



Grab & Go **BREAKFAST**



RECIPES

Healthy & filling breakfast ideas perfect for
taking to work or school.



SAVOR + SAVVY



Have you ever watched Food Network and wondered **HOW** they make cooking look so effortless? **HOW** can there be no mess? **HOW** did they have all those pre-cut and pre-measured ingredients?

Yep! Me too! But then it hit me! They have a **TEAM** to help them prepare those recipes off camera. Who has a team? I don't have a team! Do you? Most of us are running solo in the kitchen and need as much help as possible providing healthy meals for our busy lifestyles.

Savor and Savvy strives to provide healthy meals to help you make great food quickly! This ebook is our way of helping you with grab-and-go breakfasts. Let's kick start your day with easy, fast and healthy meals!

HAPPY MEAL PREPPING!

Ginny

HEALTHY ON-THE-GO GRANOLA BARS

(MEAL PREP)

 **SERVES: 8**  **PREP TIME: 10 MINUTES**  **FREEZE TIME: 30 MINUTES**

Healthy homemade granola bars that pack a punch in flavor!

INGREDIENTS

- 1³/₄ cups old-fashioned oats
- 1 cup of pitted dates
- 1 cup of nuts and dried fruit (we used almonds, raisins, pumpkin seeds and cashews)
- 1¹/₃ cup honey
- 2-3 tbsp maple syrup

INSTRUCTIONS

Mix dates with the honey and maple syrup in a food processor to make the base paste that holds the granola bar together.

In a bowl, combine the oats, nuts, fruit and date mixture together and combine with your hands. Press firmly into an 8x8 or 9x9 wax paper lined pan and smooth out with the back of a spoon to get all of the granola mixture to the bottom of the pan.

Freeze for 30-40 minutes and cut into bars.



BREAKFAST QUESADILLA

(LAST MINUTE)

 **SERVES: 1**  **PREP TIME: 10 MINUTES**  **COOK TIME: 5 MINUTES**

Easy and fast breakfast quesadilla that can be wrapped in foil and eaten on the go! Endless options by mixing up the cheese and vegetables!



INGREDIENTS

- 1 scrambled egg
- 1 flour tortilla
- 2 tbsp chopped onion and peppers or slices of pepper
- 1¹/₄ cup shredded cheese
- 1 tbsp butter

INSTRUCTIONS

Heat pan on medium to medium high heat and melt the butter.

Lay tortilla in the pan over the butter and spread scrambled eggs, onions, peppers and cheese on top of only HALF of the tortilla. Fold over the other half and heat to melt and brown the bottom of the quesadilla.

Flip the quesadilla after 2-4 minutes (depending on your stove!) and heat the other side.

Wrap quesadilla up in parchment or foil to eat on the run.

BACON WRAPPED OMELETTE CUPS

(MEAL PREP)

 **SERVES: 6**  **PREP TIME: 10 MINUTES**  **COOK TIME: 25 MINUTES**

Protein packed breakfast to carry you through those busy days when you may not eat again for hours! Variety comes in changing up the ingredients slightly for a completely different outcome! Grab 2 and get out the door!

INGREDIENTS

- 12 pieces of bacon
- $\frac{1}{3}$ cup shredded cheese
- $\frac{1}{3}$ cup finely cut up chopped peppers
- $\frac{1}{4}$ cup finely chopped onions
- $\frac{1}{2}$ tsp onion powder
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp pepper
- 8 eggs

INSTRUCTIONS

Spray each muffin tin pan with non stick spray. Circle each piece of bacon in each muffin cup with a little overlap.

Combine the remaining ingredients in a bowl whisk. Divide equally into muffin cups.

Bake at 350 for 25 minutes. Allow to cool.

They are freezable. Take out the night before and zap in microwave for 1 minute before eating.



PINA COLADA OVERNIGHT OATS

(MAKE AHEAD)

 **SERVES: 1**  **PREP TIME: 5 MINUTES**  **REST TIME: OVERNIGHT**

This overnight oats recipes tastes like you are sitting on an island with sand between your toes. Almost! Cheap, fast and easy don't have to sacrifice flavor!



