

YOU NEW FAVORITE

MEDITERRANEAN DIET BREAKFAST RECIPES

Start your morning right!



Mediterranean Movement

Your New Favorite Breakfast Recipes

The Mediterranean Movement

Welcome! We hope you enjoy these delicious recipes!

Awesome, nutritious breakfasts:

From eggs to smoothies to oatmeal, these recipes will have you eating well and loving it! Most of these recipes make several servings so that you can cook once and snack several times.

Let us know:

If you loved these recipes, you can find tons more on our website (www.themedimove.com), including complete meal plans that will have you looking and feeling your best.

Our Community:

We would love for you to be part of our community. Here you can get questions answered, share tips, and be in community. Use #medimove to show us what you have been cooking! We would love to feature your food.

with like-minded people. Use #medimove to show us what you are cooking up!

- Facebook: <https://www.facebook.com/MediterraneanMovement/>
- Instagram: https://www.instagram.com/Mediterranean_Movement/

Meal Plans

Check out our Meal Plans! These 21-day plans include three meals and optional snacks, as well as a complete grocery list. Created by a Registered Dietitian, the meal plans have been optimized to follow the principles of the Mediterranean Diet, leading to balanced nutrition and optimal health. <https://themedimove.com/meal-plans/>

Coaching

We also invite you to consider Nutrition Coaching or Weight Loss Coaching with our Registered Dietitians. They will hold your hand and provide expert support every step of your journey, virtually guaranteeing your success!

<https://www.themedimove.com/nutrition-coach/>

More About us

Learn more about who we are and why we started The Mediterranean Movement,

<https://www.themedimove.com/about-us/>

We would love to learn more about you too!

Happy eating,

Ashley & Jamie

The Mediterranean Movement

Smoked Salmon Avocado Toast

7 ingredients · 5 minutes · 1 serving



Directions

1. Mash the avocado onto your toast. Next, add the smoked salmon, yellow onion, capers, dill and lemon juice. Enjoy!

Notes

No Yellow Onion

Use red or green onions instead.

No Bread

Use a large cracker or flatbread.

Gluten-Free

Use gluten-free toast or crackers.

No Dill

Use another fresh herb such as parsley.

Ingredients

1/2 Avocado

1 slice Organic Bread (toasted)

1 1/2 ozs Smoked Salmon (cut into bite-sized pieces)

1/8 Yellow Onion (thinly sliced)

1/2 tsp Capers

1 1/2 tsp Fresh Dill (chopped)

1/4 tsp Lemon Juice



Sweet Almond Crêpes with Strawberries

7 ingredients · 15 minutes · 4 servings



Directions

1. In a mixing bowl, whisk the eggs, monk fruit sweetener and vanilla together until well mixed. Stir in the almond flour.
2. Heat a small non-stick pan over medium heat. Add 1/4 of the coconut oil to the pan. Let the oil melt then evenly coat the pan.
3. Add about 1/4 cup of the batter to the oiled pan and tilt the pan in a circular motion to distribute the batter evenly. Cook for 60 to 90 seconds or until just golden brown and the crêpe releases easily from the pan, then flip and continue cooking for 30 to 60 seconds. Repeat with the remaining batter.
4. To serve, smear the coconut butter down the center of the crêpe and top with sliced strawberries. Fold or roll the crêpe and enjoy!

Notes

Leftovers

Store coconut butter and strawberries separate from crêpes. Refrigerate the crêpes in an airtight container or zipper-lock bag for one day or freeze for longer. Reheat the crêpes in a dry pan until warmed through.

Serving Size

One serving is approximately two crêpes.

More Flavor

Add cinnamon to the batter.

Additional Toppings

Top with coconut whipped cream, maple syrup, cinnamon, shredded coconut or nut butter.

No Strawberries

Use raspberries instead.

No Coconut Butter

Use almond butter instead.

Ingredients

- 6 Egg
- 2 tbsps Monk Fruit Sweetener
- 2 tsps Vanilla Extract
- 1 cup Almond Flour
- 2 tsps Coconut Oil (divided)
- 1/4 cup Coconut Butter (soften, divided)
- 2 cups Strawberries (sliced, divided)



Chocolate Chip Cookie Dough Overnight Oats

8 ingredients · 3 hours · 4 servings



Directions

1. Combine all the ingredients into a small mixing bowl.
2. Cover and refrigerate for at least 3 hours or up to overnight. Stir in additional almond milk to thin if needed before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Dairy-Free

Use dairy-free chocolate chips.

Additional Toppings

Top with chopped nuts or additional chocolate chips or cinnamon.

