



FUNDAMENTAL
FITNESS

BREAKFASTS



Mini Harvest Peach Oatmeal Muffins

16 servings

20 minutes

Ingredients

- 1 Banana
- 2 Egg
- 1 tbsp Maple Syrup
- 1/4 cup Water
- 2 tbsps Ground Flax Seed
- 1 cup Oats
- 1/2 cup Oat Flour
- 1 tbsp Chia Seeds
- 1 Peach (pit removed and chopped)

Nutrition

Calories	65
Fat	2g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	10g
Fiber	2g
Sugar	3g
Protein	3g
Cholesterol	23mg
Sodium	9mg
Vitamin A	69IU
Vitamin C	1mg
Calcium	16mg
Iron	1mg

Directions

- 1 Preheat oven to 350 F. Prepare silicone mini muffin cups on a tray, or use a mini silicone muffin tray.
- 2 In a mixing bowl, mash the banana with the back of a fork. Add eggs, maple syrup, and water, whisking until well combined.
- 3 Add ground flax, oats, oat flour and chia seeds. Stir in the chopped peach.
- 4 Scoop the batter into each silicone cup. Bake for 12 to 15 minutes.
- 5 Let cool completely and enjoy!

Notes

No Peach, Use nectarines, plums, strawberries or pears instead.

Storage, Refrigerate in an airtight container up to 3 to 5 days.

Regular Sized Muffins, Use a regular sized muffin tray instead of a mini muffin tray. Bake for about 20 to 25 minutes.

Serving Size, One serving is equal to one mini muffin.



Tomato, Kale & Feta Breakfast Pizza

4 servings

50 minutes

Ingredients

- 6 Egg
- 1/4 cup Unsweetened Almond Milk
- 1 cup Kale Leaves (chopped)
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Feta Cheese (crumbled)
- 1 Tomato (sliced into rounds)
- 1 1/2 tps Coconut Oil

Nutrition

Calories	163
Fat	11g
Saturated	5g
Trans	0g
Polyunsaturated	2g
Monounsaturated	3g
Carbs	3g
Fiber	1g
Sugar	0g
Protein	12g
Cholesterol	287mg
Sodium	249mg
Vitamin A	2516IU
Vitamin C	7mg
Calcium	138mg
Iron	2mg

Directions

- 1 Preheat oven to 350. Place eggs in a large mixing bowl and beat with a fork. Then add almond milk, feta cheese and kale. Stir until evenly mixed.
- 2 Lightly grease cast iron skillet or glass dish with coconut oil and fill with egg mixture. Set sliced tomato on top of egg mixture. Season with salt and pepper. Bake in the oven for 40 minutes.
- 3 Remove from oven and slice into servings with a pizza cutter. Serve with leftover kale and tomatoes on the side. Enjoy!



Pumpkin Pie Baked Oatmeal

6 servings

45 minutes

Ingredients

- 2 cups Pureed Pumpkin
- 2 Egg
- 1/2 cup Maple Syrup
- 1 tbsp Pumpkin Pie Spice
- 1 tsp Vanilla Extract
- 3/4 tsp Baking Powder
- 1/2 tsp Sea Salt
- 1 cup Unsweetened Almond Milk
- 2 1/2 cups Oats (rolled or quick)
- 1/4 cup Ground Flax Seed
- 1/4 cup Pumpkin Seeds

Nutrition

Calories	307
Fat	8g
Saturated	1g
Trans	0g
Polyunsaturated	3g
Monounsaturated	3g
Carbs	51g
Fiber	8g
Sugar	19g
Protein	10g
Cholesterol	62mg
Sodium	318mg
Vitamin A	12885IU
Vitamin C	4mg
Calcium	200mg
Iron	4mg

Directions

- 1 Preheat oven to 375F. Grease a baking dish with a little coconut oil. (Use a 9 x 13 inch dish for 6 servings.)
- 2 In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
- 3 Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

Notes

Storage, Store covered in the fridge up to 4 - 5 days, or freeze in individual portions for easy grab-and-go breakfasts down the road.

Egg-Free, Replace the eggs with flax eggs. For every egg, mix together 1 tbsp of ground flax seed with 3 tbsp of water.



Spinach, Tomato & Goat Cheese Scramble

2 servings

20 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 5 Egg (whisked)
- 1 cup Cherry Tomatoes (halved)
- 2 cups Baby Spinach
- 1/4 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/4 cup Goat Cheese (crumbled)
- 1/2 cup Basil Leaves (chopped)

Directions

- 1 Heat a large skillet over medium heat. Add olive oil.
- 2 In a mixing bowl, whisk together eggs, cherry tomatoes, spinach, sea salt and black pepper. Mix well. Transfer to the skillet and stir continuously while cooking to scramble. Once eggs are cooked through, remove from the heat and divide into bowls. Top with goat cheese and basil leaves. Enjoy it while it's hot!

Nutrition

Calories	268
Fat	19g
Saturated	6g
Trans	0g
Polyunsaturated	3g
Monounsaturated	7g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	19g
Cholesterol	470mg
Sodium	565mg
Vitamin A	4428IU
Vitamin C	20mg
Calcium	131mg
Iron	3mg



Paleo Sweet Potato Porridge

2 servings

20 minutes

Ingredients

- 1 Sweet Potato
- 1/2 cup Organic Coconut Milk (canned)
- 1/2 cup Water
- 1 cup Raspberries
- 1 tbsp Coconut Oil
- 1/2 tsp Cinnamon
- 1 tbsp Unsweetened Coconut Flakes

Nutrition

Calories	273
Fat	19g
Saturated	16g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	23g
Fiber	7g
Sugar	6g
Protein	3g
Cholesterol	0mg
Sodium	54mg
Vitamin A	9244IU
Vitamin C	18mg
Calcium	50mg
Iron	2mg

Directions

- 1 Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
- 2 Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
- 3 Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning. It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
- 4 Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

Notes

Other Toppings, Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

Leftovers, Store in an airtight container in the fridge up to 3 to 4 days.



Asian Veggie Omelette

1 serving
20 minutes

Ingredients

- 1 1/2 tsps Coconut Oil
- 1/2 cup Shiitake Mushrooms (sliced)
- 1 cup Bok Choy (sliced into quarters)
- 3 Egg
- 2 1/4 tsps Tamari
- 2 stalks Green Onion (sliced)

Nutrition

Calories	340
Fat	21g
Saturated	10g
Trans	0g
Polyunsaturated	3g
Monounsaturated	6g
Carbs	15g
Fiber	3g
Sugar	5g
Protein	23g
Cholesterol	558mg
Sodium	1020mg
Vitamin A	4898IU
Vitamin C	35mg
Calcium	175mg
Iron	4mg

Directions

- 1 Heat coconut oil in a medium-sized frying pan over medium heat. Saute the bok choy for 2 minutes. Add mushrooms and cook for 2-3 more minutes or until all veggies are soft. Transfer the veggies to a bowl and set aside.
- 2 In a bowl, whisk together eggs, tamari and green onion.
- 3 Pour the egg mixture into the same pan over medium heat, and let cook until almost set. Place the mushrooms and bok choy on one half of the omelette and fold the other half over top. Remove from heat and season with sea salt and black pepper to taste. Enjoy!

Notes

Make it Fluffy, Whisk unsweetened almond milk into your egg mixture.

More Flavour, Whisk sesame oil into your egg mixture.

Mix it Up, Use up whatever vegetables you have on hand. Red onion, bell peppers or baby spinach work well.

Likes it Spicy, Serve with hot sauce.



Bacon & Eggs Breakfast Jar

4 servings

20 minutes

Ingredients

- 8 slices Organic Bacon
- 1 tbsp Coconut Oil (divided)
- 2 cups Mini Potatoes (quartered)
- Sea Salt & Black Pepper (to taste)
- 8 Egg (whisked)
- 1 cup Organic Salsa
- 4 cups Arugula

Directions

- 1 Cook the bacon and wrap in paper towel while you prepare the rest.
- 2 Add half the coconut oil to a frying pan and heat over medium. Add the diced potato and cover with a lid. Saute periodically until browned (about 10 minutes). Transfer the potato to a dish, season with a bit of sea salt and black pepper and set aside.
- 3 Add the remaining coconut oil to the pan and scramble the eggs until cooked through (add a splash of almond milk for fluffier eggs). Transfer to a dish and set aside.
- 4 Add a few spoonfuls of salsa to the bottom of the jars (500 mL in size). Add in a layer of potato and top with a layer of scrambled eggs then chopped bacon. Finish off with a layer of arugula and seal the jar. When ready to eat, dump into a bowl, toss well and enjoy!

Notes

Vegetarian, Replace the bacon with roasted chickpeas.

Leftovers, Store covered in the fridge up to 4 days.

The Best Bacon, Read the label. Look for quality bacon with no sugar added. Check out your local butcher.



