



**Top 10 Healthy, Make-Ahead
Breakfasts and Snacks**

Kristine's Kitchen





About Kristine

Hi There! I'm Kristine, the recipe developer, cook, photographer, and author behind the blog [Kristine's Kitchen](#). I love coffee, I'm addicted to homemade granola, and peanut butter and chocolate are my weaknesses.

I have a passion for inspiring home cooks to make healthy, homemade meals and snacks. Even with the busiest of lifestyles, you can make nutritious foods from scratch. The recipes you'll find at Kristine's Kitchen focus on simple preparations using fresh seasonal produce and wholesome ingredients. When you visit my blog, you will find easy dinner recipes, nutritious snacks, quick breakfasts, and healthier versions of your favorite sweets and treats.

I have three young children who keep me busy and are often at my feet or up at the counter helping me as I cook. This means that my recipes are real-life tested and family-friendly. I'm also a part-time elementary school teacher, so suffice it to say that life is busy, but full of good things!

I hope you love the recipes you find in this book as much as my family and I do!

You can read more about me and my food blog [here](#).

It would make my day if you'd follow me on:

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4-Ingredient Peanut Butter Granola

This Peanut Butter Granola is made with just 4 ingredients, in only 10 minutes of prep time. It's crisp and lightly sweetened, with just the right amount of peanut butter flavor.

Makes: 5 cups

Ingredients:

5 cups (430g) old-fashioned oats
1/2 cup peanut butter*
1/2 cup honey
1 tsp. vanilla extract

Directions:

1. Preheat oven to 275 degrees F.
2. Place oats in a large bowl. Combine peanut butter and honey in a liquid measuring cup. Heat in the microwave for about 45 seconds, until the peanut butter starts to melt. Whisk peanut butter and honey to blend. Add in vanilla and whisk to incorporate.
3. Pour the peanut butter mixture over the oats and stir until well combined. Spread granola in an even layer on a rimmed baking sheet. Bake for 20 minutes, stir, and then bake 10-15 minutes more until granola becomes light golden brown. Let cool completely on baking sheet. The granola will become crisp as it cools.

Store granola in an airtight container for up to two weeks.

**Note: I only buy natural peanut butter, so that's what I used here. Both natural and regular will work fine.*

Greek Yogurt Apple-Cinnamon Bread

This Greek Yogurt Apple-Cinnamon Bread is delicious for breakfast or even dessert! The Greek yogurt in the batter keeps this apple quick bread incredibly moist, and you will love the pieces of cinnamon-sugar apples that you get with every bite!



Ingredients:

For the bread:

1 granny smith apple, peeled, cored and chopped into small pieces
2 tablespoons packed light brown sugar
2 teaspoons cinnamon
1 1/2 cups white whole wheat flour
1/2 cup all purpose flour
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 cup plain Greek yogurt
1/2 cup unsweetened applesauce
1/4 cup honey
2 eggs
2 teaspoons pure vanilla extract
6 tablespoons unsalted butter, melted

For the walnut-oat streusel:

1/3 cup old-fashioned oats
2 tablespoons white whole wheat flour
1 tablespoon brown sugar
1 teaspoon cinnamon
2 tablespoons cold unsalted butter, cubed
1/3 cup walnuts, chopped

Directions:

Make the bread:

1. Preheat oven to 350 degrees F. Generously spray bottom and sides of a loaf pan with nonstick cooking spray.
2. In a small bowl, stir together the chopped apple, 2 tablespoons brown sugar, and 2 teaspoons cinnamon. Set aside.
3. In a medium bowl, whisk together both flours, baking powder, baking soda, and salt.
4. In the bowl of a stand mixer, combine Greek yogurt, applesauce, and honey. Beat on medium speed until combined, and then mix in the eggs and vanilla. Scrape down the sides of the bowl with a rubber spatula. Reduce mixer speed to low and slowly mix in the melted butter.
5. With the mixer still running on low, gradually incorporate the dry ingredients until barely combined, being careful not to over-mix. (The batter will be thick.) Use a rubber spatula to gently fold in the apples and any cinnamon-sugar left in the bowl. Transfer batter to the prepared loaf pan.

