

# MORNING BLISS: Energizing Breakfast Recipes

By Edward Keyte



## INTRODUCTION



Start your day on the right foot with a breakfast that not only satisfies your taste buds but also supports your overall health and energy levels. This one-page guide provides you with a mouthwatering recipe and valuable insights to help you kickstart your day with vitality.

### **Balanced Breakfast: Stable Energy All Day**

Maintaining stable blood sugar levels is key to sustaining energy levels throughout the day.

Consuming breakfast options high in refined sugars can lead to spikes and crashes in blood sugar levels, leaving you feeling tired and sluggish. Instead, opt for a balanced breakfast that combines protein, healthy fats, and fiber-rich foods.

### **Ingredients:**

**Our recipe focuses on ingredients that promote satiety and provide sustained energy:**

- Plain Yogurt: Rich in protein and probiotics, plain yogurt helps regulate blood sugar levels and supports gut health.
- Mixed Nuts: Packed with healthy fats, protein, and fiber, nuts add crunch and satiety to your breakfast while helping stabilize blood sugar levels.
- [LiveGood Plant-Based Protein Powder](#): A convenient way to boost your protein intake without added sugars, Organic plant-based protein powder supports muscle repair and helps keep you feeling full.
- Avocado: Creamy and nutrient-dense, avocado adds healthy fats, fiber, and potassium to your breakfast, promoting feelings of fullness and supporting heart health.
- MCT Oil: Medium-chain triglycerides (MCTs) found in MCT oil provide a quick source of energy for your body and brain without spiking blood sugar levels.

### Additional Ingredients:

Enhance the flavour and nutritional profile of your breakfast by incorporating:

- Cinnamon: Adds warmth and sweetness without added sugars, while also helping to regulate blood sugar levels.
- Coconut Flakes: Provide a hint of sweetness and texture, along with beneficial fats and fibre.

### Recipe:

1. In a bowl, combine:
  - 1 serving of plain yogurt
  - 1 scoop of [LiveGood Organic plant-based protein powder](#)
  - 1 tablespoon of MCT oil
2. Stir until well combined.
3. Top with:
  - A handful of mixed nuts
  - Sliced ripe avocado
  - A sprinkle of cinnamon
  - A tablespoon of coconut flakes
4. Enjoy your delicious and nutrient-packed breakfast!

### Disclaimer:

Please note that while this recipe has been personally enjoyed and found beneficial by the creator of this PDF- (Edward Keyte), he is not a nutrition or health professional. It's always advisable to consult with a healthcare provider or nutritionist regarding your dietary needs and choices.



This recipe is my go-to breakfast choice that keeps me energized throughout the day. While it works wonders for me, please remember that I'm not a professional. Enjoy this breakfast with the confidence that it's been crafted with care and personal experience.

Download this guide now to discover the secret to a breakfast that fuels your day with energy and vitality!

Elevate your breakfast with [LiveGood's organic plant-based protein powder](#) for sustained energy and vitality! [Purchase now.](#)

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