Turkey Apple Breakfast Hash

4 servings

35 minutes

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 tsp Cinnamon
- 2 tbsps Poultry Seasoning
- 1 tbsp Avocado Oil
- 1 cup Red Onion (diced)
- 2 Garlic (cloves, minced)
- 2 cups Brussels Sprouts (trimmed and halved)
- 2 cups Butternut Squash (peeled and cubed)
- 2 Apple (cored and diced)
- 1/4 tsp Sea Salt (to taste)

Nutrition

Calories	326
Fat	14g
Saturated	3g
Trans	0g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	31g
Fiber	7g
Sugar	14g
Protein	24g
Cholesterol	84mg
Sodium	243mg
Vitamin A	7966IU
Vitamin C	60mg
Calcium	122mg
Iron	3mg

Directions

- 1 Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
- 2 In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
- 3 Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

Notes

Vegan & Vegetarians, Use lentils instead of ground turkey.

Leftovers, Store covered in the fridge up to 3 days.



Pumpkin Pie Baked Oatmeal

6 servings

45 minutes

Ingredients

- 2 cups Pureed Pumpkin
- 2 Egg
- 1/2 cup Maple Syrup
- 1 tbsp Pumpkin Pie Spice
- 1 tsp Vanilla Extract
- 3/4 tsp Baking Powder
- 1/2 tsp Sea Salt
- 1 cup Unsweetened Almond Milk
- 2 1/2 cups Oats (rolled or quick)
- 1/4 cup Ground Flax Seed
- 1/4 cup Pumpkin Seeds

Directions

- 1 Preheat oven to 375F. Grease a baking dish with a little coconut oil. (Use a 9 x 13 inch dish for 6 servings.)
- 2 In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
- 3 Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

Notes

Storage, Store covered in the fridge up to 4 - 5 days, or freeze in individual portions for easy grab-and-go breakfasts down the road.

Egg-Free, Replace the eggs with flax eggs. For every egg, mix together 1 tbsp of ground flax seed with 3 tbsp of water.



Eggs n' Guac Breakfast Bowl

4 servings

15 minutes

Ingredients

8 Egg
 2 Avocado
 1 Lemon (juiced)
 Sea Salt & Black Pepper (to taste)
 8 cups Baby Spinach
 1/4 cup Red Onion (thinly sliced)
 2 tbsps Extra Virgin Olive Oil

Nutrition

Calories	386
Fat	31g
Saturated	6g
Trans	0g
Polyunsaturated	5g
Monounsaturated	18g
Carbs	13g
Fiber	8g
Sugar	2g
Protein	16g
Cholesterol	372mg
Sodium	197mg
Vitamin A	6313IU
Vitamin C	32mg
Calcium	131mg
Iron	4mg

Directions

- 1 Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Peel the eggs and slice in half.
- 2 Make guacamole by mashing avocado and mixing with lemon, sea salt and pepper to taste.
- 3 Divide spinach into bowls and top with guacamole, egg, red onion and olive oil. Enjoy!

Notes

Storage, Keep refrigerated in an air-tight container up to 3 days.

Prep Ahead, Hard boil your eggs in advance to save time.

Make it Spicy, Add chili flakes.

Make it Vegan, Skip the eggs and add cooked chickpeas instead.

Extra Toppings, Try adding hot sauce, sunflower seeds, pumpkin seeds or hemp hearts.



Pumpkin Pie Overnight Oats

4 servings

8 hours

Ingredients

- 2 cups Oats (quick or traditional)
- 2 cups Unsweetened Almond Milk
- 2 cups Pureed Pumpkin
- 2 tbsps Chia Seeds
- 1/4 cup Maple Syrup
- 1 tbsp Pumpkin Pie Spice
- 1/2 cup Pecans (toasted and chopped)

Nutrition

Calories	390
Fat	16g
Saturated	2g
Trans	0g
Polyunsaturated	4g
Monounsaturated	7g
Carbs	57g
Fiber	11g
Sugar	17g
Protein	10g
Cholesterol	0mg
Sodium	92mg
Vitamin A	19325IU
Vitamin C	6mg
Calcium	351mg
Iron	5mg

Directions

- 1 In a large bowl, combine the oats, almond milk, pumpkin puree, chia seeds, maple syrup and pumpkin pie spice. Mix well. Cover and store in the fridge overnight or until set.
- 2 Once set, divide into jars and top with toasted pecans. Enjoy cold or warm in the microwave for a minute before eating.

Notes

No Pumpkin Pie Spice, Use cinnamon instead.

No Pecans, Use any type of crushed nuts or hemp seeds instead.



Green Smoothie Muffins

12 servings

25 minutes

Ingredients

- 1 tsp Coconut Oil
- 2 1/2 cups Baby Spinach
- 2 Banana (ripe)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Pitted Dates
- 3/4 cup Unsweetened Almond Milk
- 2 Egg
- 2 cups Oats (rolled)
- 1 tbsp Baking Powder

Nutrition

Calories	106
Fat	2g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	16g
Fiber	2g
Sugar	4g
Protein	6g
Cholesterol	32mg
Sodium	156mg
Vitamin A	675IU
Vitamin C	3mg
Calcium	134mg
Iron	1mg

Directions

- 1 Preheat your oven to 350F and line a muffin tin with liners. Brush the liners with coconut oil or use silicone cups to prevent the muffins from sticking.
- 2 In your blender, combine the baby spinach, bananas, protein powder, dates, and milk. Blend until smooth, then add the eggs, oats, and baking powder. Blend again until a batter is formed.
- 3 Scoop the muffin batter into the cups. Bake for 18 to 20 minutes, or until a toothpick inserted into the middle of a muffin comes out clean.
- 4 Let cool and enjoy!

Notes

Recommended Protein Powder, This recipe was developed and tested with a plant-based protein powder. If using a different type of protein powder, results may vary.

Leftovers, Store in an airtight container in the fridge for 4 days, or freeze for two months or more.

Add-Ins, After blending, stir in chocolate chips, fresh berries, walnuts, or anything else you like to add to banana muffins!



Sweet Cherry Steel Cut Oats

4 servings

20 minutes

Ingredients

- 1 cup Steel Cut Oats
- 3 cups Water
- 2 cups Frozen Cherries
- 1/2 cup Hemp Seeds

Nutrition

Calories	316
Fat	14g
Saturated	1g
Trans	0g
Polyunsaturated	8g
Monounsaturated	1g
Carbs	41g
Fiber	6g
Sugar	8g
Protein	11g
Cholesterol	0mg
Sodium	6mg
Vitamin A	676IU
Vitamin C	1mg
Calcium	56mg
Iron	3mg

Directions

- 1 In a saucepan, combine your steel cut oats with the water. Bring to a boil. Reduce heat and let simmer for 10 to 20 minutes, depending on how crunchy you like your oats.
- 2 Defrost your cherries in the microwave. 40 to 60 seconds usually does the trick.
- 3 Spoon your cooked steel cut oats into bowl and top with 1/2 cup cherries. Sprinkle on 2 tbsp of hemp hearts per serving. Enjoy!

Notes

No Cherries, Any fruit will work.



Vanilla Chia Pudding with Berries

3 servings

3 hours

Ingredients

- 1 1/3 cups Lite Coconut Milk (canned)
- 1 tbsp Maple Syrup
- 2 tsp Vanilla Extract
- 1/2 cup Chia Seeds
- 1 cup Blueberries
- 1 cup Strawberries

Nutrition

Calories	296
Fat	17g
Saturated	5g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	31g
Fiber	10g
Sugar	12g
Protein	6g
Cholesterol	0mg
Sodium	8mg
Vitamin A	33IU
Vitamin C	35mg
Calcium	196mg
Iron	3mg

Directions

- 1 In a medium-sized bowl, whisk together the coconut milk, maple syrup, and vanilla extract. Then whisk in the chia seeds. Place in the refrigerator for 3 hours or overnight.
- 2 Divide the chia pudding between bowls or containers and top with blueberries and strawberries. Enjoy!

Notes

Storage, Keeps well in an airtight container in the fridge for up to 5 days.



Berry Baked Oatmeal

6 servings

45 minutes

Ingredients

2 cups Oats (quick or traditional)
2 cups Unsweetened Almond Milk
2 tbsps Maple Syrup
1/2 cup Unsweetened Applesauce
1 tsp Cinnamon
2 tbsps Chia Seeds
2 cups Frozen Berries
1/4 cup Sliced Almonds

Directions

- 1 Preheat oven to 350 degrees F. Grease a baking pan with coconut oil.
- 2 Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
- 3 Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

Notes

Leftovers, Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

No Applesauce, Use mashed banana instead.

No Almonds, Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.



Zucchini Bread Overnight Oats

4 servings

8 hours

Ingredients

- 1 1/2 cups Oats (quick or traditional)
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Ground Flax Seed
- 2 tbsps Maple Syrup
- 1/2 tsp Cinnamon
- 1 Zucchini (grated)
- 1/4 cup Hemp Seeds
- 2 Banana (sliced)

Directions

- 1 In a large bowl combine the oats, almond milk, ground flax seeds, maple syrup, cinnamon, grated zucchini (aim for about 1/2 cup per serving) and hemp seeds. Stir well to mix and then store covered in the fridge overnight.
- 2 Add a large spoonful or two of oats into jars (250mL or 500mL). Add a layer of sliced banana, and another layer of oats. Top with more sliced banana, a sprinkle of hemp seeds and cinnamon. Enjoy them cold, or warm them up for a minute in the microwave.

