

TALK BY VICTORIA

Back-to-School Breakfasts

All the healthy, balanced, and simple breakfast recipes you need!

Breakfast Smoothies

These smoothies are ideal for school mornings. Besides being refreshing, each one features a serving of fruit, dairy, and some protein!

- **Peanut Butter + Banana Smoothie**

Ingredients:

- 1 Tbsp of Peanut Butter
- 3/4 cup of low-fat milk (almond milk or skim is fine)
- 1 banana

Blend all ingredients and enjoy! If you don't like eating heavy in the morning, this is perfect!

- **Blueberry + Banana Smoothie**

Ingredients:

- 1/2 cup of blueberries (frozen or regular is fine)
- 1 banana
- 1/4 cup of plain yogurt (vanilla flavored is also fine)
- 1/4 cup of milk
- *Optional: scoop of protein powder

Blend all ingredients and enjoy! This is also a quick smoothie for the morning that is light and incorporates some dairy and fruits.

Breakfasts WITHOUT Cooking

If you need on-the-go, no mess involved, or meal prep breakfasts, you've come to the right place. These meals incorporate grain, protein, dairy, and fruit. Way to be balanced!

- **PB + Banana Waffles**

Time: 2 Minutes

Serves: 1

Perfect for: The person who needs a quick breakfast and can eat on the way to the bus stop

1. Take 1 or 2 Whole Grain Waffles and toast it/them.
2. Spread a serving of peanut butter on top.
3. Peel and slice a banana. Put banana pieces on top.
4. Done!

- **Granola + Yogurt + Fruit**

Time: 2 minutes

Serves: 1

Perfect for: The person who needs an easy breakfast

1. Taking a serving of yogurt and place it into a bowl.
2. Take a serving of granola or muesli and put it on top of yogurt.
3. Take some fruit, like blueberries or strawberries or sliced banana, and place with yogurt.
4. Done! Mix together and enjoy!

Breakfasts WITH Cooking

If you got some creativity or have some time to cook, these breakfasts are ideal and super tasty. If you have some time on the weekend to make a good, hearty breakfast, you got to check these recipes out.

- [3 Ingredient Pancakes!](#)

Perfect For: the person who wants some delicious and filling pancakes that are guilt-free and provide a balanced meal! Also does not require any advanced cooking skills;)

Servings: 1 Person

Ingredients:

- 1 ripe banana
- 1 egg
- A little bit of cinnamon
- *Optional: 1/4 cup of almond or whole-wheat flour (this gives a little more sturdiness)

Steps:

- 1 Take a pan and put over heat. Make sure to put cooking oil on pan to prevent food from sticking to pan.
- 2 Take the banana and mash it with a fork. Once mashed, put into a small bowl.
- 3 Crack egg and put it in the same bowl with the banana. Mix both together until there is a consistency in the mixture (small banana chunks are okay)
- 4 Next, add a little bit of cinnamon to the mixture. If you like to add the optional almond or whole-wheat flour, do so now. Mix well.
- 5 Now, pour a small amount of the mixture into the pan like a regular pancake. Do not make too large or it will hard to flip over.
- 6 Cook on one side on low heat until sides are brownish (this might take 1-2 minutes). Flip pancake to other side.
- 7 Once pancake is cooked, put on a plate. Repeat steps 5-6 until all of batter has been used.

For Toppings:

I enjoy putting a spoonful of vanilla yogurt on top of my pancakes and adding some cut berries, like blueberries or strawberries. You can also try to put a serving size of peanut butter (check the back of the container to see what the serving size recommends) or you can add a serving of syrup as well. My personal favorite is the yogurt with strawberries because it seriously tastes delicious! And you get a some dairy into your first meal along with some fruit.

- [Blueberry & Banana Easy and Tasty Overnight Oats!](#)

Ingredients:

- 1/2 cup oats
- (optional: 1-2 Tbsp whey protein powder)
- 1/4 cup blueberries
- 1/2 banana
- 1/2 cup milk of your choice (we used Almond milk)

Step 1: Grab a container to put mixture in overnight with a lid. Pour in oats.

Step 2: Add in powder

Step 3: Add in blueberries

Step 4: Add in banana

Step 5: Pour milk on top of mixture. Close lid and shake well.

Step 6: Store in fridge overnight

Step 7: Grab oatmeal out of fridge. Mix it a bit with a fork. Pour into another bowl if desired or eat out of container if on-the-go. Enjoy!

- **Egg, Toast, and Fruit Combo**

Time: 10 minutes

Serves: 1

Perfect for: A meal that incorporates protein, grains, fruits, and dairy!Â

Ingredients:

- 1 egg
- 1 slice of toast
- *Optional: Peanut butter to spread on top of toast
- A serving of fruit (ex: a banana, cut up strawberries with blueberries, etc.)

Steps:

1. Take a pan and grease with coconut oil or an oil for non-stick surface.
2. Take egg and crack over pan for a sunny-side up, OR crack egg in a separate bowl to mix and cook as scrambled eggs.
3. Once egg is cooked to your liking, put on a section of a plate.
4. Take slice of bread and toast to your liking. Spread a little bit of nut butter on top and put on place.
5. Take your piece of fruit and wash, cut, or peel if need to. Put on plate as well.
6. Before eating, serve a glass of milk to accompany your food. If you would like to eat fruit with yogurt instead of milk, do this instead.
7. Enjoy your balanced meal!

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If you make one of these delicious and healthy recipes, tag us @talkbyvictoria or use the hashtag #talkbyvictoria to be **featured on our social media page!**

Have an amazing day!