

Chocolate Chip Cookie Dough Overnight Oats

8 ingredients · 3 hours · 2 servings



Directions

1. Combine all the ingredients into a small mixing bowl.
2. Cover and refrigerate for at least 3 hours or up to overnight. Stir in additional almond milk to thin if needed before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Dairy-Free

Use dairy-free chocolate chips.

Additional Toppings

Top with chopped nuts or additional chocolate chips or cinnamon.

More Protein

Stir in your favourite protein powder or collagen powder.

Ingredients

3/4 cup Unsweetened Almond Milk

1/2 cup Quick Oats

1 tbsp Maple Syrup

1 tbsp Chia Seeds

1 tbsp Dark Chocolate Chips

1 tsp Vanilla Extract

1/2 tsp Cinnamon

1/8 tsp Nutmeg

Fruit-On-The-Bottom Chia Pudding

4 ingredients · 30 minutes · 2 servings



Directions

1. In a large bowl, combine the chia seeds with the almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. Divide the thawed berries between jars and add the chia pudding mixture on top. Top with almond butter and enjoy!

Notes

Storage

Store covered in the fridge up to 4 to 5 days.

Additional Toppings

Blackberries, sliced peaches or any chopped fruit you like.

No Almond Milk

Use any other type of milk instead.

Likes it Sweet

Add a drizzle of maple syrup or honey.

Ingredients

1/4 cup Chia Seeds

1 cup Unsweetened Almond Milk

1/2 cup Frozen Berries (thawed)

2 tbsps Almond Butter

Carrot Cake Breakfast Bars

12 ingredients · 40 minutes · 10 servings



Directions

1. Preheat the oven to 350°F (177°C). Line a baking pan with parchment paper.
2. In a large bowl, add the almond flour, cinnamon, nutmeg, sea salt and baking soda. Whisk together to combine.
3. In a separate medium sized bowl add the eggs, maple syrup, coconut oil and vanilla. Whisk together. Then add the carrots, walnut and orange zest and whisk again.
4. Add the wet ingredients to the dry ingredients and stir to combine. Pour into your prepared pan and bake for 25 to 27 minutes.
5. Remove from the oven and let them cool before slicing evenly into bars. Enjoy!

Notes

Baking Pan Size

Use an 8x8 baking pan if making the standard 10 servings.

Optional Icing Drizzle

For the standard serving size of 10: Melt 3 tablespoons of coconut butter with 1 teaspoon of coconut oil over low heat. Then drizzle on top of the squares once they have completely cooled.

Leftovers

Store in the fridge in a sealed container for up to 5 days. Freeze for longer.

Flour

This recipe was developed and tested using almond flour only. We have not tested other flours with this recipe, but if you try a different flour combination, let us know how it turns out!

Ingredients

- 1 1/2 cups Almond Flour
- 1 tsp Cinnamon
- 1/2 tsp Nutmeg
- 1/4 tsp Sea Salt
- 1/2 tsp Baking Soda
- 3 Egg
- 1/4 cup Maple Syrup
- 2 tbsps Coconut Oil (melted)
- 1 tsp Vanilla Extract
- 1 1/2 cups Grated Carrot
- 1/2 cup Walnuts (chopped)
- 1/4 Navel Orange (zested)

Rice Cake with Yogurt & Berries

3 ingredients · 5 minutes · 1 serving



Directions

1. Spread the coconut yogurt onto the rice cake and top with the raspberries. Enjoy!

Notes

Leftovers

Store all ingredients separately until ready to serve.

More Flavor

Drizzle with honey or maple syrup or garnish with a pinch of cinnamon.

Additional Toppings

Sprinkle with hemp seeds, chia seeds or ground flax seeds.

No Raspberries

Use strawberries or blueberries instead.

Ingredients

1 Plain Rice Cake

1 **tbsp** Unsweetened Coconut Yogurt

1/4 **cup** Raspberries

Vegan Blueberry Muffins

7 ingredients · 30 minutes · 12 servings



Directions

1. Preheat the oven to 350°F (175°C). Line a muffin pan with muffin liners.
2. In a large mixing bowl, combine the flour and baking powder.
3. In a separate bowl, whisk together the sugar, oat milk, applesauce, and vanilla extract. Add to the dry ingredients and mix well until combined. Gently fold in most of the blueberries, saving some for garnish.
4. Scoop the batter into the muffin liners, and top with the remaining blueberries.
5. Bake for 20 to 25 minutes, or until a toothpick comes out clean. Let cool before serving and enjoy!

Notes

Leftovers

Store at room temperature in an airtight container for up to three days. Refrigerate in an airtight container for up to one week, or freeze if longer.

Serving Size

One serving is equal to one muffin.

More Flavor

Replace some of the milk with orange juice or lemon juice.

No Applesauce

Use dairy or vegan butter, coconut oil or olive oil instead.

No Blueberries

Use nuts, dark chocolate chips, raisins, or any fresh or frozen fruit of your choice.

No All Purpose Gluten-Free Flour

Use spelt, whole wheat or all purpose white flour.

Flour

This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. Please note that if using another brand of flour, results may vary.

Ingredients

2 cups All Purpose Gluten-Free Flour

2 tsps Baking Powder

3/4 cup Coconut Sugar

1 cup Oat Milk (unsweetened)

1/3 cup Unsweetened Applesauce

1 tsp Vanilla Extract

1 1/2 cups Blueberries (fresh or frozen, divided)

Chocolate Coconut Yogurt

7 ingredients · 10 minutes · 4 servings



Directions

1. In a bowl, combine the coconut yogurt, vanilla extract, maple syrup, cocoa powder and cinnamon. Whisk together until evenly combined.
2. Divide evenly into bowls and top with strawberries and almonds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to 1/2 cup of yogurt.

Nut-Free

Use pumpkin seeds, sunflower seeds or shredded coconut instead of almonds.

Additional Toppings

Top with blueberries or raspberries.