INGREDIENTS

- $\frac{1}{2}$ cup old fashioned oats
- $\frac{1}{2}$ cup milk
- 2 tbsp shredded coconut
- 4 tbsp mango
- 4 tbsp pineapple

INSTRUCTIONS

Combine the oats and the milk in one bowl. Spoon a little mango and pineapple in the bottom of a jar. Spoon $\frac{1}{2}$ of the oats mixture on top.

Add a little bit more pineapple and mango with shredded coconut on top.

Finish with remaining oats and pineapple and mango. Put remaining shredded coconut on when ready to eat.

Refrigerate overnight and can be kept in refrigerator for up to 4 days.

HARD BOILED EGG SANDWICH WITH AVOCADO (LAST MINUTE)

 SERVES: 1  PREP TIME: 5 MINUTES  COOK TIME: 0 MINUTES (PRECOOKED)

Meal prep at its finest as you slice, put on bread and head out the door in just minutes! Wrap this one up quickly so you can eat on the run!

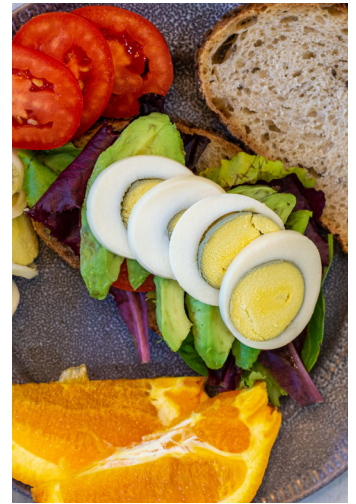
INGREDIENTS

- 1 slice of bread (we used a multi grain in the photo)
- 3 slices of avocado
- 2 hard boiled eggs
- Hand full of greens of choice
- Sprinkle of salt and pepper

INSTRUCTIONS

Lay out one slice of bread or toast, lay out hand full of greens on top, add on slices of avocado and top with slices of hard boiled egg.

Sprinkle with salt and pepper to taste.



HEARTY EGG WRAPS (LAST MINUTE)

 SERVES: 1  PREP TIME: 5 MINUTES  COOK TIME: 5 MINUTES (FOR EGGS)

Quick and easy Hearty Egg Wraps are packed full of protein and a punch of veggies to start the day all rolled up into a grab and go meal!



INGREDIENTS

- 2 eggs scrambled
- $\frac{1}{4}$ tsp onion powder
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ tsp pepper
- 1 spinach flatbread or spinach tortilla
- Couple leaves of red lettuce
- Couple of strips of red or yellow pepper
- Couple slices of mushroom

INSTRUCTIONS

Make 2 scrambled eggs with onion powder, salt and pepper.

Spread out the flatbread or spinach tortilla and layer the Egg Wraps with eggs, lettuce, peppers and mushrooms.

Roll up and wrap up in parchment or foil to zip out the door fast!

GRAB AND GO MASON JAR FRENCH TOAST (LAST MINUTE)

 SERVES: 1  PREP TIME: 5 MINUTES  COOK TIME: 2 MINUTES

This easy mason jar meal is ready in under 10 minutes and requires only a microwave so you can make it at home or your workplace.

INGREDIENTS

- 1 thick slice of bread of choice, cubed
- $\frac{1}{4}$ cup milk of choice
- 1 egg
- 1 tsp cinnamon
- A drizzle of maple syrup or honey
- Handful of fresh berries to top it off!

INSTRUCTIONS

In a small bowl, combine the milk, egg, cinnamon and whip to fully combine.

Add the cubed bread to a small 8 oz mason jar and pour the milk mixture over the top and make sure the bread is fully covered.

Microwave for 20 seconds, wait for 20 seconds for about 90-120 seconds until fully cooked. Don't cook all at once or it will explode!

Top with berries and a drizzle of maple syrup or honey for a delish meal you can eat at home or in the office!