More Protein

Stir in your favourite protein powder or collagen powder.

Ingredients

1 1/2 cups Unsweetened Almond Milk

1 cup Quick Oats

2 tbsps Maple Syrup

2 tbsps Chia Seeds

2 tbsps Organic Dark Chocolate Chips

2 tsps Vanilla Extract

1 tsp Cinnamon

1/4 tsp Nutmeg



Berry Chia Parfait

5 ingredients · 30 minutes · 6 servings



Directions

1. In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
2. Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
3. Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

Notes

No Slivered Almonds

Use shredded coconut or hemp seeds instead.

Chia Will Not Gel

If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!

Ingredients

- 5 1/4 cups Unsweetened Almond Milk
- 1 1/2 cups Chia Seeds
- 3 tbsps Maple Syrup
- 4 cups Frozen Berries (Thawed)
- 3/4 cup Slivered Almonds



Fried Egg Breakfast Sandwich

7 ingredients · 5 minutes · 2 servings



Directions

1. Heat a small pan over medium heat. Warm the olive oil and crack the egg in the pan. Season with salt and pepper. Cook until the whites are set and the yolk is cooked to your liking.
2. To assemble the sandwich, layer the romaine leaves, tomato and avocado slices on one piece of toast. Add the egg and the remaining piece of toast on top to complete the sandwich. Serve immediately and enjoy.

Notes

Gluten-Free

Use gluten-free bread instead of whole wheat bread.

More Flavor

Butter the toast before assembling the sandwich.

Additional Toppings

Add mayo, mustard, hot sauce or cheese to the sandwich.

Ingredients

1 tsp Extra Virgin Olive Oil

2 Egg

Sea Salt & Black Pepper

4 leaves Romaine

1/2 Tomato (sliced)

1/2 Avocado (sliced)

4 slices Whole Grain Bread (toasted)



Blueberry & Lemon Pancakes

8 ingredients · 25 minutes · 2 servings



Directions

1. In a large bowl, whisk the eggs, coconut flour, almond milk, and half of the coconut oil until combined.
2. To the same bowl, add in the baking soda, half of the maple syrup, lemon juice and zest. Once the mixture is smooth, fold in half of the blueberries.
3. Heat a large skillet over medium heat and add the remaining coconut oil. Once the pan is hot, pour the batter into the skillet, making each pancake about 3-inches wide. Work in batches being sure not to overcrowd the skillet.
4. Cook on each side for roughly 3 to 4 minutes, or until small holes begin to appear on the surface of the pancake. Repeat until batter is finished.
5. Top the pancakes with the remaining blueberries and maple syrup. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to two months. For best results, reheat in a pan with oil on medium heat or pop in the toaster if frozen.

Serving Size

One serving is roughly two pancakes.

Additional Toppings

Top with nuts, seeds, yogurt or nut butter.

No Blueberries

Use strawberries, blackberries, or raspberries instead.

Ingredients

- 1 2/3 Egg
- 3 1/4 tbsps Coconut Flour
- 3 1/4 tbsps Unsweetened Almond Milk
- 2 1/3 tsps Coconut Oil (melted, divided)
- 1/8 tsp Baking Soda
- 3 1/4 tbsps Maple Syrup (divided)
- 1/8 Lemon (juiced, zested)
- 3 1/4 tbsps Blueberries (divided)



Blood Orange Tahini Overnight Oats

5 ingredients · 8 hours · 2 servings



Directions

1. Add the oats, coconut milk, chia seeds, and chopped oranges to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
2. Remove the oats from the fridge and divide them into jars. Top with tahini. Enjoy!

Notes

Leftovers

Store in an airtight container in the fridge for up to three days.

Gluten-Free

Use certified gluten-free oats.

More Flavor

Add maple syrup or cinnamon.

Hot or Cold

These oats can be enjoyed hot or cold. Reheat cold oats in the microwave or on the stove top.

No Blood Oranges

Use regular navel oranges instead.

Ingredients

1 cup Oats (rolled)

1 1/4 cups Plain Coconut Milk (unsweetened, from the carton)

1 tbsp Chia Seeds

2 Blood Orange (small, peeled and chopped)

1 tbsp Tahini



Quinoa & Kale Egg Muffins

8 ingredients · 30 minutes · 6 servings



Directions

1. Preheat the oven to 350°F (177°C). Grease a muffin pan with the avocado oil.
2. Cook the quinoa according to package directions.
3. While the quinoa is cooking, heat the extra virgin olive oil in a large pan over medium heat. Cook the kale until wilted and tender. Remove from heat.
4. Add the cooked quinoa and the tomato to the wilted kale and stir to combine. Transfer the quinoa mixture evenly into the muffin cups of the prepared pan.
5. In a mixing bowl whisk the eggs until well scrambled. Whisk in the water and salt. Pour the egg mixture into the muffin cups to cover the quinoa, kale and tomatoes.
6. Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from the oven, let cool and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two egg muffins.

