

Best Fall Foods for a Tasty Brunch

Waking up on a cool autumn morning calls for a delicious, filling meal to kick-start your day. And what better way to enjoy the slow beginning of the day than by preparing brunch. An increasingly popular meal to share with friends, brunch includes the best of both worlds when it comes to breakfast and lunch foods, offering a variety of sweet and savory combinations. At The Atrium at Navesink Harbor, we've pulled together a few of our favorite brunch recipes inspired by food from the fall harvest.

Fall Brunch Recipes

[Four Ingredient Pumpkin Pancakes](#) - Pumpkin is one of the quintessential fall foods. It's hard these days to go into a store without seeing pumpkin flavored anything, from cookies and pie to new variations including pasta and coffee. With only four ingredients, these pancakes allow the pumpkin flavor to truly shine. Consider adding maple syrup to the recipe or simply topping off your stack of pancakes with a syrup drizzle to add sweetness to this dish. As an added bonus, pumpkins may help boost your immunity.

[Sweet Potato Hatch Chile Hash](#) - There's nothing quite like making a hash for brunch. This meal brings together spicy and sweet for a hearty dish perfect for starting your day, and the egg on top is the perfect finishing touch. Sweet potatoes are the fall favorite in this dish, which are high in fiber and shown to promote a healthy digestive system.

[Fruit with Honey-Ginger Dressing](#) - This fruit salad is a healthy addition to your brunch menu. Plus, the sweet ginger dressing adds a fall flair and amplifies the taste of this side dish. Ginger may also help reduce nausea and muscle soreness.

[Baked Apples with Oatmeal Filling](#) - A favorite pastime during the fall season is to take a visit to the local orchard. Fresh apple cider and donuts are savored, and you can personally pick apples from the lines of trees. What better way to enjoy the fruits of your labor than baking those apples with oatmeal, brown sugar and cinnamon for brunch. Apples are rich in antioxidants, flavonoids and dietary fiber. Plus, the nutrients and antioxidants may help reduce the risk of developing cancer, hypertension,

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diabetes and heart disease.

[Breakfast Egg Muffins with Mushroom and Spinach](#) – Mushrooms offer an earthy flavor, making them perfect for warm, cozy fall meals. And this brunch recipe is no exception. These egg bites are easy to pull together and can be stored for future use, making them a great meal prep option. Plus, mushrooms pack a serious punch in terms of nutritional value. They contribute to a healthy complexion and hair, increased energy and overall lower weight.

Get a Taste of Seasonal Offerings at The Atrium at Navesink Harbor

At The Atrium at Navesink Harbor, we're committed to quality service, and our dining team is no exception. Our chefs ensure the freshest, most nutritionally beneficial ingredients are offered by focusing menus around seasonal produce. We'd love for you to join us for a meal – [contact us](#) today to schedule your personal tour.