



# Healthy & Easy Study Snacks and Breakfasts

JENNIFER PAYANDEH [MED 3]

Whether you're zooming out the door, or logging onto Zoom, having healthy, filling, and nutritious food is very important for your health and well-being! These are a few breakfasts and snacks that I have found and made throughout my undergrad and med school so far that have served me well. Happy cooking!

## Breakfasts:

<b>Healthy Breakfast Scones</b>	<p><u>Ingredients:</u></p> <ul style="list-style-type: none"><li>- 1 ½ cups flour (any kind)</li><li>- 1 ½ tsp. baking powder</li><li>- ½ tsp. salt</li><li>- 2 tbsp. unsalted butter, cold and cubed</li><li>- ½ cup plain Greek yogurt</li><li>- 3 tbsp. syrup of your choice (e.g. maple syrup, agave syrup, brown rice syrup, honey)</li><li>- 3 tbsp. + 2 tsp. milk of your choice, divided</li><li>- 1 tsp. vanilla extract</li><li>- 1/2 cup berries of your choice (you can also do an Apple Cinnamon variety by finely chopping ¾ cup or 1 small apple, and adding 1 ½ tsp. ground cinnamon)</li></ul> <p><u>Instructions:</u></p> <ol style="list-style-type: none"><li>1. Preheat oven to 425°F and line a baking sheet with parchment paper.</li><li>2. In a medium bowl, whisk together the flour, baking powder, salt (and cinnamon if you're doing that variety). Cut in the butter using a pastry cutter or back of a fork until the mixture has a coarse sandy texture.</li><li>3. Stir in the Greek yogurt, syrup, vanilla, and 3 tbsp. of milk.</li><li>4. Gently fold in the berries (or apple pieces).</li></ol>
---------------------------------	---



	<ol style="list-style-type: none"> <li>5. Using a spatula, shape the dough into a <math>\frac{3}{4}</math>" tall circle on the prepared baking sheet. Brush top with the remaining milk. Slice the circle into 8 triangular segments with a sharp knife.</li> <li>6. Bake for 18-22 minutes or until the tops are lightly golden. Cool on the pan for 5 minutes before transferring to a wire rack.</li> <li>7. Enjoy!</li> </ol> <p>(Adapted from: <a href="https://amyshealthybaking.com/blog/2016/07/26/the-ultimate-healthy-blueberry-scones/">https://amyshealthybaking.com/blog/2016/07/26/the-ultimate-healthy-blueberry-scones/</a>)</p>
<p><b>Healthy Pancakes</b></p>	<p><u>Ingredients</u></p> <ul style="list-style-type: none"> <li>- <math>\frac{1}{2}</math> cup milk of your choice</li> <li>- 2 eggs + 1 egg white (or 3 egg whites)</li> <li>- 1 ripe banana</li> <li>- 2 tbsp. syrup of your choice (e.g. maple syrup, agave syrup, brown rice syrup, honey)</li> <li>- 1 <math>\frac{1}{2}</math> cup rolled oats</li> <li>- 2 tsp. baking powder</li> <li>- pinch of salt</li> <li>- 1 tsp vanilla extract</li> </ul> <p>Optional toppings:</p> <ul style="list-style-type: none"> <li>- fresh berries</li> <li>- syrup</li> <li>- chocolate chips</li> <li>- fresh banana slices</li> <li>- sliced nuts</li> </ul> <p><u>Instructions:</u></p> <ol style="list-style-type: none"> <li>1. In a large bowl or blender, combine milk, eggs/egg whites, banana, maple syrup, vanilla, oats, backing powder and salt</li> <li>2. Heat skillet over medium heat. Once warmed, spray skillet with cooking spray/coconut oil/butter. Pour pancake batter into skillet in size of choice.</li> <li>3. Cook for 2-3 minutes on one side, flip pancake and cook for another 1-2 minutes.</li> <li>4. Top with toppings of choice! Enjoy!</li> </ol> <p>(Adapted from: <a href="https://www.modernhoney.com/banana-oatmeal-pancakes/">https://www.modernhoney.com/banana-oatmeal-pancakes/</a>)</p>



**Nut Butter  
Overnight Oats**

Ingredients:

- ½ cup milk of your choice
- ¾ tbsp. Chia seeds
- 2 tbsp. nut butter of your choice
- 1 tbsp. syrup or sweetener of your choice (*e.g. maple syrup, agave syrup, brown rice syrup, honey, stevia, brown sugar, coconut sugar*)
- ½ cup rolled oats

Optional toppings:

- granola
- flaxseed meal
- additional chia seeds
- sliced fruit

Instructions:

1. To a jar or, Tupperware with lid, add the milk, chia seeds, nut butter, and syrup/sweetener. Stir to combine, you can make it as combined as you want.
2. Add oats and stir again, ensure all oats are immersed in liquid.
3. Cover with lid, or otherwise seal and set in refrigerator overnight (or at least 6 hours).
4. Garnish with toppings if desired and enjoy!

Notes:

- You can meal prep overnight oats for the week, they typically last well for 2-3 days.
- You can also heat your oat mixture, if you don't want to wait for it to set. Just microwave for 45-60 seconds or heat up in saucepan over low-medium heat until oats have softened.

