



## No-Fuss No-Cook Breakfasts

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Hi!

Thank you for checking out my No-Fuss No-Cook Breakfasts recipe collection.

Stay cool! Fall is just around the corner.

Nutrition Savvy is all about building balanced and sustainable nutrition habits. All of my nutrition programs are customized to help you succeed!

## Free Consult

I'm ready to help you make the most of your nutrition journey. [Schedule](#) a FREE 20-minute consult.

## Customized Meal Planning

## 1:1 Virtual Nutrition Therapy

Thank you!

Jori



## Raspberry Chia Breakfast Parfait

2 servings

15 minutes

### Ingredients

- 1 cup Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 1 tsp Cinnamon
- 1 Banana (sliced)
- 1/2 cup Almonds (crushed)
- 2 tbsps Hemp Seeds
- 1/2 cup Raspberries

### Directions

- 1 Mix almond milk, chia seeds and cinnamon in a bowl. Let sit for 10 - 20 minutes or until the milk has become a thick jelly. Transfer into jars (depending on how many servings you are making).
- 2 Next add banana onto the milk/chia seed layer. Then add almonds followed by hemp hearts. Top with raspberries and enjoy!



## Carrot Cake Overnight Oats

2 servings

8 hours

### Ingredients

1 cup Oats (rolled)  
1/2 Carrot (medium, grated)  
2 tbsps Chia Seeds  
1/2 tsp Cinnamon  
1/4 tsp Ground Ginger  
1 1/4 cups Unsweetened Almond Milk  
2 tbsps Maple Syrup  
2 tbsps Unsweetened Coconut Yogurt  
2 tbsps Walnuts (roughly chopped)

### Directions

- 1 Add the oats, grated carrot, chia seeds, cinnamon, ground ginger, almond milk and maple syrup to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
- 2 Remove the oats from the fridge and divide them into jars. Top with yogurt and walnuts. Enjoy!

### Notes

**No Coconut Yogurt:** Omit, or use another type of yogurt instead.

**Nut-Free:** Omit, or use pumpkin seeds.

**Sugar-Free:** Omit the maple syrup, or use a sugar-free sweetener of your choice.

**No Almond Milk:** Use any other type of milk instead.

**Grated Carrot:** Half a medium carrot is equal to about 1/2 cup of grated carrot.

**Hot or Cold:** These oats can be enjoyed hot or cold. Reheat cold oats in the microwave.

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



## Overnight Bircher Muesli

4 servings

8 hours

### Ingredients

- 2 cups Oats (rolled)
- 1/4 cup Unsweetened Shredded Coconut
- 1/4 cup Sliced Almonds
- 2 tbsps Ground Flax Seed
- 1/4 cup Organic Raisins
- 1/4 cup Hemp Seeds
- 1/2 tsp Cinnamon
- 1 cup Unsweetened Almond Milk
- 2 cups Unsweetened Coconut Yogurt
- 1 Apple (medium, grated)

### Directions

- 1 In a large bowl, combine the oats, shredded coconut, almonds, flax seeds, raisins, hemp seeds, and cinnamon.
- 2 Stir in the almond milk, yogurt, and grated apple. Mix well. Cover and let soak in the fridge overnight.
- 3 Divide into bowls or jars in the morning, and enjoy!

### Notes

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

**Prep Ahead:** The dry muesli mix can be scaled up and stored in a jar in your cupboard for up to 2 months.

**Likes it Sweet:** Serve with fresh berries and/or a drizzle of maple syrup or honey.

**More Protein:** Make with Greek yogurt instead of coconut yogurt.



## Peaches & Cream Overnight Oats

4 servings

8 hours

### Ingredients

- 1 cup Oats (quick or traditional)
- 1 tsp Cinnamon
- 1/4 cup Chia Seeds
- 2 cups Unsweetened Coconut Yogurt
- 2 cups Unsweetened Almond Milk
- 2 tsp Vanilla Extract
- 2 tbsps Maple Syrup
- 2 Peach (medium, diced)

### Directions

- 1 In a large bowl, combine the oats, cinnamon, and chia seeds. Stir to combine.
- 2 Add the coconut yogurt, almond milk, vanilla extract and maple syrup. Stir well and let stand to thicken, about 20 minutes.
- 3 Divide between jars or containers and top with fresh peaches. Refrigerate overnight, or for a few hours. Enjoy!

### Notes

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

**No Coconut Yogurt:** Use plain Greek yogurt instead.



## Coconut Hemp Seed Breakfast Pudding

1 serving

3 hours

### Ingredients

1/2 cup Organic Coconut Milk (full fat, from the can)  
1 tsp Monk Fruit Sweetener  
1/4 tsp Vanilla Extract  
1/4 cup Hemp Seeds  
1 1/2 tbsps Ground Flax Seed  
1 1/2 tbsps Chia Seeds  
1 tsp Unsweetened Shredded Coconut  
1/4 cup Raspberries

### Directions

- 1 In a small mixing bowl, whisk the coconut milk, monk fruit sweetener and vanilla together. Stir in hemp seeds, ground flax seeds and chia seeds. Mix well.
- 2 Cover the coconut milk and seed mixture. Refrigerate until set. This will take at least 3 hours. You can also set it overnight.
- 3 Thin with additional coconut milk or water, if necessary. Top the pudding with the shredded coconut and raspberries. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 3/4 cup of hemp seed pudding.

**Additional Toppings:** Top with chopped nuts, cacao nibs or additional monk fruit sweetener.

**No Raspberries:** Use strawberries or blueberries instead.