Ninja Breakfast Recipes

HAYLEY FOOD NINJA

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FOOD NINJA NUTRITION

Hey Ninjas!

If you're stuck for breakfast ideas, these are all quick, easy and taste pretty good too.

Try some out and let us know how you get on.

You can even post your efforts to social media, and don't forget to tag us @iamthethefoodninja, and use the hashtag #iamafoodninja

Any questions, just let me know

Hayley Food Ninja

Breakfast Oatmeal Cookies

8 SERVINGS 20 MINUTES

INGREDIENTS

180 grams Oats (rolled)
3 Banana (mashed)
60 grams All Natural Peanut Butter
1/8 tsp Sea Salt
35 grams Organic Dark Chocolate Chips

NUTRITION

AMOUNT PER SERVING

Calories	134	**Protein**	4g
Fat	3g	Cholesterol	0mg
Saturated	1g	Sodium	65mg
Trans	0g	Vitamin A	29IU
Polyunsat...	0g	Vitamin C	4mg
Monounsa...	0g	Calcium	14mg
Carbs	27g	Iron	2mg
Fiber	5g	Magnesium	12mg
Sugar	5g	Zinc	0mg

DIRECTIONS

01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.

02 In a large mixing bowl, add the oats, mashed banana, peanut butter, and sea salt and mix well. Fold in the chocolate chips and mix again until well combined.

03 Using wet hands, roll the dough into even balls and flatten slightly with your hands. Place on the baking sheet and bake for 10 to 12 minutes.

04 Remove cookies and let cool on the baking sheet for at least 10 minutes. Enjoy!

NOTES

NO PEANUT BUTTER
Use almond, cashew, or sunflower seed butter instead.
GLUTEN-FREE
Use certified gluten-free oats.
SUGAR-FREE
Use sugar-free chocolate chips or dried cranberries.
LEFTOVERS
Store leftovers in an airtight container in the fridge for 4 to 5 days or freeze them.
SERVING SIZE
One serving is equal to one cookie.

Very Berry Smoothie

1 SERVING 5 MINUTES

INGREDIENTS

100 grams Plain Greek Yogurt
1 Banana (frozen)
100 grams Frozen Raspberries
300 mls Unsweetened Almond Milk
1 tbsp Ground Flax Seed
40 grams Whey Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	436	**Protein**	44g
Fat	6g	Cholesterol	83mg
Saturated	0g	Sodium	111mg
Trans	0g	Vitamin A	483IU
Polyunsat...	2g	Vitamin C	28mg
Monounsa...	1g	Calcium	372mg
Carbs	55g	Iron	1mg
Fiber	13g	Magnesium	55mg
Sugar	28g	Zinc	0mg

DIRECTIONS

01 Add all ingredients to a high-speed blender and blend until very smooth.

02 Pour into a glass and serve immediately. Enjoy!

NOTES

FRUIT

You can replace the raspberries with any other type of berry (blueberry, strawberry, raspberry for example).

PROTEIN POWDER

This shake works with any flavour of protein powder - strawberry, vanilla or chocolate.

Scrambled Eggs with Peppers and Kale

1 SERVING 15 MINUTES

INGREDIENTS

1 tsp Extra Virgin Olive Oil
1 Red Bell Pepper (sliced)
100 grams Kale Leaves (chopped)
3 Egg
Sea Salt & Black Pepper (to taste)
200 grams Egg Whites

NUTRITION

AMOUNT PER SERVING

Calories	424	**Protein**	44g
Fat	19g	Cholesterol	558mg
Saturated	5g	Sodium	562mg
Trans	0g	Vitamin A	11007IU
Polyunsat...	4g	Vitamin C	194mg
Monounsa...	9g	Calcium	210mg
Carbs	13g	Iron	4mg
Fiber	5g	Magnesium	32mg
Sugar	7g	Zinc	2mg

DIRECTIONS

01 Heat the olive oil in a frying pan over medium heat. Add the red pepper and kale leaves and fry until softened, about 5 to 7 minutes.

02 While the veggies are cooking, crack the whole eggs into a bowl and season with salt and pepper. Add in the liquid egg whites and beat gently with a fork until well combined.

03 Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.

NOTES

MORE CARBS

Serve with toast, roasted potatoes, or sweet potatoes.

