



**5 PROTEIN BREAKFAST
RECIPES**

for busy mornings

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5 Protein Breakfast Recipes for Busy Mornings

A quick and easy breakfast can be challenging - if you're not prepared...

Especially when you are including more **protein** in your diet, having breakfast options that are easy to grab-and-go will help keep you on track all day.

****Fat Loss Tip. Eat protein at breakfast** - it will keep you more satisfied than a bowl of cereal - which will set you up for more balanced energy and fewer cravings through the day.

Want to know more about this?

Check out my [REAL GIRL'S GUIDE TO GOOD FOOD FOR YOUR FIGURE](#)

I do recommend that you *prepare your food as much as possible ahead of time* if you are usually tight on time in the mornings. All of these recipes below can be made in a big batch ahead of time and then refrigerated so *all you have to do is re-heat in the mornings.*

But if you do have a few minutes to enjoy your meal before you leave, most of these recipes can be prepared in about 20 minutes or so. With a little planning, your breakfast can be baking while you do your hair :)

For more inspiration, check out my [Protein Breakfast Recipes Pinterest board!](#)

Blueberry Protein Pancakes (one serving)

1/2 cups ground oats or oat bran
4 egg whites
1/2 teaspoon vanilla extract
1-2 tablespoons Stevia (or to taste)
1/2 teaspoon cinnamon
1 teaspoon baking powder
1/4 cup fresh blueberries

Generously coat a skillet with oil spray and preheat over medium heat.

In a small bowl whip together all of the ingredients. Pour the mixture onto the skillet and cook for 2 to 3 minutes, or until golden brown, on each side.



Tip: For a moister pancake, cover the skillet with a lid while the pancake is cooking.

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Protein Waffles (one serving)

1/3 cup oat flour (you can grind your own in a blender or food processor)
3/4 scoop vanilla protein powder
2 tsp Stevia
1 tsp baking powder
1/3 cup liquid egg whites
1/3 cup cottage cheese
1 tsp vanilla extract (optional)
1/2 tsp cinnamon (optional)

Place all ingredients in a blender or food processor. Blend until well-mixed. Bake like a regular waffle in a waffle iron. Top with fresh berries or 2 tbsp honey.



Baked Carrot Muffin Oatmeal (serves 1)

1/2 cup oatmeal
1/2 scoop vanilla protein powder
4 egg whites (or 1/2 cup liquid egg whites)
1/4 cup grated carrot
1/2 tsp cinnamon
pinch of ginger & nutmeg
1/2 tsp vanilla
1 packet stevia or 1 tsp honey
1/4 cup chopped walnuts (optional)

Mix all ingredients together in mixing bowl. Spray or grease a small oven-proof dish or ramekin. Pour mixture into dish and bake in a 350 F degree oven for about 15-20 minutes. The oatmeal will be firm and lightly golden. Do not overcook. Let sit until cool to the touch, then pop it out of the dish and eat warm - like a muffin.



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Egg Muffins (makes 6 servings)

6 eggs
salt & pepper to taste
1/2 cup mixture of chopped onion, diced peppers, and / or chopped mushrooms - sauteed until soft to release moisture
1/3 cup cooked bacon, crumbled
1/3 cup grated cheddar cheese

Preheat oven 375 F. Prepare muffin cups with either paper liners or spray with non-stick cooking oil. Crack the eggs into a bowl and whisk until well-blended. Add the spinach, bacon, cheese, and salt & pepper and stir until combined. Pour egg mixture into baking cups, dividing evenly. Bake for 15 - 18 minutes or until eggs are set. Serve immediately or let cool then store in the fridge in an air-tight container.

On-the-Go Breakfast Burrito (one serving)

1 tortilla
1/2 cup fresh spinach
2 whole eggs + 1 egg white, scrambled
1/4 cup sliced avocado
2 slices deli ham

Prepare eggs (can be done ahead of time and re-heated, if necessary) and let cool slightly. Layer the spinach, avocado, ham, and eggs into the tortilla and roll up, tucking in at one end. Wrap with parchment paper to eat on the go, or prepare ahead of time and re-heat.