Make the walnut and oat streusel:

6. In a medium bowl, stir together oats, white whole wheat flour, brown sugar, and cinnamon. Use your fingertips to work the cold butter into the oat mixture. Stir in the walnuts. Sprinkle the streusel over the batter in the pan and gently press it down with your hands.
7. Bake bread for 50-60 minutes, until a tester inserted down into the loaf comes out with just a few moist crumbs attached. Check bread after 45 minutes and cover with foil to prevent over-browning of the streusel. Let bread cool in the pan on a wire rack for 15 minutes before carefully removing to the rack to cool completely before slicing and serving.





Banana Chocolate Chip Breakfast Cookies

These Banana Chocolate Chip Breakfast Cookies are filled with whole grains and flaxseed, and naturally sweetened with honey. They keep well in the freezer, for an easy grab and go breakfast or snack.

Makes: 3 dozen cookies

Ingredients:

2 ¼ cups old-fashioned oats
1 cup white whole-wheat flour or oat flour*
½ cup ground flaxseed
1 ½ tsp. cinnamon
¼ tsp. nutmeg
½ tsp. baking soda
½ tsp. salt
1 cup mashed ripe banana (about 3 medium bananas)
⅓ cup honey
¼ cup (4 tbsp.) unsalted butter, melted and cooled slightly
1 large egg
2 tsp. vanilla extract
½ cup chocolate chips (mini or regular-size)
½ cup chopped walnuts, optional

Directions:

1. Preheat oven to 350 degrees F. Line baking sheets with parchment paper.
2. In a large bowl, stir together oats, flour, flaxseed, cinnamon, nutmeg, baking soda, and salt.
3. In a medium bowl, whisk together mashed banana, honey, melted butter, egg, and vanilla. Pour the wet ingredients into the dry and stir until just combined. Gently stir in the chocolate chips and walnuts, if using.
4. Drop dough by rounded tablespoonful onto the prepared baking sheets. Use your fingers to gently flatten each cookie, as they won't flatten on their own during baking.
5. Bake 10-12 minutes, until set and barely golden. (If baking more than one pan at a time, be sure to rotate the pans halfway through the baking time.) Let cool on the baking sheet for a few minutes before removing to a wire rack to cool completely.

Cookies can be stored in an airtight container in the freezer for up to 2 months.

**You can make your own oat flour in your food processor. For 1 cup of oat flour, process 1 heaping cup of old-fashioned oats until finely ground, about 1 minute.*



Healthy Chocolate Chip Waffles

A healthy waffle that the whole family will get excited about. These Healthy Chocolate Chip Waffles are so good on their own, you might not even need maple syrup! (But I won't tell if you drizzle some on anyways.)

Makes: 7-8 waffles

Ingredients:

- 1 1/2 cups white whole-wheat flour
- 1/2 cup all-purpose flour
- 2 tbsp. cornstarch
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 2 large eggs
- 1 1/2 cups buttermilk
- 1/2 cup milk
- 1 tbsp. pure maple syrup
- 1 1/2 tsp. vanilla extract
- 3 tbsp. butter, melted and cooled slightly
- 1/2 cup mini chocolate chips

Directions:

1. In a large bowl, whisk together white whole-wheat flour, all-purpose flour, cornstarch, baking powder, baking soda, and salt.
2. In a medium bowl, whisk together eggs, buttermilk, milk, maple syrup, and vanilla. Whisk in the melted butter until well combined.
3. Pour the wet ingredients into the dry and whisk or stir until just combined. Set aside for 10-15 minutes while the waffle iron preheats.
4. Once waffle iron is heated, stir mini chocolate chips into the waffle batter. Lightly spray waffle iron with cooking spray. Cook waffles according to manufacturer's instructions. Serve immediately or keep warm in a 200 degree oven while you cook the rest of the waffles; serve.

Waffles freeze well. Freeze in a zip-top plastic bag. Before serving, warm in a 325 degree oven for a few minutes, or defrost and warm on low setting in toaster.



Healthy Carrot Cake Oat Muffins

These Healthy Carrot Cake Oat Muffins are made with whole wheat flour, applesauce, and pure maple syrup. These veggie-packed muffins are the perfect grab-and-go breakfast or snack!

