

Zucchini Bread Recipes

Breakfast Punch Recipe – Quick & Healthy

5 min Prep time	**5 min** Cook time	**10 min** Total time
2 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1/2 cup rolled oats
- [ ] 2 cups unsweetened almond milk
- [ ] 1 tablespoon honey (or maple syrup)
- [ ] 1/4 teaspoon ground cinnamon
- [ ] Zest of 1/2 lemon
- [ ] 1 teaspoon chia seeds (optional)

Instructions

1. Toast the rolled oats in a dry skillet over medium heat for 2-3 minutes until lightly golden and fragrant.



2. Transfer the toasted oats to a blender, add almond milk, honey, and lemon zest; blend on high for about 30 seconds.



3. Add cinnamon and chia seeds, give a quick pulse to incorporate without over-mixing.



4. Pour into two glasses, garnish with a drizzle of honey and a light dusting of cinnamon; serve chilled.



Nutrition per serving

180 kcal	6 g	30 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a cooler drink, chill the almond milk before blending.
- If you prefer a thinner texture, add an extra splash of almond milk.
- Adjust lemon zest to taste; a little goes a long way.