

The Spartan's Breakfast



Spartans want a breakfast that will give them an abundance of nutrients to feed their bodies and sustain their energy. Let's take a closer look at what we have here. First, a high quality, low-fat protein source from egg whites. Avocado provides long-term energy with Omega-3 fatty acids, along with vitamins A and E. Orange Peppers are a great source of C and fiber. Steel cut oatmeal is a slow burning complex carbohydrate that also has heart healthy fiber. Blueberries are a great source of antioxidants and just enough fruit sugar for immediate energy needs. Add some cinnamon to the oats for flavor as well as to help regulate insulin production (a tip from trainer/dietician Cassie Whittington). Total prep time is about 10 minutes. Use the overnight method of cooking the oats so they are ready in the morning. Bring 3-4 cups of water to a boil (depending upon what consistency you want), add one cup of steel cut oats, stir, turn off heat and let sit overnight. Next morning microwave what you need on high for 2-3 minutes and you're ready to go!