Creamy Apple Pie Smoothie

1 SERVING 5 MINUTES

INGREDIENTS

1 Apple (medium, peeled and chopped)
1/2 Banana (frozen)
50 grams Vanilla Protein Powder
2 tbsps Oats
1 tbsp Almond Butter
3/4 tsp Cinnamon (ground)
300 milliliters Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	563	**Protein**	56g
Fat	15g	Cholesterol	100mg
Saturated	1g	Sodium	257mg
Trans	0g	Vitamin A	142IU
Polyunsat...	3g	Vitamin C	14mg
Monounsa...	5g	Calcium	697mg
Carbs	58g	Iron	5mg
Fiber	11g	Magnesium	101mg
Sugar	33g	Zinc	1mg

DIRECTIONS

01 Add all ingredients to a high-speed blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NO ALMOND MILK

Use rice milk or half semi-skimmed milk, half water instead.

Chocolate Protein Oats with Berries

1 SERVING 15 MINUTES

INGREDIENTS

50 grams Oats (rolled)
225 milliliters Unsweetened Almond Milk
1 1/2 tbsps Cocoa Powder
60 grams Whey Protein Powder
50 grams Blueberries
50 grams Raspberries

NUTRITION

AMOUNT PER SERVING

Calories	552	**Protein**	63g
Fat	10g	Cholesterol	120mg
Saturated	1g	Sodium	226mg
Trans	0g	Vitamin A	0IU
Polyunsat...	1g	Vitamin C	14mg
Monounsa...	2g	Calcium	607mg
Carbs	59g	Iron	6mg
Fiber	14g	Magnesium	52mg
Sugar	14g	Zinc	1mg

DIRECTIONS

01 In a small pot over medium-high heat, add the oats, water and almond milk. Bring to a gentle boil then reduce heat to low and simmer for around 5 minutes or until the oats are tender. Stir occasionally to prevent burning.

02 Add in the cocoa powder. Whisk until combined.

03 Remove the pot from the heat, stir in the protein powder, transfer oats to a bowl and top with berries. Enjoy!

NOTES

NO ALMOND MILK

Use rice milk or half coconut milk, half water instead.

NO BERRIES

Use chopped apple or pear instead.

PROTEIN POWDER

You can use chocolate or vanilla flavour

Cottage Cheese with Blueberries

3 SERVINGS 5 MINUTES

INGREDIENTS

300 grams Cottage Cheese
100 grams Blueberries (fresh or frozen)

NUTRITION

AMOUNT PER SERVING

Calories	97	**Protein**	12g
Fat	1g	Cholesterol	9mg
Saturated	0g	Sodium	416mg
Trans	0g	Vitamin A	177IU
Polyunsat...	0g	Vitamin C	1mg
Monounsa...	0g	Calcium	88mg
Carbs	8g	Iron	0mg
Fiber	2g	Magnesium	0mg
Sugar	6g	Zinc	0mg

DIRECTIONS

01 Divide the cottage cheese and blueberries into bowls or storage containers. Enjoy!

NOTES

MAKE IT SWEET

Drizzle honey or maple syrup, or even a sprinkle of cinnamon

STORAGE

Refrigerate in an airtight container up to 3 to 5 days.

Chocolate Avocado Smoothie

1 SERVING 5 MINUTES

INGREDIENTS

1/4 Avocado
300 milliliters Unsweetened Almond Milk
1 tbsp Almond Butter
30 grams Baby Spinach
45 grams Protein Powder
1 tbsp Cacao Powder
1 Banana

NUTRITION

AMOUNT PER SERVING

Calories	581	**Protein**	53g
Fat	24g	Cholesterol	90mg
Saturated	2g	Sodium	274mg
Trans	0g	Vitamin A	2973IU
Polyunsat...	3g	Vitamin C	24mg
Monounsa...	10g	Calcium	679mg
Carbs	45g	Iron	6mg
Fiber	12g	Magnesium	147mg
Sugar	21g	Zinc	1mg

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NUT-FREE VERSION

Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.

PROTEIN POWDER

You can use chocolate or vanilla protein powder

Peanut Butter & Banana Smoothie

2 SERVINGS 5 MINUTES

INGREDIENTS

30 grams Oats (quick or traditional)
35 grams All Natural Peanut Butter
1 Banana
300 milliliters Unsweetened Almond Milk
30 grams Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	306	**Protein**	25g
Fat	12g	Cholesterol	30mg
Saturated	1g	Sodium	184mg
Trans	0g	Vitamin A	38IU
Polyunsat...	3g	Vitamin C	5mg
Monounsa...	4g	Calcium	264mg
Carbs	30g	Iron	3mg
Fiber	5g	Magnesium	24mg
Sugar	10g	Zinc	0mg

DIRECTIONS

01 Throw all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

NOTES

NO BANANA
Sweeten with raw honey, maple syrup or a few soaked dates.

NO PEANUT BUTTER
Use any nut or seed butter.

STORAGE
Store in a mason jar with lid in the fridge up to 48 hours.

MORE FIBRE
Add ground flax seed.