



24

Breakfast Recipes

Thrive Health Concepts

PREP TIME: 10 MIN
COOKING TIME: 40 MIN
SERVE: 12

DIRECTIONS

1. Preheat the oven to 190 C/ 375 F.
2. Spray muffin pan with cooking spray and set aside.
3. In a bowl, mix together gram flour, basil, garlic powder, baking powder, nutritional yeast, and salt.
4. Add water and whisk well.
5. Add spinach, onion, jalapeno, bell pepper, and corn, and mix well.
6. Spoon batter into the prepared muffin pan and bake in preheated oven for 35-40 minutes.
7. Serve and enjoy.



Healthy Breakfast Muffins

NUTRITIONAL VALUE (AMOUNT PER SERVING)

- Calories 69
- Fat 1 g
- Carbohydrates 11 g
- Sugar 2.6 g
- Protein 3.7 g
- Cholesterol 0 mg

INGREDIENTS

- 160 g gram flour
- 1 cup fresh spinach, chopped
- 1 small onion, diced
- 1 jalapeno pepper, diced
- 1 bell pepper, diced
- 140 g can corn
- 475 ml water
- 1 tsp dried basil
- $\frac{3}{4}$ tsp garlic powder
- 1 tsp baking powder
- 4 g nutritional yeast
- Salt

Classic Apple Oatmeal

PREP TIME: 10 MIN | COOKING TIME: 10 MIN | SERVE: 2



NUTRITIONAL VALUE (AMOUNT PER SERVING)

- Calories 198
- Fat 0.9 g
- Carbohydrates 49.3 g
- Sugar 36.7 g
- Protein 1.6 g
- Cholesterol 0 mg

INGREDIENTS

- 80 g old-fashioned oats
- 500 ml water
- 3 tbsp brown sugar
- ½ tsp cinnamon
- 1 tbsp fresh lemon juice
- 2 medium apples, chopped
- Pinch of salt

DIRECTIONS

1. Add apples, brown sugar, cinnamon, and lemon juice in a saucepan and cook over medium-high heat for 5 minutes or until the apples are softened.
2. Add oats and stir for a minute.
3. Add water and stir well. Turn heat to high and bring to a boil.
4. Turn heat to low and simmer oatmeal for 5 minutes or until thickened.
5. Serve and enjoy.

Spinach Egg Cups

PREP TIME: 10 MIN | COOKING TIME: 15 MIN | SERVE: 12

INGREDIENTS

- 10 eggs
- 60 g spinach, chopped
- 180 g parmesan cheese, grated
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/2 tsp dried basil
- Salt

DIRECTIONS

1. Preheat the oven to 400 F/ 200 C.
2. In a bowl, whisk eggs with garlic powder, onion powder, basil, and salt.
3. Add spinach and cheese and stir well.
4. Pour egg mixture into the greased muffin pan and bake in preheated oven for 15 minutes.
5. Serve and enjoy.

NUTRITIONAL VALUE

(AMOUNT PER SERVING)

- Calories 66
- Fat 4.4 g
- Carbohydrates 0.7 g
- Sugar 0.3 g
- Protein 5.9 g
- Cholesterol 139 mg



Greek Breakfast Frittata

PREP TIME: 10 MIN
COOKING TIME: 20 MIN
SERVE: 8

INGREDIENTS

- 12 eggs
- 1/2 tsp dried basil
- 25 g parmesan cheese, grated
- 60 g baby spinach, shredded
- 12 g sun-dried tomatoes, sliced
- Pepper
- Salt

NUTRITIONAL VALUE (AMOUNT PER SERVING)

- Calories 108
- Fat 7.2 g
- Carbohydrates 1.1 g
- Sugar 0.7 g
- Protein 9.5 g
- Cholesterol 248 mg

DIRECTIONS

1. Preheat the oven to 425 F/ 218 C.
2. In a bowl, whisk eggs with pepper and salt.
3. Add remaining ingredients and stir well.
4. Pour egg mixture into the greased baking dish and bake for 20 minutes.
5. Slice and serve.



