



2 Quick and Simple Calm Boosting Breakfast or Snack Recipes

Created by Xonna M. Clark LLC



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Enjoy these 2 quick and simple recipes designed to help boost your calm!

They can be used for breakfast or as a snack.

Both are nutrient rich in vitamins, minerals and phytonutrients that support the nervous system and enhance the rest, digest & create response of the parasympathetic nervous system.

Enjoy as is or feel free to swap some ingredients to make your own variations.

If you would like more quick, simple, delicious and nutritious recipes, visit me at: www.xonnaclark.com for a free gift, or my private facebook group-[Real Food, Real Joy, Real Healing](#) for my weekly Food is the Best Medicine Show and tips, wisdom, recipes and more!

Have questions, feel free to reach out to me at 240-813-0805.

Enjoy!!

Xonna Clark, MS, LDN, CNS

Functional/Integrative Nutritionist

Food as Medicine Chef and Coach



2 Quick and Simple Calm Boosting Breakfast or Snack Recipes

11 items

Fruits

- 1/2 Avocado
- 1/2 Banana

Seeds, Nuts & Spices

- 1 tbsp Cinnamon

Frozen

- 1 cup Frozen Blueberries

Vegetables

- 2 cups Baby Spinach

Baking

- 1 cup Oats

Cold

- 1 cup Oat Milk
- 2 cups Plain Greek Yogurt

Other

- 1/2 oz Collagen Powder
- 1/2 cup Vanilla Protein Powder
- 1 cup Water



Protein Overnight Oats with Blueberries

6 ingredients · 8 hours · 4 servings



Directions

1. Add the milk, oats, yogurt, cinnamon, and protein powder to a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
2. Store in the fridge until ready to eat. Serve with blueberries and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Dairy-Free

Use coconut yogurt instead of Greek yogurt.

No Oat Milk

Use any milk or milk alternative.

Additional Toppings

Other fresh or frozen fruit, crushed nuts, hemp seeds, coconut flakes, nut butter, or chia jam.

Ingredients

1 cup Oat Milk (unsweetened, plain)

1 cup Oats (rolled)

2 cups Plain Greek Yogurt

1 tbsp Cinnamon

1/2 cup Vanilla Protein Powder

1 cup Frozen Blueberries

Nutrition

Amount per serving

Calories	264	Potassium	260mg
Fat	6g	Vitamin A	648IU
Carbs	31g	Vitamin C	9mg
Fiber	5g	Calcium	427mg
Sugar	8g	Iron	2mg
Protein	24g	Vitamin D	50IU
Cholesterol	19mg	Vitamin B12	0.6µg
Sodium	116mg	Magnesium	55mg



Collagen Green Smoothie

5 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 Collagen Powder

Omit or use protein powder instead.

No Spinach

Use kale or romaine lettuce instead.

Make it Vegan/Vegetarian

Omit the collagen and use a plant-based protein powder instead.

Leftovers

Best enjoyed immediately.

Ingredients

1 cup Water

2 cups Baby Spinach

1/2 Avocado

1/2 Banana (frozen)

1/2 oz Collagen Powder

Nutrition

Amount per serving

Calories	274	Potassium	1036mg
Fat	15g	Vitamin A	5811IU
Carbs	24g	Vitamin C	32mg
Fiber	10g	Calcium	106mg
Sugar	8g	Iron	2mg
Protein	16g	Vitamin D	0IU
Cholesterol	0mg	Vitamin B12	0µg
Sodium	87mg	Magnesium	100mg