Ingredients

2 cups Unsweetened Coconut Yogurt

1 tsp Vanilla Extract

1/4 cup Maple Syrup

3 tbsps Cocoa Powder

1 tsp Cinnamon

1/3 cup Strawberries (sliced)

1/4 cup Almonds (chopped)

Overnight Paleo N'Oats

9 ingredients · 5 minutes · 3 servings



Directions

1. Add the almonds, pumpkin seeds and flax seeds to a blender and process until almost ground. Transfer to a large glass jar along with the chia seeds, almond milk and cinnamon. Place in the fridge overnight or for at least 4 hours.
2. In the morning, divide into jars and top with pomegranate seeds, cacao nibs, and almond butter. Enjoy hot or cold!

Notes

Reheating

Reheat on the stovetop in a pot over low heat until warmed through.

Leftovers

Store in an airtight jar in the fridge up to 5 days.

More Toppings

Serve with any fresh or frozen fruits, nut/seed butter, unsweetened coconut or nut butter.

Likes it Sweet

Drizzle with maple syrup or honey.

No Almond Milk

Use any other type of milk instead.

Ingredients

- 1 cup** Almonds (raw)
- 1/2 cup** Pumpkin Seeds (raw)
- 1 tbsp** Ground Flax Seed
- 2 tbsps** Chia Seeds
- 1 1/2 cups** Unsweetened Almond Milk
- 1/4 tsp** Cinnamon (ground)
- 3 tbsps** Pomegranate Seeds
- 3 tbsps** Cacao Nibs
- 3 tbsps** Almond Butter

Bacon & Eggs Breakfast Jar

7 ingredients · 20 minutes · 4 servings



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.

Ingredients

8 slices Bacon

1 tbsp Coconut Oil (divided)

2 cups Mini Potatoes (quartered)

Sea Salt & Black Pepper (to taste)

8 Egg (whisked)

1 cup Salsa

4 cups Arugula

Cauliflower & Egg Breakfast Muffins

7 ingredients · 25 minutes · 6 servings



Directions

1. Preheat the oven to 375°F (191°C) and lightly grease a muffin tin.
2. Heat a large skillet over medium heat. Add the prosciutto and cook for a 3 minutes per side or until crisp. Remove from the pan and set aside.
3. In a large bowl add the cauliflower rice, eggs, arugula, parsley, nutritional yeast, sea salt and pepper. Mix well to combine.
4. Scoop the cauliflower mix into the muffin tin, filling to the top and creating a small hollow space in the top. Add the prosciutto to the hollowed-out space. Place in the oven and bake for 15 minutes. Remove, let it cool slightly and then serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Serving Size

One serving is equal to two cauliflower egg bites.

More Flavor

Use parmesan or pecorino instead of nutritional yeast. Add chili flakes to the mix.

No Arugula

Use spinach.

Ingredients

4 ozs Prosciutto (roughly chopped)

5 cups Cauliflower Rice

4 Egg

1 cup Arugula (roughly chopped)

1/4 cup Parsley (finely chopped)

1/2 cup Nutritional Yeast

Sea Salt & Black Pepper (to taste)

Butternut Squash & Apple Breakfast Hash

7 ingredients · 20 minutes · 2 servings



Directions

1. Heat the oil in a skillet over medium heat. Add the butternut squash and onion and cook, stirring often, for 10 to 12 minutes until the squash is tender. Season with salt.
2. Add the apple and kale leaves and continue to cook until the kale wilts down and the apple is warmed through and just tender, about 3 to 5 minutes. Add the cinnamon and stir to combine. Season with additional salt if needed.
3. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 1 cup.

More Protein

Serve with an egg or add in cooked sausage, chicken, bacon, lentils or tofu.

No Red Onion

Use a yellow or sweet onion instead.

Apple

This recipe was created and tested using Spartan apples.

Consistency

Chop the butternut squash and apples into similar size cubes to ensure even cooking.

Ingredients

2 tbsps Extra Virgin Olive Oil

2 cups Butternut Squash (peeled, chopped into 1 cm cubes)

1/2 cup Red Onion (chopped)

1/4 tsp Sea Salt

1 Apple (small, finely chopped)

2 cups Kale Leaves (chopped)

1/4 tsp Cinnamon

Egg & Beef Breakfast Bowl

7 ingredients · 25 minutes · 3 servings



Directions

1. In a pan, heat the coconut oil over medium heat. Add the beef and break it up as it cooks. Cook for 10 minutes, or until the beef is cooked through. Drain the fat from the pan and return to the stove.
2. Add the mushrooms and kale in with the beef. Crack the eggs over the mixture and stir to combine. Cook for 5 minutes, or until mushrooms are soft, stirring often to ensure the eggs are cooked.
3. Divide between bowls and top with the avocado and nutritional yeast. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is roughly 2 cups of the beef mixture.

More Flavor

Add sea salt, pepper, garlic, onions and/or chili flakes.

Additional Toppings

Top with sliced cherry tomatoes.

Ingredients

- 1 **tbsp** Coconut Oil
- 1 **lb** Extra Lean Ground Beef
- 1/2 **cup** Mushrooms (sliced)
- 1 **cup** Kale Leaves (chopped)
- 2 Egg
- 1 Avocado (cubed)
- 2 **tbsps** Nutritional Yeast

Chickpea Omelette with Asparagus

10 ingredients · 15 minutes · 1 serving



Directions

1. In a medium bowl, add the chickpea flour, water, nutritional yeast, turmeric and sea salt. Whisk well to combine. Set aside.
2. In a skillet over medium heat add the oil and the asparagus. Cook, turning occasionally until the asparagus is fork tender, but still crisp, about 5 to 6 minutes. Remove and set aside.
3. In the same skillet, add more oil if necessary. Over medium heat, pour the chickpea omelette mixture and move the pan around to ensure it covers the skillet evenly, in one layer. Let it cook for 3 to 4 minutes until golden brown on the bottom. Add the asparagus to the omelette, then fold in half over the filling.
4. Gently, remove the omelette from the skillet and place on a plate. Top with dill, sliced avocado and green onion. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to one omelette with all the toppings.