Nutrition

Calories	286
Fat	9g
Saturated	1g
Trans	0g
Polyunsaturated	6g
Monounsaturated	2g
Carbs	45g
Fiber	7g
Sugar	15g
Protein	10g
Cholesterol	0mg
Sodium	68mg
Vitamin A	325IU
Vitamin C	14mg
Calcium	221mg
Iron	3mg



Blueberry Chia Parfait

2 servings

30 minutes

Ingredients

- 1 3/4 cups Unsweetened Almond Milk
- 1/3 cup Chia Seeds
- 1 tbsp Maple Syrup
- 1 cup Frozen Blueberries (thawed)
- 1/4 cup Slivered Almonds

Nutrition

Calories	351
Fat	22g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	35g
Fiber	13g
Sugar	13g
Protein	10g
Cholesterol	0mg
Sodium	148mg
Vitamin A	472IU
Vitamin C	2mg
Calcium	642mg
Iron	4mg

Directions

- 1 In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
- 2 Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
- 3 Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

Notes

No Slivered Almonds, Use shredded coconut or hemp seeds instead.

Chia Will Not Gel, If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!



Mocha Overnight Protein Oats

4 servings

8 hours

Ingredients

- 2 cups Oats (rolled)
- 1/4 cup Chia Seeds
- 1/4 cup Cocoa Powder
- 1/2 cup Chocolate Protein Powder
- 2 cups Unsweetened Almond Milk
- 1 cup Organic Coffee (brewed and chilled)
- 1/4 cup Cacao Nibs

Nutrition

Calories	329
Fat	12g
Saturated	3g
Trans	0g
Polyunsaturated	4g
Monounsaturated	2g
Carbs	40g
Fiber	12g
Sugar	0g
Protein	19g
Cholesterol	2mg
Sodium	104mg
Vitamin A	250IU
Vitamin C	0mg
Calcium	383mg
Iron	4mg

Directions

- 1 Combine all ingredients in a large bowl and mix well. Cover and refrigerate overnight.
- 2 Divide between bowls or containers. Top with cacao nibs for some crunch. Enjoy!

Notes

Leftovers, Keeps well in the fridge for 3-4 days.



Apple Pie Pancakes

6 servings

30 minutes

Ingredients

- 3 Egg
- 3/4 cup Unsweetened Almond Milk
- 3 tbsps Maple Syrup (divided)
- 3/4 Lemon (juiced and divided)
- 1 tsp Vanilla Extract
- 1/2 cup Coconut Flour
- 1/2 cup Arrowroot Powder
- 1 1/2 tsps Baking Powder
- 1/4 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Coconut Oil
- 1 Apple (cored and diced)
- 1/2 tsp Cinnamon
- 2 tbsps Almond Flour

Nutrition

Calories	216
Fat	10g
Saturated	4g
Trans	0g
Polyunsaturated	1g
Monounsaturated	3g
Carbs	27g
Fiber	5g
Sugar	10g
Protein	5g
Cholesterol	93mg
Sodium	350mg
Vitamin A	215IU

Directions

- 1 In a large bowl, whisk the eggs, almond milk, 1/3 of the maple syrup, 1/3 of the lemon juice and vanilla until combined.
- 2 In a separate bowl, combine the coconut flour and arrowroot flour. Add to the wet mixture about 1/4 cup at a time, whisking thoroughly.
- 3 Mix in baking powder, baking soda, and salt.
- 4 Grease a large skillet with olive oil and place over medium heat. Once hot, pour pancakes in the skillet, about 3-inches wide.
- 5 Once small holes begin to appear in the surface of the pancake, sprinkle a few apple chunks onto it and flip over. Cook each side approximately 3-4 minutes. Repeat until batter is finished.
- 6 Heat coconut oil in a small saucepan over medium heat. Add remaining apple chunks, cinnamon, the remaining 2/3 of the lemon juice and the remaining 2/3 of the maple syrup. Stir until combined.
- 7 Add almond flour and turn down to low-medium heat. Let simmer and stir occasionally for 3-5 minutes or until apple chunks are soft.
- 8 Top apple pancakes with chunky apple cinnamon sauce and enjoy!

Notes

No Arrowroot Flour, Use tapioca
Leftovers, Store pancakes in t





Avocado Toast with a Poached Egg

2 servings

15 minutes

Ingredients

2 slices Organic Bread (we like Dimpflmeier)
 1 Avocado
 Sea Salt & Black Pepper (to taste)
 2 Egg
 2 tbsps Apple Cider Vinegar
 1/4 tsp Sea Salt

Nutrition

Calories	315
Fat	22g
Saturated	4g
Trans	0g
Polyunsaturated	3g
Monounsaturated	13g
Carbs	22g
Fiber	8g
Sugar	4g
Protein	10g
Cholesterol	186mg
Sodium	501mg
Vitamin A	417IU
Vitamin C	10mg
Calcium	55mg
Iron	2mg

Directions

- 1 Toast bread.
- 2 Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
- 3 Crack your egg into a bowl.
- 4 Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
- 5 Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!



Cinnamon Raisin Bread

10 servings

1 hour

Ingredients

2 cups Ground Flax Seed
 2 tbsps Cinnamon
 1 tbsp Baking Powder
 1/2 cup Organic Raisins
 6 Egg
 1/4 cup Maple Syrup
 1/2 cup Water

Nutrition

Calories	205
Fat	10g
Saturated	1g
Trans	0g
Polyunsaturated	5g
Monounsaturated	3g
Carbs	20g
Fiber	6g
Sugar	10g
Protein	9g
Cholesterol	112mg
Sodium	192mg
Vitamin A	167IU
Vitamin C	0mg
Calcium	160mg
Iron	2mg

Directions

- 1 Preheat oven to 350F and brush a loaf pan with some oil.
- 2 In a medium-size bowl, mix together flax, cinnamon, baking powder and raisins. Use a whisk to stir until well combined.
- 3 In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add maple syrup and water, mixing until combined.
- 4 Add wet ingredients to the dry ingredients and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
- 5 Pour batter into loaf pan and smooth out the top with a spoon. Bake for about 45 minutes, or until the top feels set and the loaf is browned.
- 6 Once cooled, slice and store in the fridge or freezer.

Notes

Leftovers, Keeps well in the freezer for 5 days or the freezer for a few months.

Muffins, Reduce baking time to 20 to 25 minutes for regular-size muffins or about 15 minutes for mini muffins.



Salted Dark Chocolate Almond Granola

4 servings

40 minutes

Ingredients

- 2 cups Oats (rolled)
- 1/2 cup Ground Flax Seed
- 1/2 cup Sliced Almonds
- 1/2 tsp Sea Salt
- 50 grams Dark Organic Chocolate
- 2 tbsps Coconut Oil
- 2 tbsps Maple Syrup

Nutrition

Calories	461
Fat	26g
Saturated	10g
Trans	0g
Polyunsaturated	4g
Monounsaturated	2g
Carbs	47g
Fiber	10g
Sugar	10g
Protein	12g
Cholesterol	0mg
Sodium	310mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	81mg
Iron	4mg

Directions

- 1 Preheat oven to 325F and line a baking sheet with parchment paper.
- 2 In a large bowl, combine the oats, ground flax, sliced almonds, and sea salt. Mix well.
- 3 Melt the chocolate, coconut oil, and maple syrup together in a small bowl over a pot of hot water on the stove (or in the microwave). Pour over the oat mixture and mix thoroughly until everything is coated with melted chocolate.
- 4 Spread the granola over the baking sheet and bake for 20 to 25 minutes. It will seem soft but will crisp up as it cools.
- 5 Divide between bowls and enjoy!

Notes

Serving Size, One serving is equal to approximately 3/4 cup granola.

Storage, Store in an airtight container in the fridge for up to 7 days or in the freezer for longer.

Nut-Free, Substitute the almonds for sunflower seeds.

Serve it With, Milk, yogurt, oatmeal, fresh fruit, or alone as a snack.