Chicken Egg Casserole

PREP TIME: 10 MIN | COOKING TIME: 50 MIN | SERVE: 10



NUTRITIONAL VALUE (AMOUNT PER SERVING)

- Calories 178
- Fat 10.8 g
- Carbohydrates 5.2 g
- Sugar 1.1 g
- Protein 13.4 g
- Cholesterol 0 mg

INGREDIENTS

- 12 eggs
- 75 g goat cheese, crumbled
- 100 g cherry tomatoes, cut in half
- 450 g ground chicken
- 100 g kale, chopped
- Pepper
- Salt

DIRECTIONS

1. Add meat to the pan and cook over medium heat for 5-8 minutes.
2. Add kale and cook for 2 minutes.
3. Transfer meat kale mixture into the greased baking dish. Top with tomatoes and cheese.
4. Preheat the oven to 375 F/ 190 C.
5. In a bowl, whisk eggs with pepper and salt.
6. Pour egg mixture over the meat mixture and bake in preheated oven for 35-40 minutes.

Scrambled Eggs

PREP TIME: 10 MIN | COOKING TIME: 10 MIN | SERVE: 2

INGREDIENTS

- 4 eggs
- 1/2 tbsp capers
- 4 olives, sliced
- 50 g cherry tomatoes, quartered
- 2 spring onions, sliced
- 1/4 tsp dried oregano
- 1 bell pepper, diced
- 1 tbsp olive oil
- Pepper
- Salt

DIRECTIONS

1. Heat oil in a pan over medium heat.
2. Add spring onion and bell pepper and cook until softened.
3. Add olives, tomatoes, and capers, and cook for minute.
4. Pour the egg mixture into the pan and stir constantly until the eggs are set.
5. Season with oregano, pepper, and salt, and stir well.
6. Serve and enjoy.



NUTRITIONAL VALUE (AMOUNT PER SERVING)

- Calories 230
- Fat 17 g
- Carbohydrates 8.8 g
- Sugar 5.2 g
- Protein 12.5 g
- Cholesterol 327 mg

DIRECTIONS

1. In a bowl, add chickpeas, spices, oil, bell pepper, sweet potatoes, and onion into the bowl and mix well.
2. Add chickpea sweet potato mixture into the air fryer basket.
3. Cook at 350 F/ 180 C for 25 minutes. Stir halfway through.
4. Serve and enjoy.



Sweet Potato Hash

PREP TIME: 10 MIN

COOKING TIME: 25 MIN

SERVE: 4

INGREDIENTS

- 1 medium sweet potato, peeled and cubed
- 1 tbsp olive oil
- 1 bell pepper, chopped
- 1 medium onion, diced
- 1 oz can chickpeas, drained
- 1 tsp paprika
- 1 tsp garlic powder
- Pepper
- Salt

NUTRITIONAL VALUE (AMOUNT PER SERVING)

- Calories 200
- Fat 4.9 g
- Carbohydrates 34 g
- Sugar 4.7 g
- Protein 6.3 g
- Cholesterol 0 mg

Easy Apple Oatmeal

PREP TIME: 10 MIN | COOKING TIME: 4 MIN | SERVE: 2



INGREDIENTS

- 1 medium apple, chopped
- 20 g oats
- 1/4 tsp vanilla
- 1/4 tsp cinnamon
- 125 ml water
- 3 dates, chopped

DIRECTIONS

1. Add apple and remaining ingredients into the instant pot and stir well.
2. Cover and cook on high for 4 minutes.
3. Allow to release pressure naturally for 10 minutes then release the remaining manually. Remove lid.
4. Stir well and serve.

NUTRITIONAL VALUE (AMOUNT PER SERVING)

- Calories 136
- Fat 0.9 g
- Carbohydrates 32 g
- Sugar 19.7 g
- Protein 2 g
- Cholesterol 0 mg

Sweet Potato Cheese Frittata

PREP TIME: 10 MIN | COOKING TIME: 30 MIN | SERVE: 6

INGREDIENTS

- 10 eggs
- 1 tbsp olive oil
- 170 g goat cheese, crumbled
- 180 g broccoli, chopped
- 1 medium sweet potato, diced
- 1 onion, diced
- Pepper
- Salt

DIRECTIONS

1. Preheat the oven to 390 F/ 198 C.
2. Heat oil in a pan over medium heat.
3. Add sweet potato, broccoli, and onion, and cook for 12-15 minutes.
4. In a bowl, whisk eggs with pepper and salt.
5. Transfer cook veggies into the greased baking dish.
6. Pour egg mixture over veggies and top with cheese.
7. Bake in preheated oven for 15-20 minutes.
8. Slice and serve.



