

Table of Contents

Breakfast

Egg

- Southwest Sweet Potato & Egg Hash 3
- Breakfast Egg Muffins - 3 Ways 4
- Fiery Protein Packed Eggs Diablo 5
- Healthy Frittata w/ Arugula & Peppers 6
- Egg, Spinach & Feta Breakfast Wrap 7

Toast & Tacos

- Easy & Lighter French Toast 8
- Avocado Toast : 6 Ways 9-10
- Baked Eggs in Toast : 4 Ways 11
- Healthy Breakfast Tacos 12
- Banana Peanut Butter Breakfast Tacos 13
- Best Savory Breakfast Tacos 14

Baked Goods

- Banana Protein Muffins 15
- Mom's Zucchini Bread 16
- Healthy Oatmeal Bars 17
- Breakfast Blondies 18
- Apple Cinnamon Baked Oatmeal 19

Bowls

- Breakfast Fried Cauliflower Rice 20
- Acai Bowl 21
- Oatmeal Breakfast Bowl 22
- Ultimate Smoothie Bowl 23
- Savory Breakfast Bowl 24

Smoothies

- Ultimate Healthy Breakfast Smoothie 25
- Pineapple Green Smoothie 26
- Very Berry Protein Smoothie 27
- Rainbow Breakfast Smoothies 28
- Creamy Chocolate Breakfast Shake 29

Waffles & Pancakes

- Waffle & Egg Sandwich 30
- Healthy Banana Waffles 31
- Coconut & Honey Oat Waffles 32
- Lemon Ricotta Pancakes 33
- Banana Pancakes 34
- Whole Wheat Pancakes 35

Breakfast



Healthy Frittata w/ Argula & Peppers



Smoked Salmon Avocado Toast



Apple Cinnamon Baked Oatmeal



Oatmeal Breakfast Bowl



Berry Spinach Protein Smoothie



Banana Pancakes

Southwestern Sweet Potato & Egg Hash

Cooking Light

 1 serving

 30 minutes

INGREDIENTS

3/4 cup (1/2 in.) diced peeled sweet potato
2 teaspoons water
1 1/2 teaspoons olive oil, divided
2/3 cup chopped red bell pepper
1/4 teaspoon chili powder
1/8 teaspoon kosher salt
1/8 teaspoon ground cumin
1/4 cup unsalted canned black beans, rinsed and drained
1 large egg
1 tablespoon chopped fresh cilantro
2 tablespoon of favorite hot sauce, pictured is Green Goddess Avocado Sauce (optional)



INSTRUCTIONS

1. Place potatoes and 2 teaspoons water in a microwave-safe dish; cover with plastic wrap. Microwave at high until tender, about 4 minutes. Place potatoes on a paper towel-lined plate. Let stand 5 minutes.
2. Heat 1 teaspoon oil in a cast-iron skillet over medium-high. Add potatoes, bell pepper, chili powder, salt, and cumin; cook until potatoes are crisp, 6 to 8 minutes. Stir in black beans; transfer to a plate.
3. Reduce heat to medium. Add remaining 1/2 teaspoon oil to pan. Crack egg into pan; cook until whites are set, 3 to 4 minutes. Place egg on potato mixture. Top with Green Goddess Sauce and cilantro.

NUTRITIONAL INFORMATION
Calories 397
Fat 21g
Protein 13g
Sugars 9g
Carbohydrates 38g

Breakfast Egg Muffins: 3 ways

Cafe Delites

 12 servings  35 minutes

INGREDIENTS

BASE:

- 12 large eggs
- 2 tablespoons finely chopped onion, (red, white or yellow/brown)
- Salt and pepper, to taste

TOMATO SPINACH MOZZARELLA:

- 1/4 cup fresh spinach, roughly chopped
- 8 grape or cherry tomatoes, halved
- 1/4 cup shredded mozzarella cheese

BACON CHEDDAR:

- 1/4 cup cooked bacon, chopped
- 1/4 cup shredded cheddar cheese

GARLIC MUSHROOM PEPPER:

- 1/4 cup sliced brown mushrooms
- 1/4 cup red bell pepper, (capsicum), diced
- 1 tablespoon fresh chopped parsley
- 1/4 teaspoon garlic powder or 1/3 teaspoon minced garlic



INSTRUCTIONS

1. Preheat oven to 350°F | 180°C. Lightly spray a 12-cup capacity muffin tin with nonstick oil spray.
2. In a large bowl, whisk together eggs and onion. Season with salt and pepper, to taste.
3. Add egg mixture halfway up into each tin of a greased muffin tin.
4. Divide the three topping combinations into 4 muffin cups each.
5. Bake for 15-20 minutes, until set.
6. Let cool slightly, then serve OR store in an airtight container in the refrigerator for up to 4 days and reheat when ready to serve.