Breakfast Tacos with Mashed Peas & Edamame

2 servings

15 minutes

Ingredients

- 2 Brown Rice Tortillas (thawed)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Frozen Peas
- 1/2 cup Frozen Edamame
- 2 tbsps Mint Leaves (about 2 tbsp, chopped)
- 1/4 Lemon (juiced)

Nutrition

Calories	422
Fat	23g
Saturated	4g
Trans	0g
Polyunsaturated	3g
Monounsaturated	12g
Carbs	37g
Fiber	7g
Sugar	6g
Protein	16g
Cholesterol	186mg
Sodium	273mg
Vitamin A	1294IU
Vitamin C	9mg
Calcium	66mg
Iron	3mg

Directions

- 1 Set oven to broil (high setting).
- 2 Place your brown rice tortillas on a baking tray lined with parchment paper. Place in oven and watch closely for 2-4 minutes. (You can also toast the tortillas over a gas stove on low-medium heat for 3-5 minutes. Watch very closely.) Set toasted tortillas aside.
- 3 Heat a frying pan over medium heat. Add half of the olive oil and brush around the pan for non-stick. Fry eggs (one or two at a time gives the best results) and season with a bit of sea salt and pepper.
- 4 Add your frozen peas and edamame to the same frying pan on low-medium heat for 2-3 minutes or until thawed.
- 5 Transfer the peas and edamame to a bowl and combine with chopped mint leaves, remaining olive oil and lemon juice. Mash all ingredients with a fork.
- 6 Spread pea and edamame mixture onto the toasted tortilla and top with fried egg. Fold tortilla in half and enjoy!



Acai Bowl

6 servings

15 minutes

Ingredients

- 1/2 cup Oats
- 1/2 cup Almonds (crushed)
- 1 tbsp Coconut Oil
- 1 tbsp Raw Honey
- 4 Banana
- 4 cups Frozen Berries
- 2 cups Baby Spinach
- 2 cups Unsweetened Almond Milk
- 1/4 cup Ground Flax Seed
- 1/4 cup Chia Seeds
- 1/4 cup Acai Powder
- 1 1/3 tbsps Cinnamon
- 1 cup Strawberries (sliced)
- 1 cup Blueberries
- 2 Kiwi (sliced)
- 1 Nectarine (chopped)
- 2 tbsps Hemp Seeds

Nutrition

Calories	402
Fat	17g
Saturated	3g
Trans	0g
Polyunsaturated	4g
Monounsaturated	5g
Carbs	60g
Fiber	15g
Sugar	30g
Protein	10g
Cholesterol	0mg

Directions

- 1 To make granola, toast oats and crushed almonds on the stovetop at medium-low heat for about 5 minutes. Add coconut oil and honey. Stir to coat evenly for additional 2-3 minutes. Remove from heat and set aside.
- 2 Place banana, frozen berries, spinach, almond milk, ground flax seed, chia seeds, acai powder and cinnamon into a blender. Blend well until smooth.
- 3 Divide into bowls and top with strawberries, blueberries, kiwi, nectarine, hemp seeds and granola. Enjoy!

Notes

Get Creative, Top your acai bowl with any other fruit, nuts, seeds, granola or nut butter.
Smoothie, Omit the chia seeds or add more almond milk for a thinner consistency. Leave out the toppings in step 3.

Vegan, Use maple syrup instead of honey.



Carrot Cake Chia Pudding

2 servings

3 hours

Ingredients

- 1 Carrot (medium, grated)
- 1/2 tsp Cinnamon
- 1/8 tsp Ground Cloves
- 1/4 tsp Ground Ginger
- 1 tsp Stevia Powder (to taste)
- 2 cups Unsweetened Almond Milk
- 1/2 cup Chia Seeds
- 1/4 cup Walnuts (chopped)
- 2 tbsps Unsweetened Coconut Flakes

Nutrition

Calories	413
Fat	31g
Saturated	4g
Trans	0g
Polyunsaturated	7g
Monounsaturated	3g
Carbs	30g
Fiber	16g
Sugar	2g
Protein	12g
Cholesterol	0mg
Sodium	184mg
Vitamin A	5600IU
Vitamin C	2mg
Calcium	751mg
Iron	5mg

Directions

- 1 In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
- 2 Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

Notes

Storage, Keeps well in the fridge for 3 to 4 days.

Extra Creamy, Replace half of the almond milk with full-fat canned coconut milk.



Avocado Sweet Potato Toast with Poached Egg

2 servings

15 minutes

Ingredients

- 1 Sweet Potato (large)
- 4 Egg
- 1 Avocado
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	361
Fat	24g
Saturated	5g
Trans	0g
Polyunsaturated	4g
Monounsaturated	14g
Carbs	22g
Fiber	9g
Sugar	4g
Protein	16g
Cholesterol	372mg
Sodium	185mg
Vitamin A	9908IU
Vitamin C	12mg
Calcium	88mg
Iron	3mg

Directions

- 1 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 2 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 3 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 4 Poach, fry or hardboil the eggs.
- 5 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Notes

Add Greens, Add a layer of baby spinach after you spread on the avocado.

Guacamole Lover, Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

Egg-Free, Skip the eggs and top with hemp seeds instead.



Protein-Packed Avocado Toast

1 serving
15 minutes

Ingredients

- 1/2 Avocado
- 1/2 cup White Navy Beans (cooked)
- 1/8 Lemon (juiced)
- 1/8 tsp Sea Salt
- 2 slices Organic Bread
- 2 tbsps Hemp Seeds

Nutrition

Calories	555
Fat	30g
Saturated	3g
Trans	0g
Polyunsaturated	11g
Monounsaturated	14g
Carbs	59g
Fiber	20g
Sugar	6g
Protein	19g
Cholesterol	0mg
Sodium	559mg
Vitamin A	149IU
Vitamin C	13mg
Calcium	119mg
Iron	5mg

Directions

- 1 In a bowl, mash the avocado, white beans, lemon juice and sea salt together with a fork. Continue to mash until you get a guacamole-like consistency.
- 2 Divide the avocado bean mixture onto the toast. Sprinkle with hemp seeds and enjoy!

Notes

No White Beans, Use chickpeas instead.

Likes it Spicy, Add hot sauce or chili flakes into the avocado bean mixture.



Tofu Veggie Scramble

2 servings

15 minutes

Ingredients

220 grams Tofu (firm)
 1 tbsp Avocado Oil
 1/2 Yellow Onion (medium, diced)
 2 Garlic (cloves, minced)
 1 Red Bell Pepper (sliced)
 1 cup Baby Spinach (chopped)
 1 tbsp Nutritional Yeast
 1/4 tsp Turmeric
 Sea Salt & Black Pepper (to taste)

Nutrition

Calories	198
Fat	13g
Saturated	2g
Trans	0g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	10g
Fiber	4g
Sugar	6g
Protein	13g
Cholesterol	0mg
Sodium	26mg
Vitamin A	3270IU
Vitamin C	84mg
Calcium	345mg
Iron	4mg

Directions

- 1 Place the tofu in a small bowl and mash with a fork to the point where it is broken apart but chunks still remain. The texture should be similar to scrambled eggs.
- 2 In a non-stick pan, heat the avocado oil over medium heat. Add the onions, garlic and bell pepper. Saute for 4 to 5 minutes, or until onions are translucent.
- 3 Add the tofu, spinach, nutritional yeast and turmeric to the pan. Mix well and cook until the spinach wilts and the tofu is heated through.
- 4 Season with sea salt and black pepper taste. Enjoy!

Notes

More Carbs, Serve with toast or brown rice.

Likes it Spicy, Serve with hot sauce, cayenne pepper or chili flakes.

Leftovers, Store in the fridge up to 3 to 4 days.



Zucchini Turkey Breakfast Skillet

3 servings
20 minutes

Ingredients

- 1 1/2 tps Coconut Oil
- 1 lb Extra Lean Ground Turkey
- 2 Zucchini (large, finely diced)
- 1 cup Organic Salsa
- 3 Egg
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	366
Fat	20g
Saturated	7g
Trans	0g
Polyunsaturated	5g
Monounsaturated	6g
Carbs	10g
Fiber	3g
Sugar	7g
Protein	37g
Cholesterol	298mg
Sodium	802mg
Vitamin A	1041IU
Vitamin C	25mg
Calcium	106mg
Iron	4mg

Directions

- 1 Add the coconut oil to a large skillet and place over medium heat.
- 2 Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
- 3 Add the salsa to the skillet and stir well to mix.
- 4 Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
- 5 Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

Notes

More Protein, Add extra eggs.

Vegetarian, Use lentils instead of ground turkey.

More Greens, Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

No Salsa, Use crushed tomatoes instead.



Pesto Zoodles with Poached Egg

4 servings

20 minutes

Ingredients

- 4 Zucchini (large)
- 1 cup Basil Leaves
- 1 cup Baby Spinach
- 1 Garlic (clove, minced)
- 1/4 cup Walnuts
- 1/3 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1/2 tsp Sea Salt
- 4 Egg

Nutrition

Calories	309
Fat	27g
Saturated	5g
Trans	0g
Polyunsaturated	6g
Monounsaturated	15g
Carbs	9g
Fiber	3g
Sugar	6g
Protein	10g
Cholesterol	186mg
Sodium	388mg
Vitamin A	1683IU
Vitamin C	43mg
Calcium	87mg
Iron	2mg

Directions

- 1 Spiralize your zucchinis into noodles and set aside.
- 2 In a food processor combine basil, spinach, garlic, walnuts, olive oil, lemon juice and sea salt. Blend until smooth.
- 3 Fry your eggs in a skillet or poach them in a small sauce pan with water and vinegar. Transfer them to a plate lined with paper towel.
- 4 You can serve this dish in two ways: For a cold dish, toss your zucchini noodles in desired amount of pesto, top with a fried or poached egg and serve. Or, for a warm dish, heat a bit of olive oil in the skillet and saute your noodles until warmed through, add pesto and work it around with tongs to evenly distribute. Transfer to bowls and top with a fried egg. Enjoy!