NUTRITIONAL VALUE (AMOUNT PER SERVING)

- Calories 175
- Fat 11.1 g
- Carbohydrates 8.3 g
- Sugar 3.2 g
- Protein 11.8 g
- Cholesterol 277 mg



Cinnamon Oatmeal

PREP TIME: 10 MIN

COOKING TIME: 4 HRS

SERVE: 8

INGREDIENTS

- 240 g old-fashioned oats
- 1 ½ tbsp cinnamon
- 5 tbsp maple syrup
- 1000 ml water
- 460 ml almond milk
- Pinch of salt

DIRECTIONS

1. Add oats and remaining ingredients into the slow cooker and stir everything well.
2. Cover and cook on low for 4 hours.
3. Stir well and serve.

NUTRITIONAL VALUE (AMOUNT PER SERVING)

- Calories 190
- Fat 14.3 g
- Carbohydrates 16.2 g
- Sugar 9 g
- Protein 2 g
- Cholesterol 0 mg

Oat Energy Bars

PREP TIME: 10 MIN | COOKING TIME: 25 MIN | SERVE: 12



NUTRITIONAL VALUE (AMOUNT PER SERVING)

- Calories 221
- Fat 9.4 g
- Carbohydrates 32.4 g
- Sugar 16.9 g
- Protein 4 g
- Cholesterol 27 mg

INGREDIENTS

- 2 eggs
- 240 g old-fashioned oats
- 2 tbsp olive oil
- 170 g honey
- 1 tbsp vanilla
- 1 tbsp cinnamon
- 2 tsp baking powder
- 2 medium apples, chopped
- 250 ml unsweetened almond milk
- Pinch of salt

DIRECTIONS

1. Preheat the oven to 375 F/ 190 C.
2. In a bowl, mix together all dry ingredients.
3. In a separate bowl, whisk together wet ingredients.
4. Pour the wet ingredient mixture into the dry mixture and mix everything well.
5. Pour the prepared mixture into the greased baking dish and bake for 25 minutes.
6. Slice and serve.

Tasty Quiche Cups

PREP TIME: 10 MIN | COOKING TIME: 20 MIN | SERVE: 12

INGREDIENTS

- 8 eggs
- 20 g mushroom, diced
- 62 g mozzarella cheese, shredded
- 280 g frozen spinach, chopped
- 1 small onion, chopped
- ½ bell pepper, diced
- Pepper
- Salt

DIRECTIONS

1. Preheat the oven to 375 F/ 190 C.
2. Add all ingredients into the mixing bowl and whisk until well combined.
3. Pour egg mixture into the greased muffin pan.
4. Bake in preheated oven for 20 minutes.
5. Serve and enjoy.

NUTRITIONAL VALUE

(AMOUNT PER SERVING)

- Calories 56
- Fat 3.3 g
- Carbohydrates 1.6 g
- Sugar 0.6 g
- Protein 5 g
- Cholesterol 110 mg



NUTRITIONAL VALUE (AMOUNT PER SERVING)

- Calories 225
- Fat 16.6 g
- Carbohydrates 16.6 g
- Sugar 9.1 g
- Protein 5.3 g
- Cholesterol 82 mg

Pumpkin Apple Bake

PREP TIME: 10 MIN

COOKING TIME: 40 MIN

SERVE: 6

INGREDIENTS

- 3 eggs
- 160 ml almond milk
- 1 tsp pumpkin pie spice
- 1 banana, mashed
- 1 medium apple, peel & dice
- 1 tsp cinnamon
- 65 g pecans, chopped
- 225 ml pumpkin puree
- Pinch of salt

DIRECTIONS

1. In a bowl, whisk eggs with milk, banana, pumpkin puree, cinnamon, pumpkin pie spice, and salt until well combined.
2. Add apple and stir well.
3. Pour mixture into the greased baking dish.
4. Top with pecans and bake at 350 F/180 C for 40 minutes.
5. Slice and serve.



Nutritious Farro Breakfast Bowl

PREP TIME: 10 MIN

COOKING TIME: 5 MIN

SERVE: 1



INGREDIENTS

- 60 g cooked farro
- 1 tsp cinnamon
- 180 ml almond milk
- 1 scoop protein powder
- ½ grated carrot
- 113 g pumpkin puree
- Pinch of salt

DIRECTIONS

1. Add farro and remaining ingredients into the pan and mix everything well.
2. Cook farro mixture over medium heat for 5 minutes.
3. Stir well and serve.