More Flavor

Add chili flakes or black pepper.

Additional Toppings

Top with goat cheese or feta.

Ingredients

1/2 cup Chickpea Flour
1/2 cup Water
1 tbsps Nutritional Yeast
1/4 tsp Turmeric
1/8 tsp Sea Salt
1 1/2 tsps Extra Virgin Olive Oil
1/2 cup Asparagus (trimmed, chopped)
2 tbsps Fresh Dill (chopped)
1/2 Avocado
1 stalk Green Onion (chopped)

Sweet Potato Waffles

11 ingredients · 25 minutes · 6 servings



Directions

1. Boil the sweet potatoes until they are fork-tender, roughly 10 minutes. Drain and set aside.
2. In a food processor, add the cooked sweet potato, eggs, maple syrup and vanilla extract. Process until blended. Add the almond flour, baking powder and cinnamon and process until fully combined.
3. Coat the waffle maker with some of the coconut oil and add enough batter to cover the bottom of your maker. Cook for 5 minutes or until golden brown. Repeat the process until all the batter is cooked.
4. To serve, top with almond butter, strawberries, pumpkin seeds and maple syrup, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Serving Size

One serving is one waffle.

Additional Toppings

Add additional berries or nuts.

No Waffle Maker

Make them into pancakes on a pan instead.

Ingredients

- 1 Sweet Potato (large, peeled, chopped)
- 2 Egg
- 1/4 cup Maple Syrup (plus more for topping, optional)
- 1 tsp Vanilla Extract
- 2 cups Almond Flour
- 2 tsps Baking Powder
- 1 tsp Cinnamon
- 1 1/2 tbsps Coconut Oil (divided)
- 1/4 cup Almond Butter (divided)
- 1/3 cup Strawberries (stem removed, sliced)
- 1/4 cup Pumpkin Seeds (divided)

Bacon & Egg Cups

4 ingredients · 25 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Cook the bacon in a large pan over medium heat for 4 to 6 minutes until cooked through but still bendable. You don't want it to be crispy. Transfer to a paper towel-lined plate and let cool slightly.
3. Lightly oil the cups of a muffin pan with the oil.
4. Line the muffins cups with a ring of the cooked bacon. Crack an egg into the center of the bacon ring. Season with sea salt and pepper.
5. Bake for 11 to 13 minutes or until the egg yolk has set.
6. Remove from the muffin tin and let cool slightly on a cooling rack. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is two egg cups.

Additional Toppings

Fresh herbs, shredded cheese, red pepper flakes, hot sauce.

Ingredients

6 slices Bacon

1/2 tsp Avocado Oil

6 Egg

Sea Salt & Black Pepper (to taste)

Pear & Pecan Breakfast Quinoa

8 ingredients · 1 hour · 5 servings



Directions

1. Preheat oven to 350.
2. Grease a baking dish with a bit of coconut oil. In a large mixing bowl, combine the quinoa, almond milk, honey, cinnamon and nutmeg. Stir and pour into the baking dish. Bake for 30 minutes or until all liquid is absorbed.
3. In the mean time, stew the pears by adding them to a saucepan with the water. Bring to a boil, then reduce heat to medium. Let simmer while stirring occasionally for 15 minutes or until pears are soft.
4. To serve, scoop quinoa mix into a bowl and pour a bit of almond milk over top. Add a few spoonfuls of the stewed pears with juice then sprinkle with toasted pecans. Enjoy! (Pack it in a mason jar if you are on the go!)

Ingredients

1 cup Quinoa (uncooked)
1 1/2 cups Unsweetened Almond Milk
1 tbsp Raw Honey
1 tsp Cinnamon
1 tsp Nutmeg
1 cup Pecans (toasted)
4 Pear (cored and coarsely chopped)
1/2 cup Water

Tomato, Kale & Feta Breakfast Pizza

7 ingredients · 50 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C). 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!

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 tsps Coconut Oil

Blueberry Turkey Breakfast Sausages

7 ingredients · 25 minutes · 4 servings



Directions

1. In a large mixing bowl combine the turkey, garlic, Italian seasoning, ginger and salt. Mix until combined. Gently fold in the blueberries. Form the meat mixture into thin, even patties, about 4-inches in diameter.
2. Heat the coconut oil in a large frying pan over medium-high heat. Cook the sausage patties for 4 to 5 minutes per side until cooked through. Serve and enjoy!

Notes

Leftovers

Keep refrigerated in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is equal to approximately two sausage patties.

More Flavor

Add ground allspice, black pepper, thyme, cinnamon or cayenne to the turkey mixture before cooking.

Ingredients

1 lb Extra Lean Ground Turkey
1 Garlic (clove, minced)
1 tbsp Italian Seasoning
1 tsp Ginger (peeled and minced)
3/4 tsp Sea Salt
1/2 cup Blueberries
1 tbsp Coconut Oil

Protein Berry Oatmeal Cups

12 ingredients · 35 minutes · 12 servings



Directions

1. Preheat the oven to 350F (177°C). Line a muffin tin with liners.
2. Add mashed banana, eggs, maple syrup and almond milk to a medium-sized bowl. Mix well.
3. In a large bowl, whisk the oat flour, rolled oats, protein powder, baking powder, cinnamon and sea salt. Combine the wet ingredients into the dry then add the melted coconut oil. Mix again until combined.
4. Fold the thawed berries into the mixture. Once combined, scoop into the muffin tin and bake for 18 to 20 minutes. Remove, let cool and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Freeze in a storage bag for up to three months.

Serving Size

One serving size is equal to one oatmeal cup.

Nut-Free

Use boxed coconut milk instead of almond milk.

No Frozen Berries

Use fresh berries instead.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

No Protein Powder

Omit or use collagen instead.