(Adapted from: <https://minimalistbaker.com/peanut-butter-overnight-oats/>)

**Snacks:**

**Energy Balls**

Ingredients:

- 1 cup almond flour (*you can either buy or make your own by putting whole almonds in a blender/food processor*)
- 4 tbsp. Chia seeds (*or 2 tbsp. hemp seeds, 2 tbsp. chia seeds*)
- ½ cup nut or seed butter



	<ul style="list-style-type: none"> <li>- 4 tbsp. syrup of your choice (<i>e.g. maple syrup, agave syrup, brown rice syrup, honey</i>)</li> <li>- ½ tsp. vanilla extract</li> <li>- ½ tsp. cinnamon</li> <li>- ¼ tsp. salt (<i>omit if your nut butter is already salted</i>)</li> </ul> <p>Optional addition:</p> <ul style="list-style-type: none"> <li>- a large handful of chocolate chips</li> </ul> <p>Optional to coat the balls:</p> <ul style="list-style-type: none"> <li>- shredded coconut or hemp seeds</li> </ul> <p><u>Instructions:</u></p> <ol style="list-style-type: none"> <li>1. Mix all ingredients together in a large bowl.</li> <li>2. Form into balls and roll in either shredded coconut or hemp seeds.</li> <li>3. Store in an airtight Tupperware in the fridge!</li> </ol> <p>(Adapted from: <a href="https://choosingchia.com/no-bake-almond-butter-energy-bites/">https://choosingchia.com/no-bake-almond-butter-energy-bites/</a>)</p>
<p><b>Energy Bars</b></p>	<p><u>Ingredients:</u></p> <ul style="list-style-type: none"> <li>- ¾ cup creamy nut or seed butter</li> <li>- 1/3 cup syrup of your choice (<i>e.g. maple syrup, agave syrup, brown rice syrup, honey</i>)</li> <li>- 2 tbsp. coconut oil</li> <li>- 2 cups rolled oats</li> <li>- ½ cup vanilla protein powder of your choice</li> <li>- 3 tbsp. flaxseed meal (<i>Note 1: you can either buy or make your own by putting whole flaxseeds in a coffee grinder or blender/food processor</i>)</li> <li>(<i>Note 2: You can also process Chia seeds, or hemp seeds in a similar way</i>)</li> <li>- ¼ teaspoon cinnamon</li> <li>- ¼ tsp. salt (<i>omit if your nut butter is already salted</i>)</li> <li>- 1/3 cup mini chocolate chips</li> </ul> <p><u>Instructions:</u></p> <ol style="list-style-type: none"> <li>1. Line a square baking pan with parchment paper, leaving overhang on two sides like handles.</li> <li>2. Place the nut butter, syrup/honey and coconut oil in a heatproof bowl. Place the bowl over a saucepan full of water, and bring the water to a simmer over medium heat (don't let the water boil, and make sure the bowl isn't touching the bottom of the saucepan). Stir and heat until the mixture is smoothly combined.</li> </ol>



	<ol style="list-style-type: none"> <li>1. Remove the bowl from the saucepan (and turn off the heat), and add the oats, protein powder, flaxseed meal, cinnamon, and salt. Stir to combine. The mixture should hold together when pressed. <i>(If too dry, add some additional syrup/honey, or nut butter. If too wet, add some additional oats)</i></li> <li>2. If the mixture is too warm, put in fridge for a few minutes so the chocolate chips won't melt. When sufficiently cooled, add the chocolate chips.</li> <li>3. Press evenly into prepared pan, refrigerate at least 1 hour until firm.</li> <li>4. Lift the bars from the pan using the parchment handles and transfer to a cutting board to slice.</li> <li>5. Enjoy!</li> </ol> <p><i>(Adapted from: <a href="https://www.wellplated.com/peanut-butter-protein-bars/">https://www.wellplated.com/peanut-butter-protein-bars/</a>)</i></p>
<b>Frozen Yogurt-Covered Berries</b>	<p><u>Ingredients:</u></p> <ul style="list-style-type: none"> <li>- A package of any sort of fresh berries you'd like! For example, blueberries, raspberries, cranberries, strawberries.</li> <li>- Vanilla yogurt (I personally like Greek!)</li> </ul> <p><u>Instructions:</u></p> <ol style="list-style-type: none"> <li>1. Wash your berries!</li> <li>2. Line a baking sheet with wax paper.</li> <li>3. Using a toothpick, dip the berries into the yogurt, and swirl until coated.</li> <li>4. Place on baking sheet and freeze for at least an hour. After this, you can move them to a Ziplock bag!</li> <li>5. Enjoy!</li> </ol>

**Quick Snacks:**

<b>Frozen Grapes</b>	Pretty self-explanatory! Get your favourite grapes and put them in a Tupperware in the freezer for an icy dessert!
<b>Trail Mix</b>	Either get a pre-made mix or create one with bulk ingredients. Enjoy a variety of nuts, dried fruit, and maybe a little dark chocolate for energy that sustains!
<b>Veggies and Hummus</b>	Prepare carrots, celery, and cucumber slices ahead of time, and enjoy with your favourite hummus! My personal favourite is Sabra Supremely Spicy 😊

