



*grab n' go*

## BREAKFAST RECIPES

A roundup of the best make-ahead breakfast options from Simply Sissom.

[simplysissom.com](http://simplysissom.com)





*hey friend!*

I'm thrilled you're checking out my new Grab N' Go Breakfast Ebook - because we're a lot alike you and me. We're both trying to feed ourselves and our families nutritious meals with the least amount of effort possible.

Which means that neither of us can avoid spending time in the kitchen. As a mom, I am sure you know how stressful it can be to make meals happen on a daily basis.

Well, let's work on that. These breakfasts all have make-ahead options that help cut down on kitchen time in the morning so that you have extra time to ... well, sleep.

Bottom line, healthy doesn't have to be complicated, but we don't have to tell our families that. For now, it'll just be our little secret.

Because if I can make healthy meals happen... you can too!

For more recipes, please visit Simply Sissom  
[www.simplysissom.com](http://www.simplysissom.com)





prep time: 5 min  
cook time: 0 min

### YOU NEED :

#### FOR THE FREEZER :

- 4 cups frozen blueberries
- 1/4 cup nut butter (I used almond butter)
- 4 tsp chia seeds
- 4 tsp hemp seeds
- 4 tsp flax seeds

#### FOR BLENDING :

- 4 bananas (1 per smoothie)
- 4 cups almond milk ( 1 cup per smoothie)

**1.** Gather your smoothie cups/containers or bags and write the date and Banana Blueberry Smoothie on the front. Add 1 banana, 1 cup blueberries, 1 Tbs nut butter, 1 tsp of chia seeds, 1 tsp hemp seeds and 1 tsp of flax seeds to each smoothie container. Before sealing, make sure you squeeze as much air out as possible to prevent freezer burn if using a bag. Seal and place in the freezer for later use.

**2.** Once you are ready to blend, just add your smoothie contents + 1 cup of almond milk and 1 banana broken into large pieces.





prep time: 10 mins  
cook time: 0 min

### DIRECTIONS :

- 1 .** Line a 9 inch square cake pan with 2 pieces of parchment paper (one going each way).
- 2 .** In a large mixing bowl, combine puffed rice, rolled oats, and whole grain O's. Toss to combine.
- 3 .** In a small pot over medium heat, combine honey, peanut butter and coconut oil. Stir continuously until mixture is smooth. Do not over cook.
- 4 .** Pour honey/peanut butter mixture into the large mixing bowl with the cereal. Use a rubber spatula to incorporate. Add chocolate if using. Make sure that all cereal is coated evenly. It will be very sticky.
- 5 .** Transfer the mixture to the prepared baking pan, using the rubber spatula to spread it out into an even layer. Lightly wet your hands and press down on the mixture to even it out. Use a slightly wet rubber spatula to compact the mixture more, pay particular attention to the edges. This helps ensure that the bars will hold together.
- 6 .** Place the pan in the freezer for about 20 minutes or until firm.
- 7 .** Lift the bars from the pan, using the parchment paper and place them on a cutting board. With a sharp knife or pizza cutter, slice the square into 6 rows and then slice them in half to make 12 bars.
- 8 .** Wrap the bars individually in plastic wrap. Store in an airtight container in the refrigerator for up to a week or in the freezer for up to a month.

### YOU NEED :

- 1 1/2 cups puffed rice cereal
- 1 1/2 cups rolled oats
- 1/2 cup whole grain O's cereal
- 1/2 cup honey
- 1/2 cup peanut butter
- 1/2 TBS coconut oil
- big pinch of coarse sea salt (optional)
- mini dark chocolate chunks (optional)







prep time: 5 min

cook time: 1 min

### YOU NEED :

- 1/2 cup rolled oats
- 1/4 cup dried fruit
- 1 Tbs nuts
- 1/2 Tbs of seeds (flax, hemp hearts or chia)
- Optional ingredients: coconut, peanut butter powder, cocoa, cinnamon, etc.
- Honey or maple syrup for serving

### DIRECTIONS :

**1** . Add all ingredients to an 8 oz. mason jar or plastic zipper bag. Store in the pantry until ready to prepare.

**2** . Heating instructions: In a small bowl, combine contents of jar with 2/3 cup of boiling water. Stir. Add honey or maple syrup to sweeten if desired.

