

POWER YOUR DAY START STRONG WITH FOODS THAT FUEL

Did you know?

- Breakfast is the most important meal of the day for good reason – breakfast helps “break the fast” to stabilize energy throughout the morning.
- Breakfast boosts your energy levels by stimulating the brain and body first thing in the morning.
- Find your own personal breakfast routine. Keep it simple and do what works for you, which may include non-traditional breakfast foods, such as vegetables, sandwiches, or even last night’s leftovers.



Easy Overnight Oats

A few minutes prep time ahead of a busy morning means a quick grab and go morning meal. Use the overnight oats recipe below and customize your toppings for extra flavor and nutrition.

The Toppings

FRUIT: fresh berries, dried cranberries, raisins, sliced apples or pears, etc.

NUTS + SEEDS: almonds, pistachios, pumpkin seeds, sunflower seeds, chia seeds, nut butters

OTHER TOPPINGS: coconut flakes, granola, etc.

SPICES: cinnamon, nutmeg, allspice, cocoa

A TOUCH OF SWEET: honey, maple, agave, coconut sugar, brown sugar

Quick and Easy Overnight Oats

Makes 1 serving • 1 serving = about 1 cup

- 1/3 cup old-fashioned oats
- 1 tablespoon chia seeds
- 1/2 cup milk of choice (dairy milk, plant-based milk)
- Optional toppings: 1 teaspoon honey or maple syrup, 1 tablespoon nut butter, 1/2 cup fresh fruit, 2 tablespoons dried fruit, spices (cinnamon, nutmeg, etc.)

In a small glass food container or jar (1-pint mason jar works well) combine oats, chia seeds, and milk. Stir to combine and top with your choice of fruit, nut butters, sweeteners, nuts, seeds, or spices.

Place a lid on jar and refrigerate overnight, or up to five days. Pull jar from refrigerator when ready to serve. Pro tip: save time by making enough for a week and vary your toppings each day!