Ingredients

- 1 Banana (mashed)
- 2 Egg
- 1/4 cup Maple Syrup
- 1/2 cup Unsweetened Almond Milk
- 1/2 cup Oat Flour
- 2 cups Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1 tbsp Coconut Oil (melted)
- 1 1/2 cups Frozen Berries (thawed)

Blueberry Waffles

10 ingredients · 25 minutes · 4 servings



Directions

1. In a food processor, add the eggs, almond milk, maple syrup, and vanilla extract. Process until well-combined.
2. In a separate bowl, whisk together the almond flour, arrowroot powder, cinnamon and baking powder.
3. Slowly combine the dry ingredients into the wet ingredients and process until well combined. Remove the blade and gently fold in the blueberries.
4. Coat the waffle maker with some coconut oil and add enough batter to cover the bottom of your maker.
5. Cook the waffles for about 5 minutes or until golden brown. Repeat the process until all the batter is cooked. To serve, top with blueberries and maple syrup, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Serving Size

One serving is one waffle.

Additional Toppings

Add your favorite fruit, jam or nut butter.

No Waffle Maker

Make them into pancakes instead.

Ingredients

- 2 Egg
- 1 cup Unsweetened Almond Milk
- 1/4 cup Maple Syrup (plus more for topping, optional)
- 1 tsp Vanilla Extract
- 2 cups Almond Flour
- 1/3 cup Arrowroot Powder
- 1 tsp Cinnamon
- 2 tps Baking Powder
- 1 cup Blueberries (plus more for topping, optional)
- 2 tbsps Coconut Oil (divided)

Buckwheat Sweet Potato Bowl

8 ingredients · 30 minutes · 2 servings



Directions

1. In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
2. In a separate cooking pan, warm the oil over medium heat. Add the sweet potatoes, kale, sea salt and dried basil. Let it cook, stirring often, for 15 minutes or until soft.
3. Transfer the cooked buckwheat into bowls. Top with the sweet potato, kale and cilantro. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to approximately 2 cups.

More Flavor

Add diced onions or minced garlic.

Ingredients

2 cups Water

1 cup Buckwheat Groats

2 tbsps Extra Virgin Olive Oil

1 Sweet Potato (chopped into small cubes)

1 cup Kale Leaves (chopped)

1 tsp Sea Salt

1 tsp Dried Basil

1/3 cup Cilantro (chopped)

Blueberry Coconut Kefir Oatmeal

6 ingredients · 5 minutes · 2 servings



Directions

1. In a jar or mixing bowl, combine the oats, chia seeds, cinnamon and kefir. Divide into bowls and top with blueberries and shredded coconut. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four to five days.

Serving Size

One serving is equal to approximately one and a half cups.

Gluten-Free

Use gluten-free oats.

Dairy-Free

Use coconut yogurt instead of kefir.

Additional Toppings

Maple syrup, honey, nutmeg, nuts, nut butter, hemp seeds, dark chocolate chips, raisins, or fruit.

Ingredients

2/3 cup Quick Oats

1 tbsp Chia Seeds

1 tsp Cinnamon

1 1/3 cups Plain Kefir

3/4 cup Blueberries (fresh or frozen)

1 tbsp Unsweetened Shredded Coconut

Sweet Potato Pancakes

5 ingredients · 20 minutes · 2 servings



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.

Ingredients

2 Sweet Potato (small)

4 Egg (whisked)

1 tbs Coconut Oil

1/2 tsp Cinnamon

2 tbsps Maple Syrup

Banana Coconut Granola

7 ingredients · 1 hour 15 minutes · 6 servings



Directions

1. Preheat oven to 300°F (149°C).
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 to 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

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is roughly 1/2 cup of granola.

Serve it With

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

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)

Tropical Matcha Smoothie

6 ingredients · 5 minutes · 2 servings



Directions

1. Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

Notes

Likes it Sweet

Add honey or pitted dates.

More Protein

Add vanilla protein powder.

Ingredients

- 1 Zucchini (chopped and frozen)
- 1 cup Pineapple (fresh or frozen)
- 3 cups Baby Spinach
- 2 tsps Green Tea Powder
- 1/4 cup Hemp Seeds
- 2 cups Unsweetened Almond Milk

Bell Pepper Egg Cups

3 ingredients · 20 minutes · 1 serving



Directions

1. Preheat oven to 425°F (218°C).
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 to 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.

Ingredients

1 Red Bell Pepper

2 Egg

Sea Salt & Black Pepper (to taste)

Overnight Vanilla Protein Oats

7 ingredients · 8 hours · 2 servings



Directions

1. In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
2. After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
3. Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

Notes

Extra Garnish

Add cacao nibs, chocolate chips, seeds or nuts.

Leftovers

Keep well in the fridge for 3 to 4 days.

No Almond Butter

Omit, or use peanut butter or sunflower seed butter instead.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.

Ingredients

- 1 cup Oats (quick or traditional)
- 1 tbsp Chia Seeds
- 1 1/4 cups Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Raspberries
- 1/4 cup Blueberries
- 1 tbsp Almond Butter

Chocolate Protein Oats with Berries

8 ingredients · 15 minutes · 1 serving



Directions

1. In a small pot over medium-high heat, add the oats, water and almond milk. Bring to a gentle boil then reduce heat to low and simmer for 10 to 12 minutes or until the oats are tender. Stir occasionally to prevent burning.
2. Add in the cocoa powder and maple syrup. Whisk until combined.
3. Slowly add in the egg whites. Whisk continuously for 2 minutes until oatmeal is thick and creamy.
4. Remove the pot from the heat, transfer oats to a bowl and top with berries. Enjoy!

Notes

No Almond Milk

Use coconut milk instead.

No Maple Syrup

Use honey instead.

No Berries

Use banana instead.