NUTRITIONAL VALUE

(AMOUNT PER SERVING)

- Calories 585
- Fat 43.8 g
- Carbohydrates 29.8 g
- Sugar 13.8 g
- Protein 29.1 g
- Cholesterol 10 mg

Healthy Millet

PREP TIME: 10 MIN | COOKING TIME: 20 MIN | SERVE: 12

INGREDIENTS

- 260 g millet, rinsed and drained
- 35 g almonds, sliced
- 2 lemon juice
- 1 can chickpeas, drained
- 810 ml vegetable broth
- 1 tsp lemon zest
- 2 garlic cloves, minced
- Pepper
- Salt

DIRECTIONS

1. Add 750 ml of broth into the saucepan and bring to boil.
2. Add millet, pepper, garlic, and salt. Stir well.
3. Cover and cook over medium-low heat for 12-15 minutes or until the millet is cooked.
4. Add remaining broth, almonds, lemon juice, and lemon zest, and stir well.
5. Serve and enjoy.



NUTRITIONAL VALUE (AMOUNT PER SERVING)

- Calories 485
- Fat 8.7 g
- Carbohydrates 81.5 g
- Sugar 1.4 g
- Protein 19 g
- Cholesterol 0 mg

INGREDIENTS

- 80 g oats
- 1 tbsp peanut butter
- ½ banana
- 60 ml unsweetened almond milk
- Pinch of salt

Peanut Butter Oatmeal

PREP TIME: 10 MIN

COOKING TIME: 15 MIN

SERVE: 1

DIRECTIONS

1. Preheat the oven to 350 F/ 180 C.
2. Add banana in a bowl and mash using a fork.
3. Add almond milk, oats, and salt and mix until well combined.
4. Pour batter into a baking dish.
5. Add peanut butter in the center of the mixture and bake for 15 minutes.
6. Serve and enjoy.

NUTRITIONAL VALUE (AMOUNT PER SERVING)

- Calories 442
- Fat 25.2 g
- Carbohydrates 47.7 g
- Sugar 11.1 g
- Protein 11.4 g
- Cholesterol 0 mg



Flavorful & Healthy Barley

PREP TIME: 10 MIN | COOKING TIME: 6 HRS | SERVE: 6



INGREDIENTS

- 110 g pearl barley
- 340 ml water
- 13 g walnuts, chopped
- ½ tsp allspice
- 1 medium apple, peel, core, & chopped
- 50 g dried apricot, chopped
- 32 g dried cranberries
- 250 ml orange juice
- 4-5 dates, chopped

NUTRITIONAL VALUE (AMOUNT PER SERVING)

- Calories 161
- Fat 2 g
- Carbohydrates 33.8 g
- Sugar 13 g
- Protein 3.5 g
- Cholesterol 0 mg

DIRECTIONS

1. Add barley and remaining ingredients into a slow cooker and stir everything well.
2. Cover and cook on low for 6 hours or high for 4 hours.
3. Stir well and serve.

Cinnamon Almond Porridge

PREP TIME: 10 MIN | COOKING TIME: 5 MIN | SERVE: 2

INGREDIENTS

- 70 g ground almonds
- 1 tsp ground cinnamon
- Pinch of cloves
- 1 tsp Erythritol
- 180 ml coconut cream
- Pinch of nutmeg

DIRECTIONS

1. Add cream in pan and heat over medium heat until melted.
2. Add ground almonds and erythritol and stir well.
3. Stir continuously for 5 minutes or until thickened.
4. Stir in spices and serve.

NUTRITIONAL VALUE (AMOUNT PER SERVING)

- Calories 350
- Fat 33.4 g
- Carbohydrates 11.2 g
- Sugar 4.1 g
- Protein 7.2 g
- Cholesterol 0 mg



Broccoli Almond Muffins

INGREDIENTS

- 2 eggs
- 200 g almond flour
- 250 ml unsweetened almond milk
- 90 g broccoli florets, chopped
- 1 tsp baking powder
- 2 tbsp nutritional yeast
- 1/2 tsp sea salt

NUTRITIONAL VALUE (AMOUNT PER SERVING)

- Calories 186
- Fat 15.9 g
- Carbohydrates 7.3 g
- Sugar 2 g
- Protein 6.7 g
- Cholesterol 55 mg

PREP TIME: 10 MIN

COOKING TIME: 30 MIN

SERVE: 6

DIRECTIONS

1. Preheat the oven to 350 F/ 180 C.
2. Add eggs and remaining ingredients into the bowl and whisk until well combined.
3. Spoon batter into the greased muffin pan and bake for 30 minutes.
4. Serve and enjoy.



