

# Great Beginnings: Healthy Breakfast Ideas

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## Scrumptious Smoothies

### My Favorite Green Smoothie:

- 1 cup spinach
- 1 cup pineapple
- 1 peach
- 1/2 inch piece of ginger
- 1 lime squeezed
- 1 cup water



### Banana Blueberry Smoothie

- 1 cup blueberries
- 1 banana
- 1 cup almond milk or rice milk
- Dash of cinnamon

### Avocado-Banana-Green Smoothie

- 1 avocado
- 1 banana
- 1 cup greens (spinach, kale)
- 1 cup water
- Dash of cardamom

## Pleasing Porridge

### Chia-Flax-Date Oatmeal

- 1 cup oats
- 1 T chia seeds
- 2 T ground flax
- 2 1/4 cups water
- Dash salt
- 1 tsp nutmeg

Chopped dates and nuts

Boil water with salt and add oats, chia and flax. Cook for 10 minutes. Serve with honey or maple syrup, milk of your choice, 1 tsp butter or coconut oil, and chopped dates and nuts.

