

Breakfast Ideas for Happier Hormones

Flavor filled breakfast sandwich

Fried egg cooked in avocado oil seasoned with paprika, cumin, turmeric and nutritional yeast served on a toasted ezeikel bread english muffin with your greens of choice (spinach, kale, broccoli sprouts)

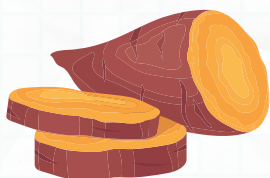


Pumpkin banana oatmeal

Mix about 1/2 cup pureed pumpkin and 1/2 mashed banana. Combine with 1 cup oats and 1 cup oat milk. Add 1 Tbsp nut butter. Cook on low until oats are cooked but not scolded. Top with pumpkin seeds, walnuts, cinnamon and dried cherries.

Easy breakfast parfait

2% or 5% plain Fage Greek yogurt or your favorite non-dairy option. Top with berries of choice (can be frozen), pecans, chia seeds, drizzle of almond butter and a drizzle of honey.



Sweet potato toast

Cut each end off of sweet potatoes, then cut longwise into toasts (not like the picture.) Sprinkle with oil and bake in the oven at 400 for about 25-30 minutes (can make ahead of time and pop in toaster in the morning). Top with peanut butter, seeds, and cinnamon.