Ingredients

- 1/2 cup** Oats (rolled)
- 3/4 cup** Water
- 1/2 cup** Unsweetened Almond Milk
- 1 1/2 tbsps** Cocoa Powder
- 1 tbsp** Maple Syrup
- 1/4 cup** Egg Whites
- 1/4 cup** Blueberries
- 1/4 cup** Raspberries

Breakfast Oatmeal Cookies

5 ingredients · 20 minutes · 8 servings



Directions

1. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a large mixing bowl, add the oats, mashed banana, peanut butter, and sea salt and mix well. Fold in the chocolate chips and mix again until well combined.
3. Using wet hands, roll the dough into even balls and flatten slightly with your hands. Place on the baking sheet and bake for 10 to 12 minutes.
4. Remove cookies and let cool on the baking sheet for at least 10 minutes. Enjoy!

Notes

No Peanut Butter

Use almond, cashew, or sunflower seed butter instead.

Gluten-Free

Use certified gluten-free oats.

Sugar-Free

Use sugar-free chocolate chips or dried cranberries.

Leftovers

Store leftovers in an airtight container in the fridge for 4 to 5 days or freeze them.

Serving Size

One serving is equal to one cookie.

Ingredients

2 cups Oats (rolled)

3 Banana (mashed)

1/2 cup All Natural Peanut Butter

1/8 tsp Sea Salt

1/4 cup Dark Chocolate Chips

Almond Oatmeal Breakfast Bars

11 ingredients · 35 minutes · 8 servings



Directions

1. Preheat the oven to 350°F (177°C) and line a baking pan with parchment paper.
2. In a large bowl, combine the oats, almond flour, baking soda, baking powder and sea salt. Mix well.
3. Add the melted coconut oil to a medium bowl along with the eggs, maple syrup, almond butter, and vanilla extract. Mix well. Pour the wet ingredients into the dry ingredients and mix until combined. Fold in the chocolate chips.
4. Pour the mixture into the pan and bake for 20 to 25 minutes.
5. Remove from the oven and let cool completely before slicing. Enjoy!

Notes

Baking Pan Size

Use an 8x8 inch baking pan if making the standard 8 servings.

No Almond Butter

Use sunflower seed, cashew or peanut butter instead.

Gluten-Free

Use certified gluten-free oats.

Flour

This recipe was developed and tested using almond flour only. We have not tested other flours and can only guarantee results if the recipe is made as written.

Leftovers

Store in an airtight container in the fridge for 5 to 6 days. Freeze for up to 3 months.

Serving Size

One serving is equal to one bar.

Ingredients

1 cup Oats (rolled)
1/4 cup Almond Flour
1/4 tsp Baking Soda
1/4 tsp Baking Powder
1/4 tsp Sea Salt
2 tsps Coconut Oil (melted)
2 Egg
1/4 cup Maple Syrup
1/4 cup Almond Butter
1/2 tsp Vanilla Extract
1/4 cup Dark Chocolate Chips

Smoked Salmon Avocado Toast

7 ingredients · 5 minutes · 1 serving



Directions

1. Mash the avocado onto your toast. Next, add the smoked salmon, yellow onion, capers, dill and lemon juice. Enjoy!

Notes

No Yellow Onion

Use red or green onions instead.

No Bread

Use a large cracker or flatbread.

Gluten-Free

Use gluten-free toast or crackers.

No Dill

Use another fresh herb such as parsley.

Ingredients

1/2 Avocado

1 slice Bread (toasted)

1 1/2 ozs Smoked Salmon (cut into bite-sized pieces)

1/8 Yellow Onion (thinly sliced)

1/2 tsp Capers

1 1/2 tsps Fresh Dill (chopped)

1/4 tsp Lemon Juice

Coconut Chia Pudding

4 ingredients · 1 hour · 2 servings



Directions

1. Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
2. Stir well and divide into cups or containers if on-the-go. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to five days.

Serving Size

One serving is equal to approximately 1.5 cups of chia pudding.

More Flavor

Add maple syrup, honey, monk fruit sweetener, cinnamon or cardamom.

Additional Toppings

Top with shredded coconut, berries, banana slices, nuts or bee pollen.

Ingredients

3/4 cup Canned Coconut Milk

3/4 cup Water

1/4 cup Chia Seeds

1 tsp Vanilla Extract

Sweet Potato Hashbrowns

4 ingredients · 20 minutes · 2 servings



Directions

1. Using your hands and a paper towel or kitchen towel, squeeze as much liquid out of the shredded sweet potato as possible.
2. In a mixing bowl, combine the sweet potato, arrowroot powder and salt.
3. Heat oil in a cast iron skillet over medium heat. Sprinkle the sweet potato evenly across the skillet to form a thin layer. Press down with a spatula and cook on each side for 4 to 5 minutes, or until brown and crispy.
4. Transfer to a towel-lined plate to absorb any excess oil. Let cool slightly and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

More Flavor

Add garlic and/or onion powder to the sweet potato mixture.

Additional Toppings

Top with avocado, spinach, sausage patty or poached egg.

Ingredients

1 Sweet Potato (large, peeled and shredded)

3 tbsps Arrowroot Powder

1/4 tsp Sea Salt

2 tbsps Coconut Oil

Strawberry Coconut Oatmeal Muffins

8 ingredients · 40 minutes · 12 servings



Directions

1. Preheat your oven to 375°F (190°C) and line a muffin pan with liners.
2. In a small mixing bowl combine the coconut milk, maple syrup, vanilla extract and ground flax. Stir to combine and let it sit for at least 5 minutes.
3. In a second mixing bowl combine the oats, shredded coconut and baking powder. Add the coconut milk mixture to the oats and mix well. Fold in the chopped strawberries.
4. Divide the oatmeal batter between the muffin cups and bake for 24 to 28 minutes or until the muffins are golden brown around the edges and just firm to the touch. Let the muffins cool in the pan for 5 minutes before transferring to a cooling rack to cool completely. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to one month.

Serving Size

One serving is equal to one muffin.

More Flavor

Add cinnamon or a pinch of salt.

No Strawberries

Use blueberries or raspberries instead. Fresh berries are best instead of frozen.

No Maple Syrup

Use honey or agave instead.

No Rolled Oats

Use quick oats instead.

No Muffin Liners

Use a non-stick muffin pan or grease pan with coconut oil.