More Flavor

Add red pepper flakes or black pepper.

Ingredients

- 1 1/2 **tsps** Avocado Oil
- 1/3 **cup** Quinoa (dry)
- 1 **tbsp** Extra Virgin Olive Oil
- 3 **cups** Kale Leaves (finely chopped)
- 1 Tomato (diced)
- 7 Egg
- 1/4 **cup** Water
- 1/2 **tsp** Sea Salt



Butternut Squash & Apple Hash with an Egg

8 ingredients · 25 minutes · 2 servings



Directions

1. Heat 2/3 of the oil in a skillet over medium heat. Add the butternut squash and onion and cook, stirring often, for 10 to 12 minutes until the squash is tender. Season with the salt.
2. Add the apple and kale leaves and continue to cook until the kale has wilted down and the apple is warmed through and just tender, about 3 to 5 minutes. Add the cinnamon and stir to combine. Season with additional salt if needed.
3. In a second pan, heat the remaining oil over medium heat. Crack the eggs in the pan and cook until the whites are set and the yolks are cooked to your liking.
4. Divide the breakfast hash between plates and top with an egg. Enjoy!

Notes

Leftovers

Refrigerate the breakfast hash in an airtight container for up to five days. The eggs are best enjoyed freshly cooked.

Serving Size

One serving is approximately 1 cup of breakfast hash and 2 eggs.

More Protein

Add in cooked sausage, chicken or bacon.

Apple

This recipe was created and tested using Spartan apples.

Consistency

Chop the butternut squash and apples into similar size cubes to ensure even cooking.

No Red Onion

Use a yellow or sweet onion instead.

Ingredients

2 tbsps Extra Virgin Olive Oil (divided)
1 1/3 cups Butternut Squash (peeled and chopped into 1 cm cubes)
1/3 cup Red Onion (chopped)
1/8 tsp Sea Salt
2/3 Apple (small, finely chopped)
1 1/3 cups Kale Leaves (chopped)
1/8 tsp Cinnamon
4 Egg



Protein-Packed Avocado Toast

6 ingredients · 15 minutes · 2 servings



Directions

1. In a bowl, mash the avocado, white beans, lemon juice and sea salt together with a fork. Continue to mash until you get a guacamole-like consistency.
2. Divide the avocado bean mixture onto the toast. Sprinkle with hemp seeds and enjoy!

Notes

No White Beans

Use chickpeas instead.

Likes it Spicy

Add hot sauce or chili flakes into the avocado bean mixture.

Ingredients

- 1 Avocado
- 1 cup White Navy Beans (cooked)
- 1/4 Lemon (juiced)
- 1/4 tsp Sea Salt
- 4 slices Organic Bread
- 1/4 cup Hemp Seeds



Overnight Bircher Muesli

10 ingredients · 8 hours · 6 servings



Directions

1. In a large bowl, combine the oats, shredded coconut, almonds, flax seeds, raisins, hemp seeds, and cinnamon.
2. Stir in the almond milk, yogurt, and grated apple. Mix well. Cover and let soak in the fridge overnight.
3. Divide into bowls or jars in the morning, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Prep Ahead

The dry muesli mix can be scaled up and stored in a jar in your cupboard for up to 2 months.

Likes it Sweet

Serve with fresh berries and/or a drizzle of maple syrup or honey.

More Protein

Make with Greek yogurt instead of coconut yogurt.

Ingredients

- 3 cups** Oats (rolled)
- 1/3 cup** Unsweetened Shredded Coconut
- 1/3 cup** Sliced Almonds
- 3 tbsps** Ground Flax Seed
- 1/3 cup** Organic Raisins
- 1/3 cup** Hemp Seeds
- 3/4 tsp** Cinnamon
- 1 1/2 cups** Unsweetened Almond Milk
- 3 cups** Unsweetened Coconut Yogurt
- 1 1/2** Apple (medium, grated)



Melon Breakfast Bowls

4 ingredients · 10 minutes · 2 servings



Directions

1. Cut the cantaloupe in half and scoop out the seeds.
2. Divide the yogurt and raspberries evenly between each hollowed out cantaloupe half. Top with the granola and enjoy!