Notes

Nut-Free, Use sunflower or pumpkin seeds instead of walnuts.

More Carbs, Use brown rice pasta instead of zucchini noodles.

No Spinach, Use kale or any dark leafy green.

Meat Lover, Skip the poached egg and top with chicken, bacon or steak instead.

Vegan, Skip the poached egg and top with beans, lentils or chickpeas instead.



Hummus Toast with Avocado

1 serving

10 minutes

Ingredients

- 2 slices Rye Bread (toasted)
- 1/2 cup Hummus
- 1/2 Avocado (sliced or mashed)
- 2 tbsps Sunflower Seeds
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	712
Fat	47g
Saturated	7g
Trans	0g
Polyunsaturated	18g
Monounsaturated	19g
Carbs	62g
Fiber	19g
Sugar	4g
Protein	20g
Cholesterol	0mg
Sodium	918mg
Vitamin A	181IU
Vitamin C	10mg
Calcium	127mg
Iron	6mg

Directions

- 1 Spread hummus over toast and top with avocado slices, sunflower seeds, salt and pepper. Enjoy!

Notes

No Sunflower Seeds, Use hemp seeds, sesame seeds or pumpkin seeds instead.
Make Your Own Bread, See our Grain-Free Flax Bread recipe.



Strawberry Coconut Overnight Oats

4 servings

8 hours

Ingredients

- 1 1/2 cups Oats (quick)
- 1 1/2 cups Organic Coconut Milk
- 2 tbsps Chia Seeds
- 1 tbsp Maple Syrup
- 3/4 cup Water
- 2 cups Strawberries (sliced)
- 1/4 cup Hemp Seeds

Nutrition

Calories	397
Fat	25g
Saturated	14g
Trans	0g
Polyunsaturated	5g
Monounsaturated	1g
Carbs	35g
Fiber	6g
Sugar	8g
Protein	10g
Cholesterol	0mg
Sodium	28mg
Vitamin A	10IU
Vitamin C	45mg
Calcium	81mg
Iron	3mg

Directions

- 1 Combine oats, coconut milk, chia seeds and maple syrup together in a large glass container. Add water and stir well to evenly mix. Cover and store in the fridge overnight.
- 2 Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced strawberries followed by a sprinkle of hemp seeds. Repeat until all ingredients are used up. Store in the fridge up to 4 days or until ready to eat.

Notes

Warm It Up, Heat in the microwave for 30 to 60 seconds before eating

More Protein, Add extra hemp seeds



Paleo Huevos Rancheros

4 servings

25 minutes

Ingredients

- 1 tbsp Coconut Oil (divided)
- 1 Jalapeno Pepper (seeds removed and finely chopped)
- 1 Green Bell Pepper (finely chopped)
- 1 Yellow Onion (finely chopped)
- 2 Tomato (chopped)
- Sea Salt & Black Pepper (to taste)
- 8 Egg
- 2 Avocado (peeled and cut into slices)
- 1/2 cup Cilantro (optional)
- 8 leaves Romaine (washed)

Nutrition

Calories	373
Fat	28g
Saturated	8g
Trans	0g
Polyunsaturated	4g
Monounsaturated	14g
Carbs	17g
Fiber	10g
Sugar	5g
Protein	16g
Cholesterol	372mg
Sodium	180mg
Vitamin A	6678IU
Vitamin C	53mg
Calcium	104mg
Iron	3mg

Directions

- 1 Heat half of the coconut oil in a large skillet over medium heat. Add jalapeno, green pepper and onion. Sautee for 5 minutes or until onion is translucent. Add in tomatoes and stir well. Season with sea salt and pepper to taste. Let simmer for at least 15 minutes or until mixture thickens. Set aside.
- 2 Heat the remaining coconut oil in a non-stick pan and fry eggs (sunnyside up).
- 3 Assemble Huevos Rancheros by plating two large romaine leaves and adding some of your homemade salsa otop. Add fried eggs and then top with avocado slices and cilantro. You can use the romaine leaves to wrap up the goodness or just eat it as is. Enjoy!

Notes

More Carbs, Serve with brown rice tortillas (not paleo).

More Spicy, Serve with tabasco sauce.



Sweet Potato Pancakes

2 servings

20 minutes

Ingredients

- 2 Sweet Potato (small)
- 4 Egg (whisked)
- 1 tbsp Coconut Oil
- 1/2 tsp Cinnamon
- 2 tbsps Maple Syrup

Nutrition

Calories	370
Fat	16g
Saturated	9g
Trans	0g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	41g
Fiber	4g
Sugar	18g
Protein	15g
Cholesterol	372mg
Sodium	216mg
Vitamin A	18985IU
Vitamin C	3mg
Calcium	122mg
Iron	3mg

Directions

- 1 Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork.
- 2 Measure out about 1/2 cup of mashed sweet potato per serving and add it to a bowl. Add in the eggs and mix well.
- 3 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Divide pancakes onto plates and top with cinnamon and maple syrup. Enjoy!

Notes

Spice it Up, Add nutmeg and/or ginger spice.

Toppings, Top with banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.



Eggvocado

1 serving
15 minutes

Ingredients

- 1 Avocado
- 2 Egg

Nutrition

Calories	466
Fat	39g
Saturated	7g
Trans	0g
Polyunsaturated	6g
Monounsaturated	23g
Carbs	18g
Fiber	14g
Sugar	2g
Protein	17g
Cholesterol	372mg
Sodium	156mg
Vitamin A	833IU
Vitamin C	20mg
Calcium	80mg
Iron	3mg

Directions

- 1 Preheat oven to 350 degrees F.
- 2 Slice the avocado in half and scoop out a little flesh from each half to make room for the eggs. Place face-up on a baking sheet.
- 3 Crack an egg in each half of the avocado and bake for 10-15 minutes, depending on how runny you like your eggs. Enjoy!

Notes

On The Go, Hardboil the eggs, mash with a fork then stuff them into the avocado halves for a more portable meal.



Bacon, Eggs, Avocado & Sauerkraut

2 servings

15 minutes

Ingredients

- 4 slices Organic Bacon
- 4 Egg
- 1 Avocado
- 1/2 cup Sauerkraut

Nutrition

Calories	400
Fat	31g
Saturated	8g
Trans	0g
Polyunsaturated	5g
Monounsaturated	17g
Carbs	11g
Fiber	8g
Sugar	2g
Protein	21g
Cholesterol	390mg
Sodium	740mg
Vitamin A	699IU
Vitamin C	15mg
Calcium	81mg
Iron	3mg

Directions

- 1 In a pan, slowly cook the bacon over medium-low heat until done. Transfer to a plate and reserve fat for cooking eggs.
- 2 Crack eggs into the pan and cook to desired doneness. While eggs are cooking, slice avocado and arrange on plate with bacon.
- 3 Transfer cooked eggs to plate and add sauerkraut. Enjoy!



Bulletproof Latte

1 serving
15 minutes

Ingredients

- 1 cup Organic Coffee (brewed)
- 1 tbsp Ghee
- 2 tbsps Organic Coconut Milk (canned, full-fat)

Nutrition

Calories	190
Fat	20g
Saturated	14g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	1g
Cholesterol	30mg
Sodium	115mg
Vitamin A	600IU
Vitamin C	0mg
Calcium	6mg
Iron	0mg

Directions

- 1 Pour your brewed coffee into a blender with the ghee and coconut milk. Blend on high for 15-30 seconds or until frothy. Pour into a mug and enjoy!

Notes

No Ghee, Use coconut oil or butter.

More Fuel, Add 1 tablespoon MCT oil per cup.

No Coffee, Use your favourite tea instead.



Bell Pepper Egg Cups

1 serving
20 minutes

Ingredients

- 1 Red Bell Pepper
- 2 Egg
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	175
Fat	10g
Saturated	3g
Trans	0g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	8g
Fiber	3g
Sugar	5g
Protein	14g
Cholesterol	372mg
Sodium	147mg
Vitamin A	4266IU
Vitamin C	152mg
Calcium	64mg
Iron	2mg

Directions

- 1 Preheat oven to 425 degrees F.
- 2 Slice pepper in half and carve out the seeds.
- 3 Crack an egg into the cavity of each half and bake on a baking sheet for 10-15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy!

Notes

More Flavour, Roast the red pepper in the oven before cracking the egg into them.

Added Touch, Sprinkle with cheese during the last 2 minutes.

Serve it With, Toast for dipping or our Grain-Free Flax Bread.