Ingredients

1 3/4 cups Canned Coconut Milk (full fat)

1/4 cup Maple Syrup

1 1/2 tsps Vanilla Extract

2 tsps Ground Flax Seed

2 cups Oats (rolled)

1/2 cup Unsweetened Shredded Coconut

1 tsp Baking Powder

1 cup Strawberries (fresh, chopped)

Cinnamon Maple Brown Rice Porridge

6 ingredients · 1 hour · 2 servings



Directions

1. Add the almond milk, maple syrup, cinnamon and vanilla to a large saucepan with a tight-fitting lid. Bring to a gentle boil then stir in the rice.
2. Reduce heat to low and cover the pot with the lid. Let it cook, stirring occasionally, for 50 to 55 minutes, or until the rice is very tender and the porridge has thickened.
3. Divide the porridge between bowls and top with the chopped strawberries. Serve with additional almond milk, maple syrup and cinnamon if desired and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 3/4 cup of porridge.

Nut-Free

Use coconut milk, oat milk or dairy milk instead of almond milk.

Additional Toppings

Top with hemp seeds, chia seeds, chopped nuts, sunflower seeds, pumpkin seeds, extra berries or a drizzle of almond butter.

No Maple Syrup

Use honey or agave instead.

Cooking Tip

To keep the porridge from boiling over while cooking, use a bigger pot than necessary and stir frequently or remove from heat briefly until the cooking liquid goes back down.

Ingredients

2 cups Unsweetened Almond Milk

2 tbsps Maple Syrup

1 1/2 tps Cinnamon

1 tsp Vanilla Extract

1/2 cup Brown Rice (long grain, rinsed well under cold water)

2 cups Strawberries (chopped)

Spicy Tomato Scramble

6 ingredients · 10 minutes · 1 serving



Directions

1. Heat the oil in a non-stick pan over medium heat. Add the tomatoes and jalapeno pepper to the pan and sauté for 3 to 5 minutes or until the tomatoes and jalapeno have softened. If using, add the cilantro and mix well.
2. While the tomato mixture is cooking, crack the eggs into a small bowl and beat well. Add in the salt.
3. Push the tomato mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the tomato mixture in once the eggs are no longer very wet.
4. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 1/2 cup.

More Flavor

Add onions and garlic to the tomato mixture.

Additional Toppings

Top with hot sauce, diced avocado or extra cilantro. Serve with toast, roasted potatoes or sautéed greens.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1/4 **cup** Cherry Tomatoes (cut in half)
- 1/2 Jalapeno Pepper (small, finely chopped)
- 1 **tbsp** Cilantro (optional)
- 2 Egg
- 1/8 **tsp** Sea Salt

Zucchini Breakfast Boats

8 ingredients · 30 minutes · 1 serving



Directions

1. Preheat the oven to 375°F (191°C). Scoop out the middle flesh of the zucchini and place flesh side up, in an oven-safe dish. Bake for 15 minutes.
2. Meanwhile, heat a skillet over medium heat and add the bell pepper, onion and mushrooms. Cook for 5 to 7 minutes, until cooked through. Whisk the eggs in a small bowl and add to the vegetables along with the sea salt. Cook for 3 to 4 minutes, until cooked through.
3. Transfer the egg and vegetable mixture to the scooped out part of the zucchini and place in the oven to cook for 5 more minutes. Remove and top with parsley and nutritional yeast, if using. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven.

Serving Size

One serving size is equal to two zucchini boats.

More Flavor

Add additional seasonings and herbs.

Ingredients

- 1 Zucchini (large, sliced in half lengthwise)
- 1/2 Red Bell Pepper (chopped)
- 1/4 Yellow Onion (chopped)
- 4 White Button Mushrooms (chopped)
- 2 Egg
- 1/8 tsp Sea Salt
- 2 tbsps Parsley (chopped)
- 1 tsp Nutritional Yeast (optional, for topping)

Bacon & Egg Rice Cakes

5 ingredients · 15 minutes · 1 serving



Directions

1. Warm a medium-sized skillet over medium heat and add the bacon slices. Cook for five minutes on each side, or until the bacon is cooked through. Remove from the pan and set aside, leaving some of the bacon grease.
2. In the same skillet, cook the eggs until the whites are set and the yolks are done to your liking.
3. Top each rice cake with mixed greens, bacon, eggs and parsley. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. It is best to separate the egg and bacon from the rice cracker.

Serving Size

One serving is equal to two rice cakes topped with an egg, a piece of bacon and 1/2 cup of mixed greens.

Additional Toppings

Top with sesame seeds, sunflower seeds, hemp hearts, salt and pepper.

Ingredients

2 slices Bacon
2 Egg
2 Plain Rice Cake
1/2 cup Mixed Greens
1 tbsp Parsley (chopped)

Quinoa & Kale Egg Muffins

8 ingredients · 30 minutes · 6 servings



Directions

1. Preheat the oven to 350°F (177°C). Grease a muffin pan with the avocado oil.
2. Cook the quinoa according to package directions.
3. While the quinoa is cooking, heat the extra virgin olive oil in a large pan over medium heat. Cook the kale until wilted and tender. Remove from heat.
4. Add the cooked quinoa and the tomato to the wilted kale and stir to combine. Transfer the quinoa mixture evenly into the muffin cups of the prepared pan.
5. In a mixing bowl whisk the eggs until well scrambled. Whisk in the water and salt. Pour the egg mixture into the muffin cups to cover the quinoa, kale and tomatoes.
6. Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from the oven, let cool and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two egg muffins.

More Flavor

Add red pepper flakes or black pepper.

