into a lightly buttered 7 by 13-inch baking dish.
6. Sprinkle 1-1/2 cups of the cheese over bread slices.
7. Top with ham and asparagus pieces in even layers.

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8. In a bowl, stir together eggs, onion, mustard, Worcestershire, salt, garlic powder, and cayenne.
9. Add milk and beat together until mixture is well blended.
10. Pour evenly over layered ingredients.
11. Cover and refrigerate for at least 8 hours or overnight.
12. Bake, uncovered, in a 350 degree oven for 30 minutes; then top with the remaining 3/4 cup cheese.
13. Bake for an additional 10 minutes or until center of strata appears firm when dish is gently shaken.
14. Let stand for 5 minutes before cutting into squares.

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Salmon Omelet with Tarragon

Description

These days, everyone's talking about getting more Omega-3s in their diets. Well, this recipe gives you a delicious, easy way to do just that! Omelets are great for breakfast, but you can really have this one any time of day. With healthy salmon and no added fat, it's a surefire winner!

Serves: 1

Preparation Time: 5 min

Cooking Time: 10 min

Ingredients

- 105 grams canned pink salmon- drained and flaked
- 2 eggs
- 2 tablespoons fat-free sour cream or fromage frais
- 1/2 teaspoon freshly chopped tarragon
- Salt and white pepper

Instructions

1. Drain the can of salmon and set aside. Beat the eggs, cream or fromage frais and tarragon. Season lightly.
2. Spray an omelet pan with cooking spray. Pour in the eggs and cook over a moderate heat until the base is set.
3. While the base is setting, preheat a moderate grill. Arrange the canned salmon over the soft top of the omelet.
4. Place the pan under the grill until omelet is set. Loosen the omelet in the pan and carefully fold in half. Slide the omelet onto a serving plate.

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Breakfast for Children Recipes

Easy Breakfast Burritos

Description

No more boring bowls of milk and cereal for breakfast. With this easy recipe, whip up a unique and tasty breakfast that is filling. It's bound to get your day going on the right foot.

Serves: 10

Ingredients

- 2 cups Egg Beaters
- 1 pound lean turkey sausage
- 2 cups reduced fat Mexican blend shredded cheese
- 10 large whole wheat tortillas

Instructions

1. Scramble Egg Beaters with a small amount of skim milk.
2. In another pan, crumble sausage and brown.
3. Combine with cheese and cook over low flame until cheese melts.
4. Warm tortillas in microwave on medium for about 30 seconds until soft enough to roll up without cracking.
5. Place about 1/4 cup egg mixture in tortilla and roll up. Serve with salsa if desired.

Menus

Pumpkin Chocolate Muffins



Description

Whether for fall or year-round, this chocolate muffin recipe is simply irresistible. In the world of chocolate muffin recipes, this may be the best muffin recipe because it has the goodness of pumpkin.

Yields: 12

Cooking Time: 20 min

Ingredients

- 1 1/2 cups flour, all purpose or white whole wheat
- 1/2 cup sugar substitute suitable for baking
- 2 teaspoons baking powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 cup skim milk
- 1/2 cup solid pack pumpkin (such as Libby's)
- 1/4 cup butter substitute, melted
- 2 egg whites
- 1 6-ounce package of semi-sweet chocolate chips or carob chips
- 1/4 cup nuts, finely chopped

Instructions

1. Preheat oven to 400 degrees F.
2. In large bowl, combine flour, sugar substitute, baking powder, cinnamon and salt, and make a well in the center.
3. In a small bowl, combine milk, pumpkin, butter and egg whites. Add to well in flour mixture. Add chips; stir until dry mixture is moistened.

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4. Spoon mixture into greased muffin cups, filling each 3/4 full. Sprinkle 1 teaspoon of nuts over each muffin.
5. Bake at 400 degrees F for 18 to 20 minutes.
6. Cool five minutes, remove from pans, and then completely cool on racks.

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Anita's Buttermilk Corn Bread

Description

Anita loves making cornbread recipes. It's her favorite task from dawn to dusk! This special buttermilk recipe has been tweaked so that it's better for you than traditional corn bread. Enjoy it more than you ever have before!

