

50 Freezer-Friendly Breakfasts in 75 Minutes

from www.NewLeafWellness.biz

Recipe List

1. Fruit and Yogurt Parfaits (8 servings)
2. Peanut Butter Pretzel Bites (7 servings)
3. Smoothie Packs (5 servings)
4. Pumpkin Chocolate Chip Muffins (24 servings)
5. Baked Oatmeal (6 servings)

Tips for making all five recipes at once:

- Make the muffins first so they have time to cool while you're making the other meals.
- Make the peanut butter pretzel bites second so they have time to chill in the refrigerator before freezing.
- I used one large bowl and washed it between recipes so I wouldn't have a lot of dishes to clean at the end.

Full freezing instructions and grocery list below.

1. Freezer-Friendly Fruit and Yogurt Parfaits

Recipe modified from [Thirty Handmade Days](#)

Yields: 8 servings

Ingredients

- 1 pint fresh blueberries (I recommend fresh over frozen so the granola doesn't get soggy)
- 1 cup granola (about 1/4 pound if you buy it in bulk)
- 32oz container vanilla yogurt (I used Chobani vanilla Greek yogurt)
- 2 tablespoons honey (optional)

Materials

- 8 mason jars or small containers with lids

To Freeze

1. Spoon 1/2 cup yogurt into each jar.
2. Drizzle with honey, if desired. (Drizzle the honey over the yogurt instead of the granola so it doesn't get soggy.)
3. Add about 1/3 cup of blueberries.
4. Add a layer of granola.
5. Cover with lid and freeze for up to three months.

To Eat

1. Thaw in refrigerator overnight.

2. Freezer-Friendly Peanut Butter Pretzel Energy Bites

Recipe modified from [Pinch of Yum](#)

Yields: 14 “bites” (2 bites per serving)

Ingredients

- 1½ cups oats, crushed
- 1½ cups pretzels, crushed
- ½ cup shredded coconut
- ¼ cup chia seeds or flaxmeal (or a combination)
- ½ cup peanut butter
- ¼ cup coconut oil, softened (I didn't have any so I substituted peanut butter)
- ¼ cup pure maple syrup or agave syrup (I used maple syrup)

Materials

- 1 quart-sized plastic freezer bag
- Waxed paper
- Baking sheet

To Freeze

1. Line baking sheet with waxed paper.
2. Tip from Pinch of Yum: “Pulse the oats and pretzels through a food processor (one ingredient at a time) to get a uniform chopped texture. You want the texture to be “crushed” - somewhere between whole and completely ground.”
3. In a large bowl, combine all ingredients.
4. Use your hands to roll into 14 balls and place on lined baking sheet.
5. Place in refrigerator to chill for at least 15 minutes.
6. Move balls to quart sized plastic freezer bag, seal, and freeze for up to three months.

To Eat

1. Thaw overnight in refrigerator.

Serve with a banana.

3. Freezer Smoothie Packs

Recipe inspired by [Live Simply](#)

Yields: 5 smoothie packs

Ingredients

- 14-16oz bag frozen fruit (I bought frozen sliced strawberries)
- 5 bananas
- 5-10 tablespoons sweetener, like honey, pure maple syrup, or chocolate syrup (optional, but recommended)
- 5 cups milk or milk substitute (not needed until making the smoothies)

Materials

- 5 quart-sized freezer bags

To Freeze

1. To each freezer bag, add 1/2 cup frozen fruit, 1 sliced banana, and 1-2 tablespoons sweetener.
2. Seal and freeze for up to three months. (Tip: Freeze the bags flat so their contents are separated. If you freeze upright the bananas in the bag might stick together.)