More Protein, If it is a large bell pepper, fill remaining space with egg whites for added protein.



Strawberry Rhubarb Chia Parfait

4 servings

4 hours

Ingredients

- 2/3 cup Chia Seeds (or 2/3 cup)
- 2 cups Unsweetened Almond Milk
- 1 tbsp Raw Honey
- 2 cups Rhubarb (diced)
- 3 cups Strawberries (diced)

Nutrition

Calories	244
Fat	13g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	30g
Fiber	12g
Sugar	10g
Protein	7g
Cholesterol	0mg
Sodium	85mg
Vitamin A	325IU
Vitamin C	72mg
Calcium	480mg
Iron	4mg

Directions

- 1 Combine the chia seeds, almond milk and honey together in a bowl and mix well until all clumps are dissolved. Cover and let sit in the fridge for 4 hours or until thickened.
- 2 Preheat oven to 350. Place the rhubarb and strawberries together in a glass baking dish and bake in the oven for 30 minutes. Remove from oven and set aside to cool.
- 3 To make parfaits, set out mason jars (we use size 250 mL), layer in chia seed pudding and use a slotted spoon to add the strawberry rhubarb mix. Repeat to create layers. Enjoy!

Notes

Storage, Store in the fridge up to 5 days.

No Rhubarb, Use diced apple instead.



Triple Berry Protein Bowl

2 servings

10 minutes

Ingredients

- 1 cup Strawberries (sliced)
- 1 cup Blueberries
- 1 cup Blackberries
- 2 tbsps Almond Butter
- 2 tbsps Hemp Seeds
- 1/4 cup Slivered Almonds
- 1/2 cup Unsweetened Almond Milk

Directions

1

Wash berries and place in bowl(s). Sprinkle berries with hemp seeds and slivered almonds. Top with almond butter and pour almond milk over top. Enjoy!

Nutrition

Calories	336
Fat	22g
Saturated	2g
Trans	0g
Polyunsaturated	6g
Monounsaturated	6g
Carbs	31g
Fiber	11g
Sugar	16g
Protein	12g
Cholesterol	0mg
Sodium	49mg
Vitamin A	329IU
Vitamin C	67mg
Calcium	242mg
Iron	3mg



Spinach & Goat Cheese Omelette

2 servings

20 minutes

Ingredients

- 1 1/2 tsps Coconut Oil
- 6 Egg
- 1/2 tsp Sea Salt
- 1 tsp Black Pepper
- 2 cups Baby Spinach
- 1/2 cup Goat Cheese (crumbled)
- 1/2 cup Organic Salsa

Nutrition

Calories	345
Fat	24g
Saturated	12g
Trans	0g
Polyunsaturated	3g
Monounsaturated	6g
Carbs	8g
Fiber	2g
Sugar	4g
Protein	25g
Cholesterol	568mg
Sodium	1419mg
Vitamin A	3929IU
Vitamin C	10mg
Calcium	159mg
Iron	4mg

Directions

- 1 Heat coconut oil in medium-sized frying pan over medium heat.
- 2 In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy. Divide into portions.
- 3 Pour 1 portion of the egg mixture into the frying pan and let cook until almost set. Place some spinach and goat cheese on one half of the omelette and then fold the other half over on top. Remove from heat and transfer onto a plate. Top with salsa.
- 4 Repeat with remaining ingredients. Enjoy!

Notes

No Goat Cheese, Use feta cheese instead



Blueberry Overnight Oats

4 servings

8 hours

Ingredients

- 1 1/2 cups Oats
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 1/2 cup Water
- 1 cup Blueberries
- 1 cup Slivered Almonds

Directions

- 1 Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
- 2 Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

Nutrition

Calories	365
Fat	19g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	42g
Fiber	9g
Sugar	11g
Protein	12g
Cholesterol	0mg
Sodium	74mg
Vitamin A	209IU
Vitamin C	4mg
Calcium	300mg
Iron	3mg



Baked Strawberry Rhubarb Oatmeal

4 servings

50 minutes

Ingredients

- 2 cups Strawberries (sliced)
- 1 cup Rhubarb (diced)
- 3 tbsps Maple Syrup (divided)
- 3/4 cup Unsweetened Almond Milk
- 1 Egg
- 1 1/2 cups Oats
- 2 tsps Cinnamon
- 1/3 cup Pecans (chopped)

Nutrition

Calories	274
Fat	10g
Saturated	1g
Trans	0g
Polyunsaturated	3g
Monounsaturated	5g
Carbs	40g
Fiber	7g
Sugar	14g
Protein	7g
Cholesterol	47mg
Sodium	54mg
Vitamin A	210IU
Vitamin C	47mg
Calcium	180mg
Iron	2mg

Directions

- 1 Preheat the oven to 375. Place strawberries, rhubarb and half your maple syrup in a mixing bowl. Toss well and spread across the bottom of a lightly greased square baking pan (I use 8 x 8).
- 2 In another mixing bowl, whisk together the milk, egg and remaining maple syrup. Stir in the oats and cinnamon. Stir until well mixed.
- 3 Pour the oat mixture evenly across the strawberry and rhubarb in the pan. Sprinkle chopped pecans across the top and bake in the oven for 40 minutes. Enjoy while it's hot!



Avocado Egg Salad Sandwich

2 servings

15 minutes

Ingredients

- 3 Egg
- 1/2 Avocado
- 1/2 cup Baby Spinach (chopped)
- 1 1/2 tsps Dijon Mustard
- 1/8 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 4 slices Organic Bread (toasted)

Nutrition

Calories	349
Fat	19g
Saturated	4g
Trans	0g
Polyunsaturated	4g
Monounsaturated	10g
Carbs	30g
Fiber	6g
Sugar	6g
Protein	14g
Cholesterol	279mg
Sodium	413mg
Vitamin A	1182IU
Vitamin C	8mg
Calcium	86mg
Iron	2mg

Directions

- 1 Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Run under cold water to cool. Peel the eggs and chop roughly.
- 2 In a bowl, mash and combine the chop boiled eggs, avocado, baby spinach, dijon mustard, lemon juice, salt and pepper.
- 3 Spread onto toast and enjoy!

Notes

Less Bread, Make it an open-face sandwich.

Add a Kick, Add red chili flakes or hot sauce.

Vegan, Use mashed chickpeas or white kidney beans instead of eggs.



Morning Glory Muffins

9 servings

40 minutes

Ingredients

- 1 cup Almond Flour
- 1 cup Oats
- 1/2 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1/2 cup Organic Raisins
- 3 tbsps Extra Virgin Olive Oil
- 1/4 cup Maple Syrup
- 2 Egg
- 1/4 cup Unsweetened Almond Milk
- 2 Carrot (grated)
- 1 Banana (ripe and mashed)

Nutrition

Calories	230
Fat	13g
Saturated	2g
Trans	0g
Polyunsaturated	1g
Monounsaturated	4g
Carbs	27g
Fiber	3g
Sugar	14g
Protein	6g
Cholesterol	41mg
Sodium	99mg
Vitamin A	2347IU
Vitamin C	2mg
Calcium	71mg
Iron	1mg

Directions

- 1 Preheat the oven to 375. Line a muffin tray with liners.
- 2 In a bowl, combine flour, cinnamon, salt, oats and raisins. Mix well.
- 3 In a separate bowl, combine oil, maple syrup, egg, almond milk, carrot and banana. Mix well.
- 4 Combine the wet and dry ingredients and mix well.
- 5 Use a measuring cup to measure even amounts of mixture into the muffin liners. Place in the oven and bake for 30 minutes.
- 6 Remove from oven. Let cool and enjoy!

Notes

No Raisins, Used unsweetened dried cranberries or fresh blueberries instead.

Egg Allergy, Mix 2 tbsp ground flax seed with 6 tbsp water and let it sit to form a gel. Use this in replace of 2 eggs.

Special Touch, Serve with raw honey or organic butter.



Roasted Tomato Egg Bowl

4 servings

35 minutes

Ingredients

- 2 Tomato (cut in half)
- 1 cup Baby Spinach (finely sliced)
- 4 Egg
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	83
Fat	5g
Saturated	2g
Trans	0g
Polyunsaturated	1g
Monounsaturated	2g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	7g
Cholesterol	186mg
Sodium	101mg
Vitamin A	1804IU
Vitamin C	11mg
Calcium	39mg
Iron	1mg

Directions

- 1 Preheat your oven to 450.
- 2 Cut your tomatoes in half and scoop out the seeds and flesh so it looks like a cup. You may need to slice a small piece of the bottom of the tomato off to create a flat surface so the cup will sit upright.
- 3 Place the tomato cups on a baking sheet and pack $\frac{1}{4}$ cup sliced spinach into the bottom of each. Crack an egg in each tomato cup to cover the spinach. Place on a baking sheet and bake in the oven for 15 - 20 minutes (depending on how runny you like your eggs).
- 4 Remove from oven and season with sea salt, black pepper and herbs of your choice (I like fresh basil and red pepper flakes). Serve alone or on top of a piece of toasted organic bread. Enjoy!



