

# HEART HEALTHY BREAKFASTS

Prep Time: 10 min

Servings: 2

## Banana-Peanut Butter Smoothies



### Ingredients

1/2 cup milk

1 small ripe banana

1/4 cup Natural Creamy Peanut Butter Spread

2 tablespoons honey

6 ice cubes

### Directions

1. Combine milk, banana, peanut butter, honey and ice cubes in blender container. Cover and process until smooth.
2. Pour into serving glasses. Serve immediately.

Source: [allrecipes.com](http://allrecipes.com)

Servings: 4

Prep time: 15 min

Cook time: 6 hours (in slow-cooker)

## Slow Cooker Oats



### Ingredients

- 2/3 cup steel cut oats
- 2-1/3 cups water
- 2/3 cup peeled and chopped apple
- 1/3 cup raisins
- 1 tablespoon + 1 teaspoon butter
- 2 teaspoons ground cinnamon
- 1 tablespoon + 1 teaspoon brown sugar
- 3/4 teaspoon vanilla extract

### Directions

1. Place the steel cut oats, water, apple, raisins, butter, cinnamon, brown sugar, and vanilla extract into a slow cooker, and stir to combine and dissolve the sugar.
2. Cover the cooker, set to Low, and allow to cook 6 to 7 hours (for firm oats) or 8 hours (for softer texture).

Source: [allrecipes.com](http://allrecipes.com)

## Summer Berry Parfait with Yogurt and Granola

Servings: 2

Prep time: 10 min



### Ingredients

1-1/2 cups sliced strawberries

1-1/2 cups blueberries

2 (6 ounce) containers vanilla yogurt

2 tablespoons wheat germ

1 banana, sliced (add banana LAST if preparing more than 1 at a time)

2/3 cup granola

### Directions

1. Layer approximately 1/4 cup strawberries, 1/4 cup blueberries, 1/3 container yogurt, 1/3 tablespoon wheat germ, 1/3 of the sliced banana, and about 2 tablespoons of granola in a large bowl.
2. Continue to build the parfait, repeating the layers until all of the ingredients are used completely.

Source: [allrecipes.com](http://allrecipes.com)

## Breakfast Tortilla Wrap

**Servings:** 1 serving  
**Prep Time:** 15 mins  
**Total Time:** 20 mins



### Ingredients

- 1 slice turkey bacon
- Nonstick cooking spray
- 2 tablespoons chopped green sweet pepper
- 1/8 teaspoon ground cumin
- 1/8 teaspoon crushed red pepper (optional)
- 1/4 cup refrigerated or frozen egg product, thawed, or 2 egg whites, slightly beaten
- 2 tablespoons chopped tomato
- 3 dashes bottled hot pepper sauce (optional)
- 1 8-inch whole wheat tortilla, warmed\*

### Directions

1. Prepare turkey [bacon](#) according to package directions; crumble and set aside.
2. Coat a medium nonstick skillet with nonstick cooking spray. Heat skillet over medium heat; add sweet pepper, cumin, and, if desired, crushed red pepper. Cook and stir until tender, about 3 minutes. Add egg product; cook, without stirring, until mixture begins to set on the bottom and around edge. With [spatula](#) or large spoon, lift and fold the partially cooked egg mixture so that the uncooked portion flows underneath. Continue cooking for 2 to 3 minutes or until egg mixture is cooked through but is still glossy and moist.
3. Stir in tomato, bacon, and, if desired, hot pepper sauce. Spoon onto [tortilla](#); roll up.

Source: [recipe.com](http://recipe.com)

## Easy Egg White Omelet

**Servings:** 2 serving  
**Prep Time:** 10 mins  
**Cook Time:** 10 mins



### Ingredients

cooking spray

1 tablespoon chopped onion

1 tablespoon chopped green bell pepper

1 tablespoon chopped mushrooms

1/2 (32 ounce) container refrigerated pasteurized egg white substitute (such as Egg Beaters Whites®)

salt and ground black pepper to taste

### Directions

1. Spray a 9x5-inch glass or microwave-safe loaf pan with cooking spray; sprinkle the onion, green bell pepper, and mushrooms into the pan, and toss lightly with a fork just to mix. Season with salt and black pepper, and pour in the egg whites.
2. Cook in a microwave oven on High setting for 3 minutes. Remove and stir the cooked egg white from the side of the pan into the rest of the ingredients; cook for 3 more minutes on High. If the omelet is still a little runny on top, slice it into chunks and turn them over in the loaf pan; microwave for 30 more seconds on High. Adjust salt and pepper, and serve.

Source: allrecipes.com