

**Carb Controlled Breakfast Meal Prep with Jessica Shipley, MS, RD, CDCES  
DM Support Group Zoom Meeting on 3/11/21**

**Recipes Featured:**

1. Banana Almond Muffins, top with nut butter! Yum (also can be made in a 8x8 pan)
2. Chia & Flax "Noatmeal" this a low carb rendition of cream of wheat. Make this Savory or sweet.
3. Breakfast Egg Muffins (add to a salad) for lunch (also as a crustless quiche made in an 8x8 pan)
4. Berry & Walnut Overnight Oats with Chia. Enjoy warm or cold. Flavor up or down pending what you like or have on hand. Dairy, free, gluten free and kid friendly!

**1. Banana, Almond Mini Muffins**

These protein packed whole wheat, no added sugar banana muffins are so fluffy and moist, They're easy to make, too, with basic ingredients and only one mixing bowl! Feel free to add mix-ins of your choice, like chocolate chips or toasted nuts.

**INGREDIENTS**

- 2-3 very ripe, mashed bananas
- 2 eggs (1/3 cup whites) OR 2 Tbsp ground flax + 6 Tbsp liquid (add the egg white to bump up protein)
- 2 Tbsp chia
- 3/4 cup oats
- 1 cup almond flour
- 1/2 cup whole wheat flour
- 1/4 cup milk of choice or water (I used almond milk)
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 2 Tbsp mini chocolate chips or chopped apples

Mix ingredients in a bowl. Spray muffin pan with oil. Add to muffin pan. Bake about 15 minutes until done.

For 2 mini muffins: 160 cal, 18 g carbs, 5 g fiber, 6 g protein and so good! Top with almond butter and enjoy!

2. **Chia & Flax “Noatmeal”** this a low carb rendition of cream of wheat. Savory or sweet. **Low carb, HIGH fiber, great to lower your cholesterol!**

2 Tbsp Chia, 2 Tbsp flax, ½ cup liquid, sprinkle cinnamon, ¼ chopped apple – mix well.

249 cal, 23 g carbs, 15 g fiber, (Net carbs is 8, mostly from apple), 7 g protein, No added sugar!

## Breakfast Egg Muffins with Sautéed Veggies & Cheese

### INGREDIENTS

- 10 eggs + 3 egg whites
- 1 red bell pepper, diced
- 2 cups spinach, chopped
- 2 green onions, sliced
- ½ cup mushrooms, sliced
- ½ cup shredded cheese
- Pepper to taste
- Optional: ½ lb spicy chicken sausage

### INSTRUCTIONS

- Preheat oven to 350°. Spray muffin pan with cooking spray.
- Sauté veggies and meat in olive oil until cooked.
- Whisk eggs, milk, preferred spices. Fold in cooked veggies & cheese.
- Pour into prepared muffin tin.
- Bake 20 minutes until cooked though.



This low carb recipe can have a lot of variation and works great for meal prepping. Make a large batch and enjoy it for the week! Mix it up with whatever veggies you have on hand. Add chicken sausage for a meaty breakfast. Choose your favorite cheese or leave it out.

PER MUFFIN: 97 CALS, 2 G CARBS, 0 G ADDED SUGAR  
9 G PROTEIN

## Berry and Walnut Overnight Oats with Chia.

- a. This meal is so versatile and can be flavored up or down pending what you like or have on hand. Dairy, free, gluten free and kid friendly!
- b. High fiber, protein packed with chia seeds make this a creamy dish that can be enjoyed warm or cold.

## Berry & Almond Overnight Oats with Chia

### INGREDIENTS

- ½ cup oats
- 1 tbsp chia seeds
- 2/3 cup unsweetened vanilla almond milk (or other liquid of preference such as unsweetened coconut milk)
- ¼ cup berries
- 2 Tbsp slivered almonds
- Get creative with alternative toppings. Add chopped fruit, nuts, nut butter, greek yogurt, flaxseed, cinnamon, cacao powder, vanilla extract



Chia seeds offer many nutrition benefits. They are rich in omega 3s, fiber, & protein! They provide a creamy texture to this recipe.

350 CALS, 40 G CARBS, 0 G ADDED SUGAR  
10 G FIBER, 10 G PROTEIN

### INSTRUCTIONS

1. Place the oats, seeds, milk in jar
2. Mix well
3. Add toppings
4. Refrigerate overnight
5. Optional, sweeten to taste