Fully Loaded Toast

2 servings

25 minutes

Ingredients

- 2 slices Organic Bread (toasted)
- 1 Avocado (mashed)
- 1 Lemon (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 2 Egg
- 1/4 cup Unsweetened Almond Milk
- 1 cup Cherry Tomatoes (halved)
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	393
Fat	29g
Saturated	5g
Trans	0g
Polyunsaturated	4g
Monounsaturated	18g
Carbs	26g
Fiber	9g
Sugar	6g
Protein	11g
Cholesterol	186mg
Sodium	230mg
Vitamin A	1101IU
Vitamin C	30mg
Calcium	120mg
Iron	2mg

Directions

- 1 Preheat oven to 450. Place halved cherry tomatoes on a piece of parchment paper and place in oven for 20 minutes or until roasted.
- 2 In the mean time, take a fork and mash your avocado in a bowl. Add lemon juice and season with sea salt and pepper. Mix well and set aside.
- 3 Put oil in frying pan and place over medium heat. Whisk egg and almond milk together in a small bowl and pour into pan. Scramble eggs until cooked.
- 4 Toast bread. Spread on avocado mix and add scrambled eggs on top. Finish with roasted cherry tomatoes and season with a bit of salt and pepper. Enjoy!



Blueberry Zoats

2 servings

15 minutes

Ingredients

- 1/2 cup Oats
- 1 cup Water
- 2 tbsps Unsweetened Almond Milk
- 1/2 Zucchini (grated)
- 1/2 cup Blueberries
- 1 tbsp Hemp Seeds
- 1 1/2 tsps Raw Honey
- 1 tsp Cinnamon

Directions

- 1 Place oats and water in a saucepan over medium-low heat. Let oats cook for 5 - 10 minutes.
- 2 When oats start to thicken, stir in almond milk and zucchini. Stir until evenly mixed and remove from heat. Divide into portions and top with blueberries, hemp hearts, honey and sprinkle with cinnamon. Enjoy!

Nutrition

Calories	153
Fat	4g
Saturated	1g
Trans	0g
Polyunsaturated	3g
Monounsaturated	1g
Carbs	26g
Fiber	4g
Sugar	9g
Protein	5g
Cholesterol	0mg
Sodium	18mg
Vitamin A	154IU
Vitamin C	12mg
Calcium	77mg
Iron	2mg



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!

Nutrition

Calories	408
Fat	28g
Saturated	2g
Trans	0g
Polyunsaturated	9g
Monounsaturated	13g
Carbs	32g
Fiber	13g
Sugar	10g
Protein	14g
Cholesterol	0mg
Sodium	82mg
Vitamin A	304IU
Vitamin C	13mg
Calcium	420mg
Iron	4mg



Triple Berry Protein Bowl

2 servings

10 minutes

Ingredients

- 1 cup Strawberries (sliced)
- 1 cup Blueberries
- 1 cup Blackberries
- 2 tbsps Almond Butter
- 2 tbsps Hemp Seeds
- 1/4 cup Slivered Almonds
- 1/2 cup Unsweetened Almond Milk

Directions

1

Wash berries and place in bowl(s). Sprinkle berries with hemp seeds and slivered almonds. Top with almond butter and pour almond milk over top. Enjoy!

Nutrition

Calories	336
Fat	22g
Saturated	2g
Trans	0g
Polyunsaturated	6g
Monounsaturated	6g
Carbs	31g
Fiber	11g
Sugar	16g
Protein	12g
Cholesterol	0mg
Sodium	49mg
Vitamin A	329IU
Vitamin C	67mg
Calcium	242mg
Iron	3mg



Blueberry Banana Protein Pancakes

2 servings

15 minutes

Ingredients

- 1 Egg
- 1/4 cup Protein Powder
- 1 tbsp Ground Flax Seed
- 1 Banana
- 1 tbsp Unsweetened Almond Milk
- 1/4 cup Oats
- 1 tsp Cinnamon
- 1/4 cup Blueberries
- 1 1/2 tsps Coconut Oil
- 2 tsps Maple Syrup

Nutrition

Calories	284
Fat	8g
Saturated	4g
Trans	0g
Polyunsaturated	2g
Monounsaturated	2g
Carbs	39g
Fiber	5g
Sugar	21g
Protein	16g
Cholesterol	95mg
Sodium	63mg
Vitamin A	203IU
Vitamin C	7mg
Calcium	132mg
Iron	2mg

Directions

- 1 In a mixing bowl or magic bullet, mix the egg, protein powder, flax seed, banana, almond milk, cinnamon and oats.
- 2 Stir blueberries into mixture.
- 3 Heat coconut oil in a frying pan over medium-low heat. Pour in batter and cook pancakes about 2 minutes per side.
- 4 Serve topped with blueberries, maple syrup and sprinkle with cinnamon.

Notes

Egg-Free, Swap out the egg(s) for flax eggs. For every 1 egg, replace it with 1 tbsp ground flax seed mixed with 3 tbsp water.



Pumpkin Breakfast Cookies

4 servings
45 minutes

Ingredients

- 2/3 cup Oats (quick or rolled)
- 3/4 tsp Ground Flax Seed
- 1 tsp Cinnamon
- 1/2 tsp Nutmeg
- 1/8 tsp Sea Salt
- 3/4 tsp Baking Powder
- 1/4 cup Pumpkin Seeds
- 1/4 cup Sunflower Seeds
- 1/2 cup Pitted Dates (chopped)
- 1/2 Egg
- 1/3 cup Pureed Pumpkin
- 2 tbsps Raw Honey
- 1 1/2 tpsps Coconut Oil (melted)
- 1/2 Carrot (grated)

Nutrition

Calories	255
Fat	11g
Saturated	3g
Trans	0g
Polyunsaturated	4g
Monounsaturated	3g
Carbs	38g
Fiber	6g
Sugar	21g
Protein	7g
Cholesterol	23mg
Sodium	183mg
Vitamin A	4887IU
Vitamin C	2mg
Calcium	95mg

Directions

- 1 Preheat oven to 350 and line a baking sheet with parchment paper.
- 2 Combine oats, flax seed, cinnamon, nutmeg, sea salt, baking powder, pumpkin seeds, sunflower seeds and chopped dates together in a bowl. Mix well to combine.
- 3 Whisk egg in a separate mixing bowl. Add pumpkin, honey, coconut oil and grated carrot. Mix well to combine.
- 4 Add dry ingredients in with the wet and mix well until a dough-like consistency forms.
- 5 Form cookies with the dough and transfer to the baking sheet. (Tip: Use a lid from a large-mouth mason jar as a mould.)
- 6 Place in the oven and bake for 30 to 40 minutes depending on how crispy you like your cookies. Remove from oven and let cool. Enjoy!

Notes

- Make it Sweeter**, Add in a handful of dark organic chocolate chips.
- Vegan**, Use maple syrup instead of honey and a chia egg instead of an egg.
- Storage**, Store in the freezer in a zip-loc bag up to 1 month.



Apple Cinnamon Overnight Oats

4 servings

8 hours

Ingredients

- 1 1/2 cups Oats (quick oats work best)
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1/2 tsp Vanilla Extract
- 1/2 cup Water
- 1 Apple (cored and diced)
- 1 cup Walnuts (chopped)

Nutrition

Calories	388
Fat	24g
Saturated	2g
Trans	0g
Polyunsaturated	15g
Monounsaturated	4g
Carbs	38g
Fiber	8g
Sugar	9g
Protein	10g
Cholesterol	0mg
Sodium	64mg
Vitamin A	220IU
Vitamin C	3mg
Calcium	265mg
Iron	3mg

Directions

- 1 Combine oats, almond milk, chia seeds, maple syrup, cinnamon, nutmeg, vanilla extract and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 2 Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up.
- 3 Store in the fridge up to 4 days or until ready to eat. Add an extra splash of almond milk and/or a drizzle of honey (optional).

Notes

More Protein, Add hemp seeds or a spoonful of nut butter.

Warm it Up, Heat in the microwave for 30 to 60 seconds before eating.

No Maple Syrup, Use honey to sweeten instead.



Banana Coconut Steel Cut Oats

2 servings

25 minutes

Ingredients

- 3/4 cup Organic Coconut Milk (canned)
- 3/4 cup Water
- 1/2 cup Steel Cut Oats (uncooked)
- 1 Banana (very ripe)
- 1/4 cup Pecans (toasted)
- 1/4 cup Unsweetened Coconut Flakes (toasted)

Nutrition

Calories	542
Fat	36g
Saturated	21g
Trans	0g
Polyunsaturated	3g
Monounsaturated	6g
Carbs	51g
Fiber	8g
Sugar	11g
Protein	8g
Cholesterol	0mg
Sodium	28mg
Vitamin A	46IU
Vitamin C	5mg
Calcium	39mg
Iron	2mg

Directions

- 1 In a pot, combine your coconut milk, water and steel cut oats. Stir and place over medium-high heat and bring to a boil. Reduce heat to medium-low and let oats cook for 10 to 20 minutes depending on how crunchy you like your cereal. Stir occasionally.
- 2 Remove oats from heat. Add banana to the pot and mash into the cooked oats with a fork or potato masher.
- 3 Divide banana coconut oats between bowls. Top with your toasted pecans and coconut. Enjoy!