Ingredients

- 1 1/2 **tsps** Avocado Oil
- 1/3 **cup** Quinoa (dry)
- 1 **tbsp** Extra Virgin Olive Oil
- 3 **cups** Kale Leaves (finely chopped)
- 1 Tomato (diced)
- 7 Egg
- 1/4 **cup** Water
- 1/2 **tsp** Sea Salt

Blueberry Oat Muffins

10 ingredients · 40 minutes · 12 servings



Directions

1. Preheat the oven to 375°F (190°C) and line a muffin pan with liners.
2. In a large mixing bowl combine the oats, shredded coconut, hemp seeds, cinnamon and baking powder. Mix together until evenly combined.
3. In a separate mixing bowl, whisk the eggs, almond milk, vanilla and maple syrup. Add the egg mixture to the dry ingredients and mix until combined. Fold in the blueberries.
4. Divide the batter between the muffin cups and bake for 25 to 30 minutes or until the muffins are golden brown around the edges. Let the muffins cool in the pan for 5 minutes before transferring to a cooling rack to cool completely. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to one month.

Serving Size

One serving is equal to one muffin.

Additional Toppings

Top with shaved almonds or pecans.

No Blueberries

Use strawberries or raspberries instead.

Ingredients

- 2 cups** Oats (rolled)
- 1/2 cup** Unsweetened Shredded Coconut
- 2 tbsps** Hemp Seeds
- 1 tsp** Cinnamon
- 1 tsp** Baking Powder
- 2** Egg
- 1/4 cup** Unsweetened Almond Milk
- 1 tsp** Vanilla Extract
- 2 tbsps** Maple Syrup
- 1 cup** Blueberries (fresh)

Blueberry & Lemon Pancakes

8 ingredients · 25 minutes · 5 servings



Directions

1. In a large bowl, whisk the eggs, coconut flour, almond milk, and half of the coconut oil until combined.
2. To the same bowl, add in the baking soda, half of the maple syrup, lemon juice and zest. Once the mixture is smooth, fold in half of the blueberries.
3. Heat a large skillet over medium heat and add the remaining coconut oil. Once the pan is hot, pour the batter into the skillet, making each pancake about 3-inches wide. Work in batches being sure not to overcrowd the skillet.
4. Cook on each side for roughly 3 to 4 minutes, or until small holes begin to appear on the surface of the pancake. Repeat until batter is finished.
5. Top the pancakes with the remaining blueberries and maple syrup. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to two months. For best results, reheat in a pan with oil on medium heat or pop in the toaster if frozen.

Serving Size

One serving is roughly two pancakes.

Additional Toppings

Top with nuts, seeds, yogurt or nut butter.

No Blueberries

Use strawberries, blackberries, or raspberries instead.

Ingredients

- 4 Egg
- 1/2 cup Coconut Flour
- 1/2 cup Unsweetened Almond Milk
- 2 tbsps Coconut Oil (melted, divided)
- 1/4 tsp Baking Soda
- 1/2 cup Maple Syrup (divided)
- 1/4 Lemon (juiced, zested)
- 1/2 cup Blueberries (divided)

Potato Patties with Bacon & Eggs

7 ingredients · 40 minutes · 4 servings



Directions

1. Bring the water to a boil in a small saucepan. Add the potatoes and cook for 10 minutes or until soft. Once the potatoes are cooked, drain the water and add the almond milk. Mash together with a potato masher until smooth.
2. While the potatoes cook, heat a skillet over medium heat. Add the bacon and cook for 5 minutes each side or until it is cooked through. Remove and set aside, leaving a little bacon grease.
3. In the same skillet over medium heat, scoop in half a cup of mashed potatoes and press down with a spatula until it forms a pancake shape. Cook for 6 to 7 minutes on each side or until it's browned.
4. To the same skillet, add the avocado oil. Cook the eggs over medium heat until the whites are set and yolk is done to your liking.
5. Add the cooked bacon and an egg on top of the potato patties and top with parsley. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze the potato patties for up to one month and reheat in a pan for best results.

Serving Size

One serving is one patty, one egg and two slices of bacon.

More Flavor

Add salt and pepper to taste.

Additional Toppings

Add a tomato or mixed greens on top.

Ingredients

2 cups Water
2 Russet Potato (peeled, chopped)
1/4 cup Unsweetened Almond Milk
4 slices Bacon
2 tbsps Avocado Oil
4 Egg
1 tbsp Parsley (chopped)

Sweet Almond Crêpes with Strawberries

7 ingredients · 15 minutes · 2 servings



Directions

1. In a mixing bowl, whisk the eggs, monk fruit sweetener and vanilla together until well mixed. Stir in the almond flour.
2. Heat a small non-stick pan over medium heat. Add 1/4 of the coconut oil to the pan. Let the oil melt then evenly coat the pan.
3. Add about 1/4 cup of the batter to the oiled pan and tilt the pan in a circular motion to distribute the batter evenly. Cook for 60 to 90 seconds or until just golden brown and the crêpe releases easily from the pan, then flip and continue cooking for 30 to 60 seconds. Repeat with the remaining batter.
4. To serve, smear the coconut butter down the center of the crêpe and top with sliced strawberries. Fold or roll the crêpe and enjoy!

Notes

Leftovers

Store coconut butter and strawberries separate from crêpes. Refrigerate the crêpes in an airtight container or zipper-lock bag for one day or freeze for longer. Reheat the crêpes in a dry pan until warmed through.

Serving Size

One serving is approximately two crêpes.

More Flavor

Add cinnamon to the batter.

Additional Toppings

Top with coconut whipped cream, maple syrup, cinnamon, shredded coconut or nut butter.

No Strawberries

Use raspberries instead.

No Coconut Butter

Use almond butter instead.

Ingredients

3 Egg

1 tbsp Monk Fruit Sweetener

1 tsp Vanilla Extract

1/2 cup Almond Flour

1 tsp Coconut Oil (divided)

2 tbsps Coconut Butter (soften, divided)

1 cup Strawberries (sliced, divided)

No Monk Fruit Sweetener

Use maple syrup instead and adjust for taste.