MUESLI BOWL (LAST MINUTE)

 SERVES: 1  PREP TIME: 3 MINUTES  REST TIME: 10 MINUTES (TO SOFTEN)

Healthy protein packed muesli bowl will keep you feeling full until lunch! No snacking needed.



INGREDIENTS

- $\frac{1}{2}$ cup muesli (you can find a recipe on savorandsavvy.com or buy your own)
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ - $\frac{3}{4}$ cup berries

INSTRUCTIONS

Pour the muesli and milk in a bowl. Allow to sit for 10 minutes to soften and then add berries to eat on the run in a portable bowl.

TROPICAL SMOOTHIE BOWL

(LAST MINUTE)

 SERVES: 1  PREP TIME: 5 MINUTES  COOK TIME: 0 MINUTES

Make this in a bowl or in a large to-go cup for a very fast breakfast that keeps you feeling cool and filled up until lunch arrives!

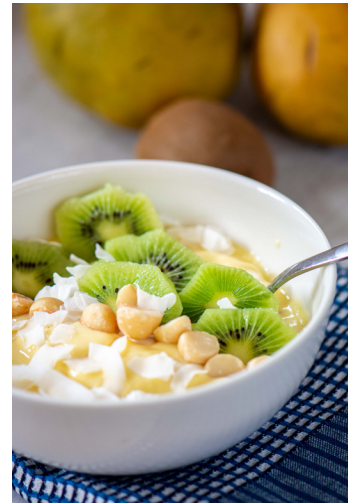
INGREDIENTS

- 1/2 cup frozen pineapple
- 1/2 cup frozen mango
- 1/2 banana
- 1 container of vanilla Greek yogurt

INSTRUCTIONS

Blend together in a sturdy blender. Pour into a bowl and top with macadamia nuts, shredded coconut and slices of kiwi.

For a stronger coconut flavor, add the coconut to the blender when mixing. Pour into a to-go container to eat on the run.



BACON EGG TOAST

(LAST MINUTE)

 SERVES: 2  PREP TIME: 5 MINUTES  COOK TIME: 15 MINUTES

Lots of protein to fill you up for those busy days with no break in sight!



INGREDIENTS

- 2 slices of bread
- 2 large eggs
- 4 slices of bacon, cooked
- salt and pepper to flavor

INSTRUCTIONS

Heat oven to 375 and lay out 2 slices of bread on a lined baking sheet.

Place two slices of bacon on top of bread. Crack one egg on top of each bread/bacon combo. Bake for 15 minutes or until the eggs are done.

FARMER'S MARKET QUICHE

(MEAL PREP)

 **SERVES: 8**  **PREP TIME: 10 MINUTES**  **COOK TIME: 45 MINUTES**

Perfect on-the-go breakfast! Reheat at the office. This makes a ton so you can have breakfast made for all week!

INGREDIENTS

- 4 cups of roasted garden vegetables
- 4 eggs
- 4 egg whites
- 1 ³/₄ cup milk or half and half
- 1 ¹/₂ tbsp fresh herbs, we used rosemary, thyme and parsley
- ¹/₂ cup shredded cheese
- ¹/₂ cup feta cheese
- ¹/₂ tsp salt
- ¹/₂ tsp pepper
- 3 garlic cloves, minced

INSTRUCTIONS

Heat oven to 350 degrees. Spray a quiche dish with non stick spray. Spread the already roasted vegetables in the bottom of the quiche dish. We used spinach, mushrooms, eggplant, tomatoes, zucchini and yellow squash.

Combine the eggs, egg whites, milk, salt, herbs and cheeses. Pour on top of the quiche dish and put in the oven to bake for 35-45 minutes or until the egg mixture is done. Check at 35 minutes and every 5 minutes after as each oven varies. Allow to sit and cut up for a week's worth of breakfasts to grab and go on the run!

Reheat in microwave for 60-90 seconds depending on microwave using.



MEXICAN SWEET POTATO WITH EGGS

(MEAL PREP)

 **SERVES: 1**  **PREP TIME: 5 MINUTES**  **COOK TIME: 5 MINUTES (FOR EGGS)**

Bring Taco Tuesday to your breakfast! All the tastes of Mexican on a creamy sweet potato!