Notes

- Make it Sweeter,** Top with sliced banana or a drizzle of maple syrup.
- On-the-Go,** Pack the oats into mason jars and reheat before eating.
- No Coconut Milk,** Use unsweetened almond milk.



Savoury Pesto Oatmeal Bowl

3 servings
20 minutes

Ingredients

- 3 Egg
- 3 cups Kale Leaves
- 3/4 cup Basil Leaves
- 3 tbsps Sunflower Seeds
- 1 1/2 Garlic (clove)
- 3 tbsps Extra Virgin Olive Oil
- 1 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 2 1/4 cups Oats (rolled)
- 4 1/2 cups Organic Vegetable Broth
- 3/4 Avocado (sliced)
- 1 1/2 tbsps Chia Seeds

Nutrition

Calories	639
Fat	36g
Saturated	6g
Trans	0g
Polyunsaturated	7g
Monounsaturated	19g
Carbs	62g
Fiber	14g
Sugar	4g
Protein	21g
Cholesterol	186mg
Sodium	1115mg
Vitamin A	7951IU
Vitamin C	26mg
Calcium	210mg
Iron	7mg

Directions

- 1 Hard boil the eggs then put them in a bowl of ice water to cool.
- 2 Make the pesto by combining the kale, basil, sunflower seeds, garlic, olive oil, lemon juice, salt and pepper in a food processor. Process until smooth, and set aside.
- 3 In a small saucepan, combine the oats and vegetable broth. Place on high heat and bring to a boil. Once boiling, reduce to a simmer. Stir and cook until thickened. (Note: If your broth is low sodium, add extra salt to the oats to taste.)
- 4 Divide the oatmeal between bowls and top with avocado and pesto.
- 5 Peel the eggs, slice in half and add them to the bowls. Sprinkle with chia seeds. Enjoy!

Notes

Vegan, Omit the egg and add some chopped tofu.

Save Time, Hard boil eggs in advance or do fried eggs.



Sweet Potato Baked Egg

2 servings

45 minutes

Ingredients

- 2 Sweet Potato (large enough to hold an egg)
- 1 tbsp Extra Virgin Olive Oil
- 4 Egg

Nutrition

Calories	316
Fat	16g
Saturated	4g
Trans	0g
Polyunsaturated	3g
Monounsaturated	9g
Carbs	27g
Fiber	4g
Sugar	6g
Protein	15g
Cholesterol	372mg
Sodium	214mg
Vitamin A	18983IU
Vitamin C	3mg
Calcium	95mg
Iron	3mg

Directions

- 1 Preheat oven to 425 degrees F and line a baking sheet with parchment paper.
- 2 Slice the sweet potatoes in half lengthwise, and brush the flesh with oil. Bake face-down on the baking sheet for 30 minutes or until tender.
- 3 Once tender, remove the sweet potato from the oven and let cool enough to handle. Use a spoon to scoop out some flesh from each half of the sweet potato to make room for the egg. (Note: You can use the sweet potato you remove later, as a side dish or in smoothies.)
- 4 Crack an egg into the hole you created in the sweet potato, and return to the oven for 10 to 15 minutes, depending on how runny you like your eggs.
- 5 Remove from oven and enjoy!

Notes

Serve it With, Mixed greens and/or toast for dipping.

More Protein, Carve an even bigger hole into the baked sweet potato and fill remaining space with egg whites.



Simple Banana Pancakes

4 servings

20 minutes

Ingredients

- 4 Banana (ripe)
- 8 Egg
- 2 tbsps Coconut Oil

Nutrition

Calories	310
Fat	17g
Saturated	9g
Trans	0g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	28g
Fiber	3g
Sugar	15g
Protein	14g
Cholesterol	372mg
Sodium	143mg
Vitamin A	616IU
Vitamin C	10mg
Calcium	62mg
Iron	2mg

Directions

- 1 In a bowl, mash the bananas very well until quite smooth. Add the eggs and beat gently with a fork for about 30 seconds.
- 2 Heat coconut oil in a skillet over medium heat. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 1-2 minutes per side.
- 3 Serve with a sprinkle of cinnamon or a drizzle of maple syrup if desired.

Notes

Likes it Sweet, Add blueberries or chocolate chips into the batter.



Apple Quinoa Breakfast Bake

2 servings

50 minutes

Ingredients

- 1/4 cup Quinoa
- 1/2 cup Water
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon
- 2 Apple (cored and diced)
- 1/4 cup Pecans (chopped)
- 1 tbsp Coconut Oil (melted)

Nutrition

Calories	357
Fat	18g
Saturated	7g
Trans	0g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	48g
Fiber	8g
Sugar	26g
Protein	5g
Cholesterol	0mg
Sodium	5mg
Vitamin A	113IU
Vitamin C	9mg
Calcium	60mg
Iron	2mg

Directions

- 1 Preheat oven to 350 and lightly grease a pie plate or small casserole dish with coconut oil. In a mixing bowl, combine quinoa, water, maple syrup, cinnamon and apples. Pour into a pie plate and cover with foil. Cook for 35 minutes (or until water is absorbed) and remove from oven.
- 2 In a small bowl, mix the melted coconut oil with pecans and sprinkle with cinnamon. Mix until evenly coated.
- 3 Divide the apple/quinoa bake into bowls and top with the pecan mixture. Enjoy it while it's hot!



Hawaiian Omelette

2 servings

20 minutes

Ingredients

- 1 1/2 tps Coconut Oil
- 5 Egg
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/2 cup Pineapple (cored and diced)
- 75 grams Prosciutto (sliced into small pieces)
- 1/2 cup Goat Cheese (crumbled)
- 2 cups Baby Spinach

Nutrition

Calories	390
Fat	26g
Saturated	13g
Trans	0g
Polyunsaturated	3g
Monounsaturated	5g
Carbs	9g
Fiber	1g
Sugar	6g
Protein	30g
Cholesterol	502mg
Sodium	1618mg
Vitamin A	3515IU
Vitamin C	28mg
Calcium	128mg
Iron	4mg

Directions

- 1 Heat coconut oil in a medium-sized frying pan over medium heat.
- 2 In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy. Divide into portions.
- 3 Pour 1 portion of the egg mixture in so that it covers the skillet and let cook until almost set. Place some of the pineapple, prosciutto and goat cheese on one half of the omelette and fold the other half over top. Remove from heat. Transfer to a plate and serve with a cup of baby spinach on the side.
- 4 Repeat with remaining ingredients to make additional omelettes. Enjoy!



Peanut Butter Cup Overnight Oats

3 servings

8 hours

Ingredients

2 cups Oats (quick or rolled)
2 cups Unsweetened Almond Milk
1/3 cup All Natural Peanut Butter
2 2/3 tbsps Chia Seeds
2 2/3 tbsps Maple Syrup
1 1/3 tbsps Cocoa Powder
2/3 cup Water

Directions

- 1 Combine oats, almond milk, peanut butter, chia seeds, maple syrup, cocoa powder and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 2 Remove from fridge. Divide into single-serving size jars or containers. Enjoy!

Notes

Storage, Refrigerate up to 4 days or until ready to eat. Add an extra splash of almond milk and/or a drizzle of honey (optional).

Toppings, Banana slices, peanuts, shredded coconut, hemp hearts or chocolate chips.

Warm it Up, Heat in microwave for 30 to 60 seconds before eating.

No Maple Syrup, Use honey instead.

More Fiber, Add ground flaxseed.



Banana Coconut Granola

6 servings

1 hour 15 minutes

Ingredients

- 2 cups Oats (rolled or old fashioned)
- 1 cup Unsweetened Coconut Flakes
- 1/2 cup Pumpkin Seeds
- 1/2 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1 Banana (ripe, mashed)
- 2 tbsps Coconut Oil (melted)

Directions

- 1 Preheat oven to 300F.
- 2 In a large bowl, combine the oats, coconut flakes, pumpkin seeds, cinnamon and sea salt.
- 3 Add the mashed banana and coconut oil into the bowl with the oat mixture. Use a spoon to stir until all is very well combined. The mixture should be evenly coated.
- 4 Spread mixture in an even layer on a large baking sheet. Press down slightly and place in oven.
- 5 Bake for 45-55 minutes, checking and tossing every 15 minutes. Break up large clusters as necessary. Once the granola is evenly browned and no longer feels damp, remove from oven. As it cools it will crisp up even more, so do not over-bake.
- 6 Once cooled, store in an airtight container at room temperature for up to one week. Or store in the freezer for a few months.

Notes

Serve it With, Yogurt, oatmeal, parfaits, almond milk and/or fresh fruit.