Cooking Time: 30 min

Ingredients

- 2 cups wheat flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 2 eggs
- $\frac{3}{4}$ cup sugar substitute
- 2 cups buttermilk
- $\frac{1}{4}$ cup melted butter substitute, slightly cooled
- 1 cup yellow cornmeal

Instructions

1. Preheat oven to 400 degrees F.
2. Lightly grease a 9x12-inch glass baking dish with a non-fat cooking spray.
3. Sift together the wheat flour, baking powder, baking soda, and salt.
4. Set aside.
5. In a separate bowl, beat the eggs and then beat in the sugar.
6. Mix in the buttermilk until blended, and then add the melted butter substitute.
7. Add the flour mixture to the wet mixture; mix well.
8. Add the cornmeal and blend thoroughly.
9. Bake in your 400 degrees F oven for 25 to 30 minutes.
10. Serve warm.

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Diet Doughnuts

Description

Diet Doughnuts - sounds crazy, we know. But don't laugh till you try it! This recipe calls for the doughnuts to be baked rather than fried, and skimps on the sugar. Just think of them as slightly-richer muffins!

Cooking Time: 15 min

Ingredients

- 1/3 cup soft shortening or margarine
- 1 cup sugar
- 1 egg, beaten
- 1/2 cup milk
- 1/4 teaspoon nutmeg
- 1 1/2 cups flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt

Instructions

1. Cream shortening and sugar together.
2. Add egg, milk, flour and baking powder, salt and nutmeg.
3. Mix well and bake in miniature muffin tins - grease tins and fill about 1/2 full.
4. Bake at 375 F for about 15 minutes.
5. Take out of tins at once and roll in 6 tablespoons melted butter and then roll in 1/2 cup sugar mixed with 1 tsp. cinnamon.

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Oh-So-Easy Cinnamon Rolls



Description

Goopy and oh-so-sweet, easy cinnamon rolls are a delight at Easter or year-round. Bring some sweet goodness into your home with this cinnamon rolls recipe. Prepare to have lots on hand, because these rolls go quickly!

Serves: 12

Baking Time: 25 min

Ingredients

- 1/2 cup quite warm skim milk
- 1 teaspoon salt
- 1 tablespoon sugar
- 1 package yeast
- 2 egg whites
- 2 tablespoons butter substitute suitable for baking
- 2 1/2 cups flour
- 3 tablespoons butter substitute, melted
- 1 tablespoon ground cinnamon
- 2 tablespoons brown sugar
- 1 1/2 cups powdered sugar substitute
- 2 tablespoons skim milk

Instructions

1. Preheat oven to 400 degrees F.
2. Combine the 1/2 cup of warm milk, salt, sugar, yeast, egg whites, solid butter and flour, and knead. Roll out into a 12 x 7-inch rectangle.

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3. Combine melted butter substitute, cinnamon, brown sugar, powdered sugar substitute, and the 2 tablespoons of skim milk.
4. Spread the dough rectangle with half the mixture. Roll up the long way and cut 12 rolls.
5. Place in a 9-inch round pan. Let rise 25-30 minutes.
6. Bake 20 to 25 minutes at 400 degrees F.
7. While still warm, frost with the other half of the cinnamon mixture.

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Pineapple French Toast

Description

This fun spin on French toast is a great brunch dish and is sure to please. Try mixing up this dish by changing out the pineapple for other fresh fruits like peaches, apples and mango.

Serves: 2

Cooking Time: 10 min

Ingredients

- 2 egg whites
- $\frac{1}{4}$ cup pineapple juice
- 1 teaspoon cinnamon
- Fat free butter spray
- 4 slices French bread
- 4 pineapple rings
- 4 teaspoons honey

Instructions

1. In medium bowl, beat egg whites with wire whisk until light and fluffy. Then beat in pineapple juice and cinnamon; mix completely.
2. Spray butter on nonstick griddle until it sizzles. Dip 1 slice bread in egg mixture. Place on griddle and cook until browned on both sides. About 1 minute each side.
3. Repeat until all bread is cooked. Top with pineapple ring and 1 teaspoon of honey.

