

## Healthy Breakfast Hacks and Helps for Quarantine and Beyond



Just because your usual routine has been disrupted doesn't mean you need to abandon healthy eating. Think of this quarantine period as an opportunity to build healthy habits that can last long after the social distancing restrictions have been lifted. Look here to get a jump start!

### Quick, nourishing and flavorful? Smoothies for the win!

Smoothies may not always have the best reputation for being healthy, but when you make them at home you have control over the type and amount of ingredients used. Many store-bought varieties use artificial sweeteners, fruit juice, and large amounts of fat or sweetened dairy products which make them high in sugar, fat and calories. The foundation for a healthy smoothie is finding the right balance of vegetables, fruit, protein and fats. It may take time and experimentation, but once you strike the perfect combination...yum! And let's not forget the nutritional benefits of a well-rounded smoothie include fiber, calcium and vitamins A, C and K, and phytochemicals to help fight free radicals and keep our immune system strong.

#### *Formula for your basic smoothie*

**SMOOTHIE = 1 to 2 tbsp of fat + 1 cup of fruit + a handful or two of greens + 1 cup of protein**

**Mix and match options under all or some categories and have fun testing and tasting different combinations!**

#### **Liquid**

Water, kefir, non-dairy milk, low-fat milk

#### **Vegetables**

Best choices are dark leafy greens: kale, spinach, Swiss chard

Other options: cauliflower, cucumber, broccoli, beets

#### **Fruit**

blueberry, strawberry, pineapple, banana, peach, apple, avocado (really any fruit you like!)

#### **Protein**

Unsweetened nut butter, chia, hemp or flax seeds, plain yogurt or nut milk

#### **Fat**

Salt and sugar-free nut butters, chia, flax, sesame, or hemp seeds, flax oil, coconut meat, coconut yogurt, or full-fat organic yogurt

#### **Added nutritional boosts**

Maca, acai powder, lucuma, cacao, spirulina

Herbs like cilantro or parsley

Spices like cinnamon, nutmeg, ginger or turmeric

#### **Toppings**

Granola, coconut and cacao nibs

### Make Ahead Breakfast Ideas

When the morning rush begins, there's nothing better than knowing you're prepared with healthy breakfast options that require minimal work because you did the work ahead of time!

1. Baked Oatmeal, made the night before in a crock pot and ready when you wake!  
<https://bit.ly/2xTxf2S>
2. Egg Muffins, healthy, versatile, low-carbohydrate, easy to store and reheat. <https://bit.ly/2KsqmZi>
1. Breakfast Burritos, that you can make and enjoy any time of the day and then freeze for up to a month and reheat on demand.  
<https://bit.ly/2yFn55X>

### Blender Breakfast Ideas

What's better than efficiency and easy clean up?  
Not much!

1. Banana Oatmeal Muffins <https://bit.ly/3bqlsGO>
2. Whole Wheat Waffles <https://bit.ly/3cGtT2c>
3. Banana Oatmeal Pancakes <https://bit.ly/2VO0iwN>
4. Raisin Almond Breakfast Spread  
<https://bit.ly/3eM1l3y>

## Sample Smoothie Combinations

**Option 1: Breakfast Smoothie.** Combine 1 cup frozen blueberries; 1/2 frozen banana; 1/2 cup frozen cauliflower; 1 to 2 leaves of kale; 1 to 2 cups of unsweetened non-dairy milk; 1 to 2 spoonfuls of mixed seeds (chia, hemp, flax); 1 scoop hemp protein powder and some granola (courtesy of <https://bit.ly/2VzOyzn>).

**Option 2: Tropical Fruit Yogurt Smoothie.** 6 ounces passion fruit, guava or other fruit-flavored fat-free yogurt; 1 medium chopped mango; 1 small banana; 1/3 cup uncooked, rolled oats; 2 teaspoons fresh ginger, grated; 1/2 cup pineapple or orange juice; 1/2 cup fat-free milk (courtesy of <https://bit.ly/2VMWv2Z>).

**Option 3: Going Green Smoothie.** 1 cup (120 ml) water; 1 cup (170 g) green grapes; 1/2 cup (85 g) pineapple; 1/2 banana, peeled; 2 cups (60 g) spinach; 1/2 cup (70 g) ice cubes (courtesy of <https://bit.ly/2xVEffR>).

### Freezing and Reheating tips:

#### Burritos

After you make your burritos and decide you want to freeze them, let them cool to room temperature and then wrap each burrito individually in parchment paper and place in a 1 gallon freezer bag. Store up to 1 month.

To reheat: Remove the frozen burrito from the freezer. Unwrap from parchment paper and wrap the frozen burrito up in a damp paper towel. Place on a microwave safe plate and microwave for 3 minutes or until warmed all the way through.

#### Egg Muffins

Once cooled, wrap egg muffins individually in plastic wrap and store in freezer bags. Best used within 1 month.

To reheat: Remove from freezer and discard plastic wrap. Place egg muffin on paper towel on microwave safe dish and microwave for about 60-90 seconds. You can also reheat in a toaster oven for about 10 minutes at 350°F.

### Benefits to eating breakfast

While not everyone is a breakfast meal lover, there are benefits to eating a healthy meal or small snack in the morning before your day gets going, including:

- Encourages healthy eating
- Balances blood sugar levels
- Kick starts metabolism
- Boosts energy and alertness
- Reduction of cardio metabolic risk factors
- Promotion of bone health and digestion
- Research shows that breakfast eaters get more fiber, calcium, vitamins A and C, riboflavin, zinc, and iron in their diets than breakfast-skippers

References:

<https://bit.ly/3eNzjdp>

<https://bit.ly/2Y5GiJ3>

## NEW Virtual Nutrition Counseling

COPE is now offering VIRTUAL nutrition counseling services to employees under Villanova University's health plan. Even if you're used to working from home one or two days a week, having to work from home ALL week is certainly a break in the routine, and this break certainly comes with eating and exercise pitfalls that WE can help you work through. Libby Mills is here to listen and guide you through this transitional time. Appointments are now available; check here for open dates and times: <http://bit.ly/38bRF4s> or contact Libby at [elizabeth.mills@villanova.edu](mailto:elizabeth.mills@villanova.edu)