NUTRITIONAL INFORMATION
Calories 82
Fat 5g
Protein 6g
Carbohydrate: 1g

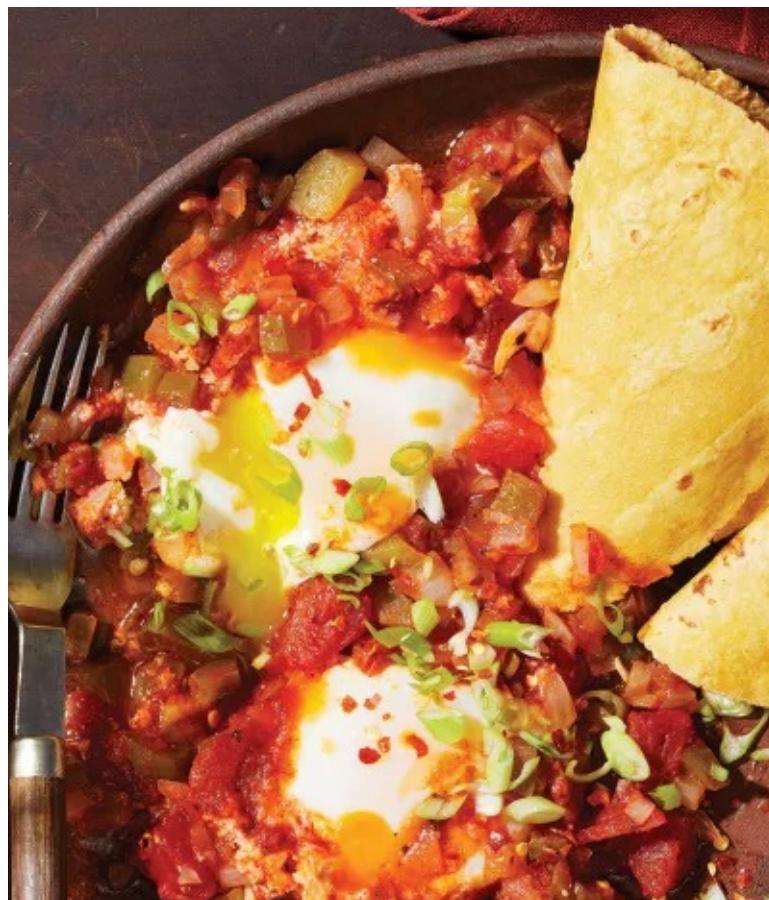
Fiery Protein Packed Diablo Eggs

Eat This, Not That!

 4 servings  20 minutes

INGREDIENTS

1 tablespoon olive oil
1 medium onion, chopped
1 medium green bell pepper, chopped
1 tablespoon minced garlic
1 14.5-oz can no-salt-added fire-roasted diced tomatoes, undrained
1 8-oz can no-salt-added tomato sauce
1/2 tsp crushed red pepper flakes
8 eggs
2 tablespoon sliced green onions (scallions)
8 corn tortillas, warmed
Salt and black pepper to taste



INSTRUCTIONS

1. In a large skillet, heat oil over medium heat. Add the chopped onion, pepper, and garlic. Cook for 3 to 4 minutes, stirring occasionally until vegetables are tender. Add tomatoes, tomato sauce, and red pepper flakes. Cook for 5 minutes, or until sauce is bubbling around edges.
2. Form a small indentation in the sauce. Break an egg into a cup and slip into sauce; repeat with remaining eggs. Cover pan and cook 3 to 5 minutes, or until egg whites are completely set and yolks start to thicken.
3. Sprinkle eggs with green onions. Serve with corn tortillas. Season with salt and pepper.

NUTRITIONAL INFORMATION
Calories 346
Fat 14g
Protein 17g
Sugars 8g

Easy Frittata With Arugula & Red Peppers

Eat This, Not That!



4 servings



20 minutes

INGREDIENTS

- ½ Tbsp olive oil
- ¼ cup bottled roasted red peppers, chopped
- 1 clove garlic, minced
- 4 cups baby arugula or baby spinach
- 4 thin slices prosciutto or other good ham, cut into strips
- 8 eggs, beaten
- Salt and black pepper to taste
- ½ cup crumbled goat cheese



INSTRUCTIONS

1. Preheat the broiler. Heat the olive oil in a nonstick, 12" oven-safe skillet over medium-low heat.
2. Add the roasted pepper and garlic and cook for about 1 minute, until the garlic is fragrant but not browned.
3. Stir in the arugula and cook for another 2 minutes or so, until lightly wilted.
4. Add the prosciutto, then pour the eggs over the top.
5. Season the eggs with a good amount of salt and pepper, then dot with the crumbled goat cheese.
6. Cook on the stovetop for 5 to 6 minutes, until most of the egg has set.
7. Place the pan 6" under the broiler and cook for about 3 minutes, until the rest of the egg has fully set and the top of the frittata has begun to brown.
8. Cool slightly, remove from the pan, and cut into wedges.

NUTRITIONAL INFORMATION

Calories 325

Fat 21g

Egg, Spinach and Feta Breakfast Wrap

Eating Bird Food

 1 serving  15 minutes

INGREDIENTS

1 whole grain or grain-free tortilla
1-2 Tablespoons hummus, any flavor will work
1 egg
 $\frac{1}{4}$ cup egg whites
 $\frac{1}{8}$ cup onion, chopped
2 button mushrooms, sliced
2 cups baby spinach
1 Tablespoon crumbled feta
1 Tablespoon sun-dried tomatoes, chopped
sea salt and fