

7 Make-Ahead Breakfasts

Recipes from Tasty.co Featuring Thrive Life



Oatmeal Muffins

from: <https://tasty.co/recipe/oatmeal-muffins>

Ingredients:

1/2 c. Thrive banana slices
1 egg
1 tsp. vanilla extract
1/2 c. almond milk
1/4 c. maple syrup
1/2 c. greek yogurt
1 1/2 c. Thrive quick oats
1 tsp. baking powder
1 tsp. cinnamon

Optional Toppings:

Thrive strawberry slices, hydrated
Thrive blueberries, hydrated
Thrive fuji apples, hydrated
Thrive sweet cranberries, hydrated
dark chocolate chips
chopped almonds

Directions:

1. Preheat oven to 350°F.
2. Crush banana slices into a coarse powder and hydrate slightly. Mix in other wet ingredients.
3. Stir in dry ingredients.
4. Pour batter into greased muffin tin, each about 2/3 full.
5. Top each muffin with toppings. Hydrate Thrive freeze-dried fruits first.
6. Bake for about 30 minutes or until a toothpick comes out clean.
7. Enjoy! Makes 4 muffins!



Veggie Egg Cups

from: <https://tasty.co/recipe/muffin-tin-customizable-veggie-egg-cups>

Ingredients:

6 eggs
salt, to taste
pepper, to taste
1/2 c. shredded cheese

Mix and Match Fillings:

Thrive spinach
Thrive tomato dices
Thrive chopped onions
Thrive green peppers
Thrive red peppers
Thrive mushrooms
Thrive broccoli

Directions:

1. Preheat oven to 350°F.
2. In a greased muffin tin, place your desired combination of fillings into each muffin cup.
3. Spray freeze-dried veggies with water to slightly hydrate.
4. In a large measuring cup, add salt and pepper to eggs and beat the eggs until smooth.
5. Pour the beaten eggs into each muffin cup until the liquid almost reaches the top.
6. Sprinkle cheddar cheese on top.
7. Bake for 20 minutes or until eggs are cooked through.
8. Enjoy! Makes 6 egg cups



Orange Mango Carrot Smoothie

from: <https://tasty.co/recipe/orange-mango-carrot-smoothie>

Ingredients:

- 1 orange, peeled, sliced
- 1/2 c. Thrive mangoes
- 1/2 c. Thrive dehydrated carrot dices
- 1/2 c. milk/almond milk

Directions:

1. Blend the carrots into a powder.
2. Place the orange, mango, and carrot powder into a freezer bag in the freezer for up to 6 months.
3. When ready to use, add milk or almond milk to blender with the rest of the ingredients. Blend and enjoy!



Kiwi-Pineapple Spinach Smoothie

from: <https://tasty.co/recipe/kiwi-banana-spinach-smoothie-meal-prep>

Ingredients:

- 3 kiwis, cubed
- 1 c. Thrive pineapple
- 1/2 c. Thrive spinach
- 1/2 c. milk/almond milk

Directions:

1. Place kiwi, bananas, and spinach into a freezer bag in the freezer for up to 6 months.
2. When ready to use, add milk or almond milk to blender with the rest of the ingredients. Blend and enjoy!



Peanut Butter Banana Oats

from: <https://www.buzzfeed.com/melissaboyajian/these-overnight-oats-are-make-the-perfect-grab-and-go>

Ingredients:

½ cup Thrive banana slices, powdered
½ cup Thrive quick oats
1 tablespoon honey
2 tablespoons unsalted creamy peanut butter
⅓ cup almond milk
6-8 Thrive banana slices, hydrated
2 tablespoon chopped peanuts

Directions:

1. Blend 1/2 cup of Thrive banana slices into a coarse powder. Pour into a pint-sized mason jar and hydrate with a little bit of water.
2. Add oats, honey, peanut butter, and almond milk. Combine.
3. Add some Thrive banana slices (hydrated) and peanuts. Screw on lid.
4. Refrigerate overnight.
5. Take it to-go and enjoy!



Vanilla Mixed Berry Oats

from: <https://www.buzzfeed.com/melissaboyajian/these-overnight-oats-are-make-the-perfect-grab-and-go>

Ingredients:

½ cup Thrive quick oats
¼ cup Greek yogurt
1 tablespoon honey
¼ teaspoon pure vanilla extract
⅓ cup almond milk
1/4 c. Thrive strawberry slices
5 Thrive blueberries
3 Thrive raspberries
3 Thrive blackberries
3 T. whole toasted almonds

Directions:

1. Combine oats, yogurt, honey, vanilla, and almond milk into a pint-sized mason jar. Stir well.
2. Hydrate berries with a light spray of water.
3. Add berries and almonds to top of jar. Screw on lid.
4. Refrigerate overnight.
5. Take it to go and enjoy!



Breakfast Quesadilla

from: <https://tasty.co/recipe/make-ahead-breakfast-quesadilla>

Ingredients:

1/2 c. Thrive sausage
4 eggs
2 flour tortillas , burrito-sized
shredded cheddar cheese

Optional Fillings:

Thrive spinach
Thrive tomato dices
Thrive chopped onions
Thrive green peppers
Thrive red peppers
Thrive mushrooms

Directions:

1. Hydrate freeze-dried sausage and desired vegetables for several minutes.
2. In a skillet thoroughly cook the sausage, eggs, and vegetables.
3. Place 1/2 of the egg mixture in the center of a flour tortilla. Top with cheese, and fold the edges inward to form a sealed pocket.
4. Heat on a skillet, seam-side down. Flip and cook until golden brown.
5. Repeat with 2nd tortilla.



6. Enjoy! Or, freeze up to 1 month.