\*\*\* For ideas for specific recipes visit this post on Simply Sissom.





prep time: 10 min  
cook time: 10 min

### YOU NEED :

- 1 cup natural almond butter
- 2 TBS coconut oil
- 5 TBS real maple syrup
- 1 1/4 cup rolled oats
- 1/4 tsp baking soda
- sea salt, if needed
- 3/4 cup fresh blueberries

### DIRECTIONS :

**1** . Preheat the oven to 350 and line a baking sheet with parchment paper.

**2** . In a medium bowl, stir the almond butter, coconut oil, and maple syrup together; if your almond butter is unsalted, add a pinch of salt. Stir in the oats and baking soda. Carefully fold in the blueberries. Do your best to keep them whole and not squish them.

**3** . Scoop up a tablespoon of dough, roll it into a ball, place it on the parchment paper, and press it down gently with your hand to flatten it a little. Continue placing the cookies on the sheet. They won't spread much, so you can put them pretty close together. Bake the cookies for 10 minutes and then check on them. They should still be slightly soft and doughy to the touch. If they're not there yet, you can bake them a minute or two longer, but you don't want to over bake these. After they've cooled, they'll harden a bit.

**4** . They'll be pretty fragile straight out of the oven, so let them set for a minute and then carefully transfer them to a wire rack (if you have one). Let them cool for at least 10 minutes longer. Be patient and don't touch!

**5** . Store the cookies in an airtight container for up to a week.





prep time: 15 min  
cook time: 0 mins

## YOU NEED :

- 1 cup cashews
- 1/2 cup rolled oats
- 5 pitted Medjool dates, about 1/2 cup
- 1 Tbs honey
- 1 Tbs peanut butter
- 1/2 tsp pure vanilla extract
- 1/4 tsp salt
- 3 Tbs mini dark chocolate chips
- 1 tsp water

## DIRECTIONS :

**1 .** In the bowl of a food processor, add cashews and rolled oats. Process on high until a fine powder forms. Do NOT over pulse, the cashews will turn into cashew butter.

**2 .** Add the dates to the food processor. Process until dates are finely chopped.

**3 .** Add the honey, peanut butter, vanilla, salt and water. Process until mixture forms a ball. Dough should stick together when squeezed between thumb and forefinger. If it is too dry, add more water 1/2 tsp at a time.

**4 .** Add chocolate chips and pulse 5-7 times or until chocolate chips are fully incorporated.

**5 .** Roll dough between hands to form balls that are approximately 1 inch in diameter. Once balls are rolled, arrange them on a baking tray that has been covered with parchment paper or a silicone liner. Chill in freezer for 30 minutes.

**6 .** Enjoy! Extra balls can be stored in the refrigerator for up to a week or the freezer for up to a month (possibly longer).





prep time: 10 min  
cook time: 15 min

### YOU NEED :

- 1 cup pecans
- 1 cup rolled oats
- 1/4 tsp salt
- 1/4 cup unsweetened shredded coconut
- 1/4 cup maple syrup
- 2 tsp vanilla extract
- 1/4 cup coconut oil, melted

### DIRECTIONS :

**1** . Preheat the oven to 350 degrees and line a rimmed baking sheet with parchment paper.

**2** . In a food processor, pulse the pecans until they are broken up, but not the texture of flour. Add the oats and salt and pulse 10-15 times.

**3** . Transfer the oat mixture into a medium bowl and stir in the coconut. Add maple syrup and vanilla. Stir until combined. Add the coconut oil. Stir.

**4** . Pour the granola onto parchment paper lined baking sheet. Press into a thin layer making sure that there are no holes where the parchment paper shows. It will look like a sheet of granola bars. This is what makes it chunky.

**5** . Bake 12-15 minutes, until the edges are slightly browned. Remove the pan from the oven and let it cool for at least 15 minutes.

**6** . After 15 minutes are up, break up the granola with your hands into whatever size chunks you desire. If the bottom of the granola is still moist, flip the pieces and allow it to cool additional time. Store it in an airtight container for two to three weeks.







prep time: 10 min  
cook time: 30 min

### YOU NEED :

- 2 eggs
- 1/4 cup coconut oil
- 1 cup coconut sugar
- 1/2 cup unsweetened applesauce
- 1 1/2 cup almond milk (or milk of choice)
- 1 1/2 tsp vanilla extract
- 1/2 tsp salt
- 1 TBS ground cinnamon
- 3 cups old fashioned rolled oats (gluten free if desired)
- 1 cup dried cherries (or mix-in of choice)

**1 .** Preheat the oven to 350 degrees and place paper liners into the cups of a muffin tin.

**2 .** In a large bowl, whisk together eggs, coconut oil, coconut sugar, applesauce, milk and vanilla until smooth.

**3 .** To the large mixing bowl, add salt cinnamon, rolled oats and 1/2 of the dried cherries. Mix to incorporate. Allow to sit 5 minutes (so the oats can soak up some of the liquid. Mix one more time.