Healthy Smoothie Bowl

PREP TIME: 10 MIN | COOKING TIME: 5 MIN | SERVE: 2



INGREDIENTS

- 70 g oats
- 60 g Greek yogurt
- 1 ½ tsp turmeric
- 13 g walnuts, chopped
- ¼ tsp cinnamon
- 2 medium bananas, peeled
- 1 ½ tbsp almond butter
- 1 tsp chia seeds

DIRECTIONS

1. Add oats, almond butter, turmeric, yogurt, bananas, and cinnamon into the blender and blend until smooth.
2. Pour blended mixture into the serving bowls.
3. Top with chia seeds and walnuts.
4. Serve and enjoy.

NUTRITIONAL VALUE (AMOUNT PER SERVING)

- Calories 300
- Fat 7 g
- Carbohydrates 52 g
- Sugar 17 g
- Protein 9 g
- Cholesterol 2 mg

Quick & Sweet Quinoa

PREP TIME: 10 MIN | COOKING TIME: 2 MIN | SERVE: 2

INGREDIENTS

- 185 g quinoa
- 2 tbsp butter
- 500 ml unsweetened almond milk
- 250 ml coconut milk
- 50 g brown sugar
- Pinch of salt

DIRECTIONS

1. Add quinoa, butter, almond milk, and salt into the instant pot and stir well.
2. Cover and cook on high for 2 minutes.
3. Allow releasing pressure naturally for 10 minutes then release remaining manually. Remove lid.
4. Add brown sugar and coconut milk and stir well.
5. Serve and enjoy.



NUTRITIONAL VALUE (AMOUNT PER SERVING)

- Calories 866
- Fat 51.8 g
- Carbohydrates 88.9 g
- Sugar 29.5 g
- Protein 16.9 g
- Cholesterol 33 mg

PREP TIME: 10 MIN
COOKING TIME: 15 MIN
SERVE: 2

Cinnamon Almond Quinoa

INGREDIENTS

- 90 g quinoa, uncooked
- ½ tsp cinnamon
- 310 ml unsweetened almond milk
- 1 tbsp almond butter
- 1 ½ tbsp maple syrup

DIRECTIONS

1. Add quinoa and almond milk to a pan and bring to a boil.
2. Turn heat to low and simmer until quinoa is cooked, about 15 minutes.
3. Add almond butter and maple syrup and stir well.
4. Top with nuts and serve.

NUTRITIONAL VALUE (AMOUNT PER SERVING)

- Calories 273
- Fat 9.3 g
- Carbohydrates 40.6 g
- Sugar 9.3 g
- Protein 8.4 g
- Cholesterol 0 mg



Quinoa Veggie Egg Cups

PREP TIME: 10 MIN | COOKING TIME: 30 MIN | SERVE: 12

DIRECTIONS

1. Preheat the oven to 350 F/ 180 C.
2. Heat oil in a pan over medium heat.
3. Add bell pepper and cauliflower and cook for 5-8 minutes.
4. Add quinoa, green onion, pepper, and salt and stir well. Remove pan from heat.
5. In a bowl, mix together quinoa mixture and egg whites.
6. Pour egg mixture into the greased muffin pan and bake for 20 minutes.
7. Serve and enjoy.



INGREDIENTS

- 335 g egg whites
- 185 g cooked quinoa
- ½ small cauliflower head, grated
- 1 tbsp olive oil
- 2 tbsp green onion, chopped
- 125 ml unsweetened almond milk
- ½ bell pepper, diced
- Pepper
- Salt

NUTRITIONAL VALUE (AMOUNT PER SERVING)

- Calories 86
- Fat 2.3 g
- Carbohydrates 10.4 g
- Sugar 0.8 g
- Protein 5.6 g
- Cholesterol 0 mg

Choco Oat Muffins

PREP TIME: 10 MIN | COOKING TIME: 20 MIN | SERVE: 6

INGREDIENTS

- 78 g oats
- ½ tsp baking soda
- 125 ml water
- 2 tbsp unsweetened cocoa powder
- 36 g coconut sugar
- 95 g almond butter

DIRECTIONS

1. Preheat the oven to 350 F/ 180 C.
2. In a bowl, mix together almond butter, coconut sugar, cocoa powder, baking soda, and oats.
3. Add water and stir everything well and let it sit for 10-15 minutes.
4. Spoon batter into the greased muffin pan and bake in preheated oven for 20 minutes.
5. Serve and enjoy.

NUTRITIONAL VALUE

(AMOUNT PER SERVING)

- Calories 69
- Fat 2.5 g
- Carbohydrates 10.3 g
- Sugar 0.3 g
- Protein 2.6 g
- Cholesterol 0 mg