INGREDIENTS

- 1 sweet potato (already baked)
- 1 egg scrambled
- 2 tbsp black beans
- 2 tbsp chives or green onions
- 2 tbsp salsa
- ¹/₂ avocado, chopped

INSTRUCTIONS

Take a pre-baked sweet potato and add 1 scrambled egg on top.

Add black beans, green onions and chopped avocado. Serve with salsa.

Take on the run as you head out the door. If heating up at the office, don't add avocado until ready to eat or it will brown.

ROASTED SWEET POTATO HASH WITH EGG (MEAL PREP)

 **SERVES: 2**  **PREP TIME: 10 MINUTES**  **COOK TIME: 30 MINUTES**

Meal prep a sheet pan of sweet potato hash and have this as your go-to breakfast all week long! Eggs and veggies packed together make a hearty start to the day!

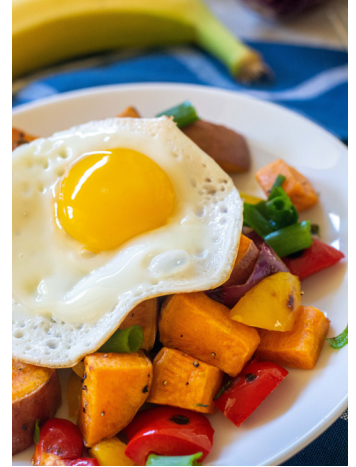
INGREDIENTS

- 2 sweet potatoes, cubed
- 1 red or orange bell pepper, chopped large pieces
- $\frac{1}{2}$ onion cubed
- 1 tsp salt and pepper
- sprinkle of favorite herbs
- 2 fried eggs

INSTRUCTIONS

Roast sweet potatoes, bell peppers and onions on a sheet pan with salt, pepper and favorite herbs at 425 degrees for 20-25 minutes. Place roasted vegetables in refrigerator as meal prep.

Heat up sweet potato hash in microwave for 60-90 seconds while frying 2 eggs. Divide hash into 2 servings and place one fried egg on top of each dish of hash. Pack up and eat on the go!



DENVER OMELETTE IN A MUG (LAST MINUTE)

 **SERVES: 1**  **PREP TIME: 5 MINUTES**  **COOK TIME: 3 MINUTES**

You can make this one as you head out the door or bring it to the office to zap in the microwave faster than re-heating your coffee cup! You can meal prep this to make several ahead of time to grab and go out the door!



INGREDIENTS

- 2 eggs, whipped
- 2 tbsp chopped cooked ham
- 2 tbsp chopped peppers
- salt and pepper to taste
- 2 tbsp shredded cheese

INSTRUCTIONS

In a microwavable safe mug, spray with non stick spray.

Combine the eggs, ham, peppers, salt and pepper into the microwavable mug. Microwave for 1 minute and stir. Add the cheese and microwave an additional 45-60 seconds. Remove and head out for your day with mug in hand.

The recipe calls for fresh chopped peppers. You can also use roasted or sauteed peppers. The photo shows fresh, uncooked for a crisp bite to the omelette.

APPLE, ALMOND BUTTER, GRANOLA BITES (MEAL PREP)



SERVES: 1



PREP TIME: 3 MINUTES



COOK TIME: 0 MINUTES

The easiest meal is also one of our favorite grab and go breakfasts! No thought or cooking at all involved, yet it will leave you satisfied!

INGREDIENTS

- 1 sliced apple
- 2 tbsp almond butter (or nut butter of your choice)
- 2 tbsp granola (your choice or see recipes on savorandsavvy.com)

INSTRUCTIONS

Add nut butter to a small container along with the granola. Dip apple slices in nut butter and then dip in granola for an all-in-one bite!

Prep the nut butter and granola the night before. Sliced apples can be prepped and put in lemon juice or Sprite for a 100% grab and go or slice apple on the way out the door!

