



## Bariatric Breakfasts Ideas - 5 Recipes

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## Flaxseed Pudding Parfait

1 serving

35 minutes

### Ingredients

- 2 tbsps Ground Flax Seed
- 1/2 tsp Cinnamon
- 1/2 cup Unsweetened Almond Milk
- 1/4 tsp Stevia Powder
- 1 cup Unsweetened Greek Yogurt
- 1/4 cup Raspberries
- 1 tbsp Pecans (crushed)

### Nutrition

Amount per serving	
Calories	257
Fat	17g
Carbs	23g
Fiber	10g
Sugar	3g
Protein	5g

### Directions

- 1 In a bowl, whisk together the ground flaxseed, cinnamon, unsweetened almond milk and stevia. Let sit for 30 minutes, up to overnight.
- 2 To make the parfaits, set out glass cups or mason jars. Layer in the yogurt and flaxseed pudding in separate layers.
- 3 Top the parfaits with raspberries and pecans. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Nut-Free:** Use pumpkin seeds or hemp seeds instead of pecans.

**More Flavor:** Add vanilla extract or a variety of berries.



## Sheri's Chocolate Strawberry Chia Pudding

1 serving  
30 minutes

### Ingredients

2 tbsps Chia Seeds  
1/2 cup Plain Coconut Milk  
(unsweetened, from the carton)  
2 tbsps Chocolate Protein Powder  
1/4 cup Strawberries (halved)

### Nutrition

Amount per serving	
Calories	214
Fat	11g
Carbs	17g
Fiber	7g
Sugar	5g
Protein	14g

### Directions

- 1 In a small bowl, or mason jar, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the strawberries and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**No Protein Powder:** Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

**Likes it Sweet:** Add a drizzle of maple syrup or honey.

**Likes it Thicker:** Use full fat coconut milk instead.

**Additional Toppings:** Add granola or cacao nibs on top for crunch.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.





## Ham & Swiss Omelette

1 serving

10 minutes

### Ingredients

- 1 Egg (whisked)
- 1/2 tsp Extra Virgin Olive Oil
- 1 oz Sliced Ham (chopped)
- 1 oz Swiss Cheese (sliced)

### Nutrition

Amount per serving	
Calories	241
Fat	17g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	19g

### Directions

- 1 In a non-stick skillet over medium heat, add the oil. Once hot, pour the eggs into the skillet and let it cook until almost set.
- 2 Place the ham and cheese evenly across one half of the omelette and then fold the other half over on top. Remove from the heat and transfer it onto a plate. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Dairy-Free:** Use vegan cheese instead of Swiss cheese or omit completely.

**More Flavor:** Season with salt, pepper, herbs, or other spices.

**Additional Toppings:** Avocado, sliced peppers, cherry tomatoes, mushrooms, and/or spinach.



## Cottage Cheese with Mixed Berries

1 serving

5 minutes

### Ingredients

3/4 cup Cottage Cheese  
1/4 cup Frozen Berries (or fresh)

### Nutrition

Amount per serving	
Calories	174
Fat	7g
Carbs	10g
Fiber	1g
Sugar	8g
Protein	18g

### Directions

- 1 Top the cottage cheese with frozen berries and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Make it Vegan:** Use coconut yogurt or oatmeal instead of cottage cheese.

**Additional Toppings:** Hemp seeds, crushed nuts, coconut flakes, and/or your sweetener of choice.



## Blackberry Chia Pudding

1 serving

25 minutes

### Ingredients

1/2 cup Unsweetened Almond Milk  
 1/4 cup Blackberries  
 1/4 tsp Stevia Powder  
 1/4 tsp Vanilla Extract  
 2 tbsps Chia Seeds

### Nutrition

Amount per serving	
Calories	153
Fat	9g
Carbs	15g
Fiber	8g
Sugar	2g
Protein	5g

### Directions

- 1 Add the almond milk, blackberries, stevia, and vanilla to a blender and blend well until combined.
- 2 Pour the blackberry mixture into a medium-sized bowl and add the chia seeds. Whisk well to combine. Place into a small jar or bowl and refrigerate for at least 20 minutes to thicken.
- 3 Top with additional blackberries if desired. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Additional Toppings:** Granola, nuts, seeds, yogurt.

**Nut-Free:** Use oat milk or coconut milk instead of almond milk.