Makes: 15 muffins

Ingredients:

2 cups white whole-wheat flour
1 cup old-fashioned oats
2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1 tsp. cinnamon
1/4 tsp. ground nutmeg
1/4 tsp. ground cloves
1/4 tsp. ground ginger
2 eggs
1 cup unsweetened applesauce
1/2 cup plus 2 tbsp. milk
1/2 cup pure maple syrup (or packed light brown sugar)
3 tbsp. melted unsalted butter, cooled slightly
2 tsp. vanilla extract
1 1/2 cups peeled, grated carrot* (about 2 medium)

Directions:

1. Preheat oven to 350 degrees F. Line muffin tins with paper liners and set aside.
2. In a medium bowl, whisk together the whole-wheat flour, oats, baking powder, baking soda, salt, cinnamon, nutmeg, cloves, and ginger.
3. In a large bowl, combine the eggs, applesauce, milk, maple syrup (or brown sugar), melted butter, and vanilla. Whisk until well combined.
4. Pour the dry ingredients into the bowl of wet ingredients and stir until just combined. Fold in the grated carrots.
5. Divide the batter evenly between muffin cups, filling each cup almost to the top. Bake until a tester inserted into the center of a muffin comes out clean, about 18-20 minutes. Let cool in the pan for 5 minutes before removing muffins to a wire rack to cool completely.

The muffins freeze very well. If kept air-tight in a zip-top plastic bag, they will stay fresh in the freezer for 2-3 months. Defrost on the counter or in the microwave before enjoying. Muffins will keep at room temperature for 2-3 days.



{10 Minute} No-Bake Granola Bars

These chewy No-Bake Granola Bars are packed with oats, crispy rice cereal, and toasted coconut. You can mix up a batch in just 10 minutes, and then comes the hard part – waiting for them to chill in the refrigerator before you can dig in!

Makes: about 18 bars

Ingredients:

1/2 cup unsweetened coconut flakes
2 cups quick oats
1 cup puffed brown rice cereal
1/2 cup almond butter
1/4 cup refined coconut oil
1/4 cup honey
2 tbsp. unsalted butter, cut into cubes
1 tsp. vanilla extract
1/4 tsp. salt
scant 1/4 cup dark chocolate chips

Directions:

1. Line an 8x8-inch square baking dish with parchment paper; spray the parchment with nonstick cooking spray.
2. In a small skillet, toast the coconut over medium-low heat until it just begins to brown, stirring often, about 4 minutes. Watch it carefully, as it can go from toasted to burnt quickly!
3. In a large bowl, stir together toasted coconut flakes, oats, and brown rice cereal.
4. In a microwave-safe liquid measuring cup or bowl, combine the almond butter, coconut oil, honey, and butter. Microwave on high for 30 seconds, stir, and then microwave as needed in 15-second intervals until melted and smooth. Stir in the vanilla and salt until well combined.
5. Pour the almond butter mixture over the oat mixture and stir until everything is well coated. Transfer to the prepared baking dish and press the mixture evenly and firmly down into the pan. (Lay a sheet of parchment paper over the top to prevent the mixture from sticking to your hand as you press it down.)
6. Chill in the refrigerator for at least an hour before removing the parchment and bars from the pan and slicing into bars.
7. Melt the chocolate chips in a microwave-safe bowl by heating for 1 minute, stirring, and then heating in 15-second intervals until completely melted. Drizzle chocolate over granola bars.

Granola bars are best stored in the refrigerator, and will keep for about a week.



Peanut Butter Oat **Snack Cookies**

Packed with peanut butter, flaxseed and oats, these Peanut Butter Oat Snack Cookies will give you an energy boost while satisfying your cookie craving! They are perfect for after school snacks for the kids, too!

Makes: 3 dozen cookies

Ingredients:

2 cups old-fashioned oats
1 cup white whole wheat flour
1/2 cup ground flaxseed
1/2 teaspoon baking soda
1/2 teaspoon salt
4 tablespoons unsalted butter
3/4 cup peanut butter
3/4 cup unsweetened applesauce
1/2 cup honey
1 large egg
1 tablespoon vanilla extract
1/2 cup dark chocolate chips, coarsely chopped

Directions:

1. Preheat oven to 350 degrees F. Line baking sheets with parchment paper.
2. In a large bowl, stir together oats, flour, flaxseed, baking soda, and salt.
3. In a medium bowl, melt the butter. Stir in the peanut butter, and then the applesauce, honey, egg, and vanilla. Pour the wet ingredients into the dry and stir until just combined. Gently stir in the chocolate chips.
4. Scoop dough by rounded tablespoonfuls and place on the prepared baking sheets. Use your fingers to gently flatten each cookie, as they won't flatten on their own during baking.
5. Bake 8-10 minutes, until set and barely golden. (If baking more than one pan at a time, be sure to rotate the pans halfway through the baking time.) Let cool on the baking sheet for a few minutes before removing to a wire rack to cool completely.