Notes

Dairy-Free

Use a dairy-free yogurt such as coconut.

Likes it Sweet

Add a drizzle of honey or maple syrup on top.

No Raspberries

Use strawberries, blueberries or blackberries instead.

No Granola

Use nuts or seeds instead.

Ingredients

- 1 Cantaloupe (small)
- 1 cup Plain Greek Yogurt
- 1 cup Raspberries
- 1/4 cup Granola



Berry & Greek Yogurt Smoothie

6 ingredients · 5 minutes · 2 servings



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Ultra Creamy

Use milk instead of water.

Ingredients

- 1 cup** Plain Greek Yogurt
- 2 tbsps** Raw Honey
- 2** Banana (frozen)
- 2 cups** Frozen Raspberries
- 2 tbsps** Ground Flax Seed
- 2 cups** Water



Blueberry Breakfast Crisp

10 ingredients · 50 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C) and grease a pie plate or baking dish.
2. In a mixing bowl add the blueberries, lemon juice, vanilla, arrowroot powder and half of the maple syrup. Stir to coat the blueberries evenly. Add the blueberry mixture to the prepared pie plate. Set aside.
3. In a second mixing bowl, add the oats, ground flax, almond flour, and cinnamon. Stir to combine.
4. Whisk the melted coconut oil with the remaining maple syrup and add to the oat mixture stirring until oats are evenly coated.
5. Spoon the oat mixture over top of the blueberries in the pie plate and smooth into an even layer.
6. Bake for 40 to 45 minutes until the blueberries are bubbly and the oats are golden brown. (The oats may seem a bit soft but they will crisp up as it cools.)
7. Remove from oven, let cool and enjoy!

Notes

Serving Dish Size

Use a 9-inch pie plate or 9 x 9-inch baking dish for 4 servings.

Meal Prep

You can make this breakfast ahead and store in the fridge. Enjoy cold or reheat before serving.

More Protein

Serve with Greek yogurt.

Leftovers

Keeps in the fridge for up to 3 days. The oats will lose their crispiness overtime.

Ingredients

- 2 1/2 cups Frozen Blueberries (thawed)
- 2 tbsps Lemon Juice
- 1/2 tsp Vanilla Extract
- 2 tsps Arrowroot Powder
- 1/4 cup Maple Syrup (divided)
- 1 cup Oats (rolled)
- 1/4 cup Ground Flax Seed
- 1/4 cup Almond Flour
- 1/2 tsp Cinnamon
- 1/3 cup Coconut Oil (melted)



Strawberry Coconut Oatmeal Muffins

8 ingredients · 40 minutes · 12 servings



Directions

1. Preheat your oven to 375°F (190°C) and line a muffin pan with liners.
2. In a small mixing bowl combine the coconut milk, maple syrup, vanilla extract and ground flax. Stir to combine and let it sit for at least 5 minutes.
3. In a second mixing bowl combine the oats, shredded coconut and baking powder. Add the coconut milk mixture to the oats and mix well. Fold in the chopped strawberries.
4. Divide the oatmeal batter between the muffin cups and bake for 24 to 28 minutes or until the muffins are golden brown around the edges and just firm to the touch. Let the muffins cool in the pan for 5 minutes before transferring to a cooling rack to cool completely. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to one month.

Serving Size

One serving is equal to one muffin.

More Flavor

Add cinnamon or a pinch of salt.

No Strawberries

Use blueberries or raspberries instead. Fresh berries are best instead of frozen.

No Maple Syrup

Use honey or agave instead.

No Rolled Oats

Use quick oats instead.

No Muffin Liners

Use a non-stick muffin pan or grease pan with coconut oil.

Ingredients

1 3/4 cups Organic Coconut Milk (full fat, from the can)

1/4 cup Maple Syrup

1 1/2 tsps Vanilla Extract

2 tsps Ground Flax Seed

2 cups Oats (rolled)

1/2 cup Unsweetened Shredded Coconut

1 tsp Baking Powder

1 cup Strawberries (fresh, chopped)



Gut Healing Green Smoothie

8 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Kale

Use spinach instead.

No Honey

Use maple syrup, dates or extra banana to sweeten instead.

Likes it Creamy

Use almond milk instead of water for extra creaminess.

Storage

Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

Ingredients

- 1 1/4 cups Water (cold)
- 1 cup Kale Leaves
- 1/4 Avocado (peeled and pit removed)
- 1/2 Banana (frozen)
- 1 1/2 tsps Chia Seeds
- 1 tbsp Ground Flax Seed
- 2 tsps Hemp Seeds
- 1 tbsp Raw Honey