Potato Patties

7 ingredients · 40 minutes · 4 servings



Directions

1. Bring the water to a boil in a small saucepan. Add the potatoes and cook for 10 to 12 minutes or until soft. Once the potatoes are cooked, drain the water and add the almond milk, half of the avocado oil, sea salt and pepper. Mash together with a potato masher until smooth.
2. In a skillet over medium heat, add the rest of the avocado oil. Scoop roughly 1/2 cup of mashed potatoes and press down with a spatula until it forms a pancake shape. Cook on each side for 8 to 10 minutes or until golden brown. Repeat until all of the mash is cooked up.
3. Remove from the skillet and top with parsley. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to one month. For best results, reheat on the stove in a skillet.

Serving Size

One serving is equal to two potato patties.

More Flavor

Add additional spices such as onion powder or chilli powder.

Ingredients

- 2 cups** Water
- 2** Russet Potato (peeled, chopped)
- 1/4 cup** Unsweetened Almond Milk
- 2 tbsps** Avocado Oil (divided)
- 1/4 tsp** Sea Salt
- 1/4 tsp** Black Pepper
- 1 tbsp** Parsley (chopped)

Sumac Fried Egg & Avocado

5 ingredients · 5 minutes · 1 serving



Directions

1. In a medium-sized pan, heat the oil over medium heat.
2. Crack the egg in the pan and cook until the whites are set and the yolk is cooked to your liking. Transfer to a plate, top with sumac and salt. Serve with the avocado and enjoy!

Notes

No Extra Virgin Olive Oil

Use avocado oil, butter or ghee instead.

Serve it With

Toast, roasted vegetables, bacon or on a sandwich.

No Sumac

Use za'atar instead.

Ingredients

1/4 tsp Extra Virgin Olive Oil

1 Egg

1/8 tsp Ground Sumac

1/8 tsp Sea Salt

1/2 Avocado (sliced)

Banana Baked Oatmeal

9 ingredients · 1 hour 10 minutes · 9 servings



Directions

1. Combine the oats, ground flax and 2/3 of the walnuts in a large mixing bowl.
2. In a second mixing bowl combine the mashed banana, maple syrup, almond milk, vanilla, salt and cinnamon, if using. Stir the banana mixture into the oat mixture until well combined. Let the batter rest for at least 20 minutes.
3. Preheat the oven to 350°F (176°C). Line a baking dish with parchment paper.
4. Transfer the batter to the prepared baking dish and top with the remaining walnuts. Bake for 30 to 35 minutes or until golden brown around the edges and just spongy to the touch.
5. Let cool slightly before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Baked oatmeal is easier to cut into squares when cooled fully.

Serve it With

Sliced banana, more walnuts, nut butter, shredded coconut, melted coconut butter or chia jam.

Baking Dish

A 9 x 9 inch ceramic baking dish was used to create the standard nine servings.

Banana

Four bananas are equal to approximately 1.5 cups of mashed banana.

Ingredients

- 2 1/2 cups Oats (rolled)
- 1/2 cup Ground Flax Seed
- 1 cup Walnuts (chopped, divided)
- 4 Banana (small, very ripe, mashed)
- 1/3 cup Maple Syrup
- 1 1/2 cups Unsweetened Almond Milk
- 1 tsp Vanilla Extract
- 1/4 tsp Sea Salt
- 3/4 tsp Cinnamon (optional)

Vanilla Protein Pancakes

4 ingredients · 15 minutes · 2 servings



Directions

1. In a large bowl, mash the bananas. Add the eggs and protein powder. Mix well until a batter forms.
2. Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
3. Transfer to a plate and top with additional banana slices. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to one month.

Serving Size

One serving is approximately two pancakes.

Additional Toppings

Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts

Ingredients

2 Banana (plus extra for topping)

4 Egg

1/2 cup Vanilla Protein Powder

1 tbsp Coconut Oil

Almond, Chia & Banana Toast

5 ingredients · 5 minutes · 1 serving



Directions

1. Spread the almond butter on top of the toast and top with the chia seeds, cinnamon and banana slices. Enjoy!

Notes

Nut-Free

Use sunflower seed butter instead.

No Chia Seeds

Use hemp seeds instead.

No Almond Butter

Use another nut butter instead.

Ingredients

2 tbsps Almond Butter

2 slices Gluten-Free Bread (toasted)

1 tbsps Chia Seeds

1/4 tsp Cinnamon

1 Banana (sliced)

Fried Egg Sandwich with Avocado

5 ingredients · 10 minutes · 1 serving



Directions

1. Heat the oil in a frying pan over medium-high heat. Fry the egg to your liking. Season with salt.
2. While the egg cooks, toast the bread. Spread the mashed avocado onto it.
3. Add the egg, close the sandwich and slice. Enjoy!

Notes

Leftovers

For best results, make just before enjoying.

More Flavor

Add lemon juice and/or pepper to the mashed avocado.

Additional Toppings

Spinach, tomato, bacon and/or smashed garlic.

Ingredients

1 1/2 tsps Avocado Oil
1 Egg
1/8 tsp Sea Salt
2 slices Gluten-Free Bread
1/2 Avocado (mashed)

Sunflower Seed Butter & Strawberry Sandwich

3 ingredients · 5 minutes · 1 serving



Directions

1. Toast the bread (optional). Spread the sunflower seed butter onto the bread and top with sliced strawberries. Close the sandwich and slice. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Additional Toppings

Maple syrup, honey, hemp seeds, chia seeds or crushed nuts.

Ingredients

2 slices Gluten-Free Bread

2 tbsps Sunflower Seed Butter

1/4 cup Strawberries (stems removed, sliced)

Raspberry Overnight Oats

5 ingredients · 8 hours · 4 servings



Directions

1. Add the oats, almond milk, flax seed and cinnamon together in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
2. Remove the oats from the fridge. Divide into containers and top with raspberries. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Enjoy cold, or warm on the stovetop with almond milk.

Nut-Free

Use a nut-free milk such as oat or soy.

No Rolled Oats

Use quick oats instead.

Ingredients

- 1 1/2 cups** Oats (rolled)
- 2 cups** Unsweetened Almond Milk
- 1/4 cup** Ground Flax Seed
- 1 tsp** Cinnamon
- 2 cups** Raspberries (fresh or frozen, thawed)