Apple Cinnamon Cookie Energy Bites

Filled with oats, almond butter, and fresh apple, these no-bake Apple Cinnamon Cookie Energy Bites are a healthy snack that's perfect for all ages!

Makes: about 2 dozen

Ingredients:

2 cups old-fashioned oats
1/4 cup ground flaxseed
3/4 teaspoon cinnamon
1/2 cup almond butter
1/4 cup plus 1 tablespoon honey
1 teaspoon vanilla extract
pinch of salt
1 cup (not packed) grated apple (about 1 medium)

Directions:

1. In a large bowl, stir together the oats, flaxseed, and cinnamon. In another bowl or a liquid measuring cup, stir together the almond butter, honey, vanilla, and pinch of salt until well combined. Pour over the oat mixture and stir until everything is evenly coated. (I use my hands at the end to make sure everything is well mixed.) Stir in the grated apple.
2. Scoop the mixture into tablespoon-sized portions (I use my small cookie scoop), and use your hands to squeeze it together into a ball. Slightly wet hands will help to keep the mixture from sticking.

Store the energy bites in an airtight container in the refrigerator. They will keep for 3-4 days. Enjoy!



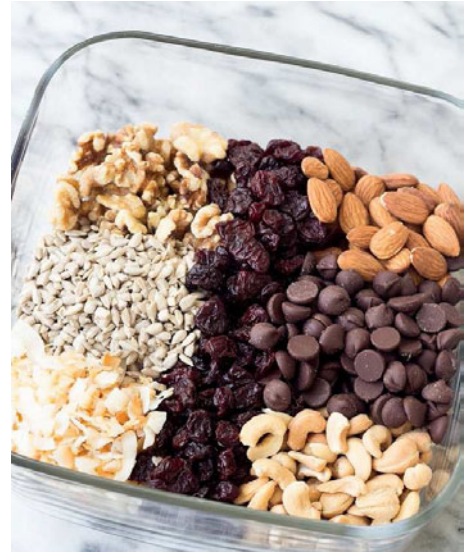
Energy Boosting Trail Mix with Toasted Coconut and Dark Chocolate

This Energy Boosting Trail Mix with Toasted Coconut and Dark Chocolate is a healthy mix of nuts and seeds, plus dried cherries and dark chocolate to satisfy your sweet tooth. It's the perfect snack for the back-to-school rush or to pack in your work bag or purse when you're on the go!

Makes: about 20 servings

Ingredients:

- 1 cup unsweetened coconut flakes
- 1 cup raw almonds
- 1 cup raw walnuts
- 1 cup cashews (I used roasted and lightly salted)
- 1/2 cup raw sunflower seeds
- 1 cup dried cherries (or cranberries)
- 3/4 cup dark chocolate chips



Directions:

1. Place coconut flakes in a small skillet on the stove. Toast over medium-low heat, until lightly golden and fragrant, gently stirring often. This should take only 2 or 3 minutes; watch the coconut carefully so it doesn't burn. Let cool before mixing with other trail mix ingredients.
2. Place toasted coconut and all remaining ingredients in a large bowl or storage container; stir to mix.

Store trail mix in an airtight container at room temperature, or divide into individual portions in zip-top baggies. I find that a heaping 1/4 cup is the perfect serving size. Enjoy!



Easy White Bean Dip

*This Easy White Bean Dip is one of my family's favorite healthy snacks.
It's made with just a few ingredients that you likely have on hand in your kitchen.*

Makes: about 1 1/2 cups

Ingredients:

15 ounce can cannellini beans, rinsed and drained
1 small clove garlic
2 tablespoons olive oil
1 tablespoon lemon juice
1/4 teaspoon salt
pinch of cayenne pepper
black pepper, to taste

Directions:

1. Place all ingredients in the bowl of a food processor and process until smooth. Taste and adjust seasonings as desired.
2. Add 1 tablespoon of water if necessary to reach desired consistency.

Bean dip can be served immediately, or stored for up to 3 days in the refrigerator.