To Eat

1. Add to blender with 1 cup milk or milk substitute. Blend until smooth.

4. Freezer-Friendly Pumpkin Chocolate Chip Muffins

Recipe from [New Leaf Wellness](#)

Yields: 24 muffins

Ingredients

- 3 1/2 cups flour
- 3 cups sugar
- 2 tsp baking soda
- 1 1/2 tsp salt
- 2 tsp cinnamon
- 15 ounce can of pumpkin puree
- 2/3 cups water
- 1 cup oil (I used a mix of canola and olive oil)
- 4 large eggs
- 1 cup semi-sweet chocolate chips

Materials

- 2 muffin baking pans
- 24 cupcake liners
- 2 gallon-sized plastic freezer bags

To Cook and Freeze

1. Preheat oven to 350°F.
2. Add cupcake liners to muffin pans.
3. In a large bowl, add all ingredients except chocolate chips. Mix well. Stir in chocolate chips.
4. Bake for 25 minutes or until toothpick comes out clean.
5. Cool on wire rack.
6. Add to freezer bags and freeze for up to three months.

To Eat

1. Thaw individually in refrigerator or microwave.

5. Freezer-Friendly Baked Oatmeal

Recipe modified from [Money Saving Mom](#)

Yields: 6 servings

Ingredients

- 1/3 cup unsalted butter, melted
- 2 large eggs
- 3/4 cup raw sugar (or brown sugar)
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons vanilla
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 cup plus 2 tablespoons milk
- 3 cups oats (regular or quick oats)

Materials

- Aluminum or disposable pie pan
- Cooking spray
- Foil to cover

To Freeze and Cook Later

1. Spray pan with cooking spray.
2. In a large bowl, combine all ingredients.
3. Pour into prepared pan.
4. Cover with foil and freeze for up to three months.

To Cook

1. Preheat oven to 350°F.
2. Uncover and bake for 35-45 minutes, until set in the middle.

Serve warm with milk. (We like to sprinkle sugar on top before pouring the milk on.)

Grocery List for all Five Recipes

(The number next to each ingredient corresponds to its recipe number.)

Produce

- 1 pint fresh blueberries (1)
- 5 bananas (3)

Cold/Dairy

- 32oz container vanilla yogurt (I used Chobani vanilla Greek yogurt) (1)
- 6 large eggs (4, 5)
- 1/3 cup butter (5)
- 1 cup plus 2 tablespoons milk (5)

Frozen

- 14-16oz bag frozen fruit (I used frozen sliced strawberries) (3)

Canned

- 15oz can of pumpkin puree (4)

Spices and Seasonings

- 3 teaspoons cinnamon (4, 5)
- 1 ¾ teaspoon salt (4, 5)

Baking

- 2 tablespoons honey (1)
- 5-10 tablespoons sweetener, like honey, pure maple syrup, or chocolate syrup (3)
- 4 1/2 cups oats (2, 5)
- 3 1/2 cups flour (4)
- 3 cups sugar (4)
- 1 cup semi-sweet chocolate chips (4)
- 3/4 cup raw sugar (or brown sugar) (5)
- 2 tsp baking soda (4)
- 1 1/2 teaspoons baking powder (5)
- 1 1/2 teaspoons vanilla (5)
- 1 cup oil (I used a combination of canola and olive oil) (4)
- ¼ cup coconut oil (2) (I didn't have any so I substituted peanut butter)

Miscellaneous

- 1 cup granola (1)
- 1½ cups pretzels (2)
- ½ cup shredded coconut (2)
- ¼ cup chia seeds or flaxmeal (or a combination) (2)
- ½ cup peanut butter (2)

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- ¼ cup pure maple syrup or agave (2)

Materials

- 8 mason jars or small containers with lids (1)
- 2 gallon-sized plastic freezer bag (4)
- 6 quart-sized freezer bags (2, 3)
- Baking sheet (2)
- Waxed paper (2)
- 2 muffin baking pans (4)
- 24 cupcake liners (4)
- Aluminum or disposable pie pan (5)
- Aluminum foil (5)
- Cooking spray (5)

Not Needed Until Day of Preparation

- 5 cups milk or milk substitute (3)
- Suggested Side Dishes
 - Freezer-Friendly Peanut Butter Pretzel Bites - bananas
 - Freezer-Friendly Baked Oatmeal - Serve warm with milk. (We like to sprinkle sugar on top before pouring the milk on.)