



VENUS FITNESS & LIFESTYLE

MY 5 FAVORITE BREAKFAST RECIPES



OVERNIGHT SLOW COOKER APPLE PIE STEEL CUT OATMEAL

YIELD: SERVINGS: 7 (3/4-CUP) SERVINGS

Overnight Apple Pie Steel Cut Oatmeal is easy to throw in the slow cooker before bed for an effortless breakfast the next day...

Ingredients:

2 apples, peeled, cored, cut into 1/2-inch pieces (2-1/2 to 3 cups chopped)
1-1/2 cups fat-free milk (or substitute non-dairy alternative like almond milk)
1-1/2 cups water
1 cup uncooked steel-cut oats
2 tablespoons brown sugar (or substitute maple syrup or desired sweetener)
1-1/2 tablespoons butter, cut into 5-6 pieces (optional)
1/2 teaspoon cinnamon
1 tablespoon ground flax seed
1/4 teaspoon salt
Optional garnishes: chopped nuts, raisins, maple syrup, additional milk or butter

Instructions

Coat inside of 3-1/2 quart (or larger) slow cooker with cooking spray. Add all ingredients (except optional toppings) to slow cooker. Stir, cover, and cook on low for approx. 7 hours (slow cooker times can vary). Spoon oatmeal into bowls; add optional toppings, if desired. Store leftovers in refrigerator. Freezes well.

To reheat single servings: Put 1-cup cooked oatmeal in microwave proof bowl. Add 1/3 cup fat-free milk. Microwave on high for 1 minute; stir. Continue cooking for another minute, or until hot.

Recipe can be doubled in 6-quart or larger slow cooker. Increase cooking time 1 hour.

AVOCADO TOAST WITH SUNNY SIDE EGG

TOTAL TIME: 15 MINUTES

.This is MY kind of egg sandwich! Whole grain toast with mashed avocado, a runny egg and a few dashes of hot sauce – only 5 ingredients, 5 minutes to make, doesn't get better than that!

INGREDIENTS:

1 slice whole grain bread, toasted (1.5 oz)
1 oz mashed (1/4 small) avocado
cooking spray
1 large egg
kosher salt and black pepper to taste
Franks Red Hot Sauce (optional)

DIRECTIONS:

Mash the avocado in a small bowl and season with salt and pepper.

Heat a small nonstick skillet over low heat, spray with oil and gently crack the egg into the skillet. Cover and cook to your liking.

Place mashed avocado over toast, top with egg, salt and pepper and hot sauce if desired!



STRAWBERRY CHEESECAKE PROTEIN SMOOTHIE

SERVES: 2 SMOOTHIES

This cheesecake protein smoothie tastes just as decadent as a slice of strawberry cheesecake but with one BIG difference...it's healthy! full of protein! and can be made in less than 5 mins

INGREDIENTS:

- 3 cups unsweetened almond milk
- 1 cup plain or vanilla Greek yogurt (or non-dairy yogurt for vegan option)
- 2 servings vanilla protein powder
- 2 cups ice
- 1 lemon, juiced
- ¼ cup strawberries, sliced
- 1 graham cracker, crushed

Instructions

Blend almond milk, yogurt, protein powder, ice and lemon juice thoroughly in a blender. Top with sliced strawberries and crushed graham cracker. Alternatively, you could add the strawberries when blending and top with just crushed graham cracker.



LOVE TOAST

SERVES: 2

For those mornings when presentation matters, this egg in a hole is the key to hearts.

INGREDIENTS:

- 4 tsp. mayonnaise
- 2 slice white sandwich bread
- 1 tbsp. butter
- 2 large eggs
- salt
- pepper
- Finely chopped capers
- Finely chopped fresh herbs

DIRECTIONS

- Spread mayonnaise on both sides of 2 slices white sandwich bread.
- With medium heart-shaped cookie cutter, cut centers from bread. In 12-inch nonstick skillet, melt butter on medium.
- Add bread (and centers) to skillet.
- Cook 5 minutes or until golden brown.
- Turn bread over. To each heart-shaped hole, add 1 large egg; sprinkle eggs with pinch of salt and pepper.
- Reduce heat to medium-low. Cook 5 to 7 minutes, or until whites are set.
- Sprinkle with finely chopped capers and herbs (such as parsley, chives or basil) if desired



ENERGY PROTEIN PEANUT BUTTER BITES

SERVES: 12 BITES

No Bake 5 Ingredient Peanut Butter Energy Bites. Loaded with old fashioned oats, peanut butter and flax seeds. A healthy protein packed breakfast or snack!

INGREDIENTS:

- $\frac{2}{3}$ cup creamy peanut butter
- $\frac{1}{2}$ cup semi-sweet chocolate chips
- 1 cup old fashioned oats
- $\frac{1}{2}$ cup ground flax seeds
- 2 tablespoons honey

DIRECTIONS

- Combine all 5 ingredients in a medium bowl. Stir to combine.
- Place in the refrigerator for 15-30 minutes so they are easier to roll.
- Roll into 12 bites and store in the fridge for up to a week.