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Oatmeal and Banana Waffles

Description

If you love breakfast or brunch, these Oatmeal and Banana Waffles will be perfect for you! Get out your waffle iron because this is a recipe you won't be able to wait to make.

Serves: 6

Preparation Time: 15 min

Cooking Time: 20 min

Ingredients

- 4 tablespoons margarine
- 1 cup old-fashioned oats (not instant)
- 1 cup all-purpose flour
- 1 tablespoon double-acting baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon ground cinnamon
- grated nutmeg
- 3 tablespoons firmly packed brown sugar
- 1 $\frac{1}{2}$ cups buttermilk
- 2 large eggs
- 2 medium-size ripe bananas, thinly sliced crosswise
- maple syrup or honey, for topping

Instructions

1. Preheat your waffle iron. Melt the butter; reserve.
2. In a large bowl, whisk together the oats, flour, baking powder, baking soda, spices, and brown sugar.
3. In another bowl, beat together the buttermilk and eggs with the whisk until well blended.
4. Pour the liquid ingredients over the dry ingredients and whisk until just combined. Mix in the banana slices and melted butter.
5. Lightly butter or spray the grids of your iron, if needed. Brush or spray the grids again only if subsequent waffles stick.
6. Spoon out a full $\frac{1}{2}$ to $\frac{2}{3}$ cup of batter (or a little more than the amount recommended by your waffle maker's manufacturer) onto the grids. This batter is thick and lumpy, so push and spread it to the edge of the grids with a metal spatula or wooden spoon. Close the lid and bake

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until golden and crisp. (It may need a little longer than other waffles because the batter is thick.)

7. Serve the waffles immediately or keep them, in a single layer, on a rack in the preheated oven while you make the rest of the batch. Stir the batter between waffles to redistribute the banana slices.

Notes:

Serve with maple syrup, honey or melted butter, or with a raspberry puree, a strawberry butter (mix 3 tablespoons of softened butter with 2 tablespoons of strawberry preserves), or some whipped cream cheese sprinkled with chopped pecans.

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Healthy Whole Wheat Blueberry Muffins



Description

In search of a healthier snack, but craving that old-fashioned sweet muffin taste? You've got to try Healthy Whole Wheat Blueberry Muffins! You can't beat the great taste of this whole wheat blueberry muffin recipe.

Yields: 12

Cooking Time: 35 min

Ingredients

- 2 cups whole wheat flour
- 1 teaspoon baking soda
- 1 ¹/₄ cups buttermilk
- 2 egg whites, lightly beaten
- ¹/₃ cup vegetable oil
- ¹/₂ cup honey
- 1 cup blueberries, fresh or frozen

Instructions

1. Preheat oven to 350 degrees F. Coat 12 muffin cups with cooking spray. Sift together the flour and baking soda.
2. In a separate bowl, whisk together the buttermilk, egg whites, oil, and honey until creamy, then stir in the blueberries.
3. Pour the wet ingredients into the dry. Fold together with a rubber spatula until the batter is moist yet remains slightly lumpy. Pour into muffin cups and bake 30 to 35 minutes

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Breakfast Casseroles

Baked Breakfast Potatoes

Description

Breakfast potatoes are a food to complete your meal. It's your healthy portion of vegetables for the morning breakfast.

Serves: 10

Preparation Time: 5 min

Cooking Time: 1 hr.

Ingredients

- 1 tablespoon dried minced onion
- $\frac{1}{4}$ teaspoon black pepper
- 12 ounces can Cream of Broccoli soup
- 1 pint nonfat sour cream
- 4 ounces fat-free sharp cheddar cheese, grated
- 4 ounces Fat Free Cheddar
- 2 potatoes, cooked and cubed.
- 1 cup corn flakes, crushed, for topping

Instructions

1. In a large bowl combine all ingredients except the corn flakes.
2. Mix well and pour into a 9 x 13 inch casserole sprayed with non-stick cooking spray.
3. Sprinkle crushed corn flakes on top.
4. Bake at 350 degrees F or 45 to 60 minutes.

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Mexican Breakfast Casserole

Description

Start your morning on the right side of the bed and dig in to this recipe for Mexican Breakfast Casserole. Filled with sausage, corn and cheese, this is truly one of the best casserole recipes around.

Ingredients

- 1 1/2 pounds lean turkey sausage
- 2 pounds frozen corn
- 6 eggs, or equivalent egg substitute
- 1 pouch cornbread mix
- 2 cans light creamed corn
- 3 ounces frozen green chilies
- Pepper
- Garlic powder
- 2/3 pound reduced fat cheddar cheese
- Skim milk

Instructions

1. Cook the turkey sausage in a griddle or pan until completely browned. Remove any excess fat from the pan and evenly spread the turkey sausage in a casserole dish. Sprinkle one pound of frozen corn kernels over the sausage.
2. Mix together the eggs, cornbread mix, creamed corn, green chilies, pepper, garlic powder and 1/2 a pound of cheese. Add the milk to the mixture until liquid-y.
3. Pour mixture over the corn and sausage. Sprinkle the top with more cheese.
4. Bake at 350 degrees F until barely set.

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Egg and Cheese Casserole for 20

Description

Need to feed breakfast or brunch to 20 people? Why not make it a healthy egg and cheese casserole? Hearty but without the added fat, this egg and cheese casserole for 20 is guaranteed to fill the hungriest of bellies without bulging them.

Serves: 20

Preparation Time: 10 min

Cooking Time: 55 min

Ingredients

- 1 pint reduced fat or fat-free cottage cheese
- 1 pound reduced fat shredded Monterey jack cheese
- 1/2 cup butter substitute, melted
- 2 1/2 cups egg substitute
- 1/2 cup flour
- 1 teaspoon baking powder
- 1 can chopped green chilies
- 1 dash salt

Instructions

1. Preheat oven to 400F degrees.
2. Combine melted butter substitute and beaten eggs together.
3. Add cheeses and chilies; mix well.
4. Add flour, baking powder, and salt and mix thoroughly.
5. Spread mixture evenly in a 9"x11" sprayed baking dish and bake at 400F degrees for 15 minutes.
6. Reduce heat to 350F degrees and continue baking for 35-40 minutes.

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Make-Ahead Breakfast Casserole

Description

Prepare this simple and quick breakfast casserole the night before and you will have a delicious hearty meal waiting for you in the morning. This casserole has all your favorite breakfast standbys: eggs, cheese, toast and veggies.

Serves: 10

Preparation Time: 10 min

Cooking Time: 25 min

Ingredients

- 6 slices bread, cut in cubes
- 2 cups low-fat cheddar cheese, grated
- 1 cup ham, cubed (optional)
- 1/4 cup green pepper, finely chopped
- 1/2 cup onion, finely chopped
- 6 eggs
- 3 cups milk

Instructions

1. Mix bread, cheese, ham, bell pepper, and onion; spread in a 13x9x2-inch baking dish, treated with nonstick spray.
2. Whisk eggs and milk, and pour over top.
3. Cover dish with foil and freeze. (or make in the evening, refrigerate overnight and bake in the morning.)
4. To prepare for serving, thaw dish, and bake uncovered in a preheated 375 degree F oven.

Notes

Substitute 6 slices cooked, crumbled bacon for the ham.

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Easy Breakfast Potato Casserole

Description

Wake up your breakfast routine with this quick easy casserole recipe. This award winning casserole recipe shows that a good breakfast casserole does not have to be laden with fat to be tasty.

Ingredients

- 2 cups potatoes, shredded
- $\frac{3}{4}$ cup onion, shredded
- $\frac{1}{2}$ cup skim milk
- Salt and pepper to taste
- 2 cups reduced fat Cheddar blend cheese, shredded
- Light oil

Instructions

1. Combine potatoes, onions, salt and pepper. In non-stick skillet, put in a 2-3 tablespoon of oil, enough that when melted there is a layer in the skillet. Add shredded potatoes and onions.
2. Press down, let cook for a bit until brown on one side, then cut into section and flip over and press whole thing down again.
3. When that side is brown, flip and press again, add milk, lower heat to low, and cover until milk is all absorbed, add cheese on top.
4. Remove from heat and cover for a few minutes until cheese is melted and has worked its way into the potatoes.

Notes

If you follow a gluten-free diet, double-check that the cheese you use is gluten-free.

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