

6 FREEZER-FRIENDLY BREAKFAST MEAL PREP RECIPES

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CREATED IN PARTNERSHIP WITH THE MN PORK BOARD



GROCERY LIST

PRODUCE

- 2 medium green bell peppers
- 2 medium red bell peppers
- 2 medium yellow onions
- 2 large ripe bananas
- 1 small zucchini

PROTEIN & DAIRY

- ½ lb. bulk pork sausage or ground pork
- 1 lb. sliced bacon or 12 oz. sliced ham
- 8 oz. smoked ham steak
- 4 dozen large eggs
- ⅓ cup milk of choice
- 12 slices cheddar cheese
- 6 oz shredded cheddar cheese (1 ½ cups)
- 1 ⅓ cup plain yogurt of choice
- ½ cup butter

DRY GOODS/PANTRY STAPLES

- 12 English muffins
(use gluten-free, such as [Canyon Bakehouse](#), if needed)
- 12 burrito-size tortillas
(use gluten-free, such as [Siete](#), if needed)
- 4 ¼ cups old-fashioned rolled oats
- ¾ cup quick-cooking oats
- 1 cup mini chocolate chips
- 1 cup chopped walnuts
- ½ cup unsweetened coconut flakes
- 2 tablespoons ground flax seeds
- 1 cup pure maple syrup
- ¾ cup natural creamy peanut butter
- 3 teaspoons vanilla extract
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- ⅓ cup dried apple rings
- ⅓ cup raisins (optional)
- 1 tablespoon extra virgin olive oil or avocado oil

SPICES

- Fine salt
- Black pepper
- 2 teaspoons apple pie spice (or ½ tsp. cinnamon + ¼ tsp. nutmeg + ¼ tsp. ground ginger)
- 1 teaspoon ground cinnamon
- 1 teaspoon smoked paprika
- 1 teaspoon dried sage*
- 1 teaspoon fennel seeds*
- ½ teaspoon garlic powder*
- ¼ teaspoon onion powder*
- ¼ teaspoon crushed red pepper
- Pinch of nutmeg

*If using ground pork to make homemade sausage for egg muffins

FROZEN

- 1 lb. frozen tater tots
- 2 ½ cups frozen hash browns



TIPS FOR STORING & REHEATING

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Make-Ahead Breakfast Sandwiches

Refrigerate the wrapped sandwiches until completely cool before transferring to the freezer. Store in a freezer-safe container or [reusable bag](#). Use within 3 months.

From Thawed: Remove foil from the thawed sandwich(es). Wrap each sandwich lightly in a paper towel and microwave for 1 ½ – 2 minutes or until heated through.

From Frozen: Remove foil from the frozen sandwich(es). Wrap each sandwich lightly in a paper towel and microwave for 2-3 minutes or until heated through.

Denver Omelet Freezer Breakfast Burritos

Refrigerate the wrapped burritos until completely cool before transferring to the freezer. Store in a freezer-safe container or [reusable bag](#). Use within 3 months.

From Frozen: Remove the foil. Microwave the burrito for 2-3 minutes or until heated through.

From Thawed: Place the desired number of foil-wrapped burritos in the refrigerator to thaw overnight before reheating. Remove the foil and microwave the burrito for 1 ½ – 2 minutes or until heated through.

Optional: After microwaving, heat the tortilla on a grill pan or panini press to make the tortilla crispy. Serve with desired toppings (salsa, sour cream, cilantro, avocado).

Sausage Hash Brown Egg Muffins

Place egg muffins in a freezer-safe container with a lid. Refrigerate until completely cool before transferring to the freezer. Store in a freezer-safe container or [reusable bag](#). Use within 2 months.

From Frozen: Place the desired number of egg muffins on a plate. Microwave the egg bites for 30-45 seconds at a time until heated through.

From Thawed: Place the desired number of egg muffins in an airtight container in the refrigerator to thaw overnight before reheating. Microwave the egg bites on a plate or in the container (if microwave-safe) for 30 seconds at a time until heated through.

Zucchini Banana Baked Oatmeal Cups

Place oatmeal cups in a [reusable bag](#) or freezer-safe container with a lid. Refrigerate until completely cool before transferring to the freezer. Use within 3 months.

From Frozen: Place the desired number of oatmeal cups on a plate. Microwave for 30-45 seconds at a time until heated through.

From Thawed: Place the desired number of oatmeal cups in an airtight container in the refrigerator to thaw overnight before reheating. Microwave on a plate or in the container (if microwave-safe) for 30 seconds at a time until heated through.

Apple Cinnamon Breakfast Oat Cookies

Place cookies in a [reusable bag](#) or freezer-safe container with a lid. Refrigerate until completely cool before transferring to the freezer. Use within 3 months.

From Frozen: Place the desired number of cookies on a plate. Microwave for 30-45 seconds at a time until heated through.

From Thawed: Place the desired number of cookies in an airtight container in the refrigerator to thaw overnight before reheating. Microwave on a plate or in the container (if microwave-safe) for 30 seconds at a time until heated through.

5-Ingredient Healthy Granola Bars

Place granola bars in a [reusable bag](#) or freezer-safe container with a lid. Refrigerate until completely cool before transferring to the freezer. Use within 3 months.

Place the desired number of oatmeal cups in an airtight container in the refrigerator to thaw overnight. No reheating necessary!