**4 .** Use a large ice-cream scoop (optional) to fill each muffin cup. The batter will not rise very much, so you can fill them close to the top. Push the left over dried cherries into the tops of the muffins.

**5 .** Bake for 30 minutes, or until edges are golden brown and begin to pull away from the liners. Allow to cool before eating.





prep time: 10 mins  
cook time: 25 mins

### YOU NEED :

- 8 eggs (or 14 egg whites)
- 1 1/2 cups of milk
- 1 tsp salt
- 1/2 tsp pepper
- 3 pieces whole grain bread, chopped into 1/2 inch pieces
- 1/2 lb. prepared protein (sausage, bacon, ham, etc.)
- 4 oz. cheese, grated

OPTIONAL: veggies, sauces, extra spices

**1** . Heat oven to 350 degrees, and line the cups of a muffin pan with 12 silicone muffin liners.

**2** . Place 3-4 bread pieces at the bottom of each muffin cup. Top with selected protein, cheese, veggies and optional add-ins.

**3** . In a medium bowl, mix eggs, milk, salt, and pepper. Whisk until fully combined. Evenly pour egg mixture into lined muffin cups. Leave a little room at the top, the eggs will rise.

**4** . Bake for 25-30 minutes. I like to broil them the last 1-2 minutes so that the cheese is golden and bubbly.





prep time: 30 min  
cook time: 30 min

## YOU NEED :

- 1 lb. breakfast sausage
- 12 eggs
- 1/4 cup milk
- 2 Tbs butter
- salt and pepper to taste
- 10 thin slices of white cheddar cheese
- 10 100% whole-grain tortillas

## DIRECTIONS :

**1** . Heat a large skillet over medium heat. Add breakfast sausage. Cook until meat is no longer pink. Stir frequently. Remove from heat and set aside.

**2** . Beat eggs, milk, salt and pepper in a medium bowl until blended.

**3** . Heat butter in a large nonstick skillet over medium heat until hot. Pour in egg mixture. As eggs begin to set, gently pull the eggs across the pan with a spatula forming curds. Continue cooking - pulling, lifting and folding eggs - until thickened and no visible liquid egg remains. Don't stir constantly. Remove from heat. Set aside.

**4** . Place 1 slice of cheese in the center of each tortilla. Place a scoop of eggs and sausage on top of cheese. Fold the sides into the center of the tortilla and then roll into a burrito. Burritos can be individually wrapped in parchment paper or foil or placed into an airtight zipper bag. They can be stored in the freezer. To thaw, cook for 1-2 minutes in the microwave until warmed through.







prep time: 20 mins  
cook time: 25 mins

### YOU NEED :

- 1 + 3/4 cups rolled oats
- 1 cup oat flour
- 1/2 cup coconut sugar
- 1 tsp cinnamon
- 1 tsp salt
- 1 + 1/3 cup of chopped nuts
- 1 cup of mix-ins (dried fruit, seeds, flax, chia, hemp hearts, dark chocolate, etc.)
- 8 Tbs coconut oil, melted (butter may be subbed)
- 6 Tbs honey
- 1 egg
- 1/2 tsp pure vanilla extract

### DIRECTIONS :

**1** . Preheat oven to 325 degrees F. Line a 9 inch square baking pan with parchment paper, leaving a 2-inch overhang on all sides. Lightly spray with non-stick spray

**2** In a large mixing bowl, combine oats, oat flour, coconut sugar, cinnamon, salt, chopped nuts and desired mix-ins.

**3** In a small mixing bowl, combine coconut oil, honey, egg and vanilla extract. Mix until smooth.

**4** . Stir wet ingredients into dry ingredients, combining until mixture is evenly coated and crumbly. Spread into prepared pan, pressing firmly into an even layer. I like to use a rubber spatula and/or damp hands to press the mixture down.

**5** . Bake for 25-30 minutes or until bars begin to brown around the edges. The center will be soft, but will firm up once bars cool completely. Remove from oven and allow to cool completely.

**6** . To remove bars from pan, cut around the edge of the pan to loosen. Lift up bars by pulling up on the overhanging parchment paper. Use a sharp knife to slice the bars into the desired size and shape. Wrap individual bars in plastic wrap and store in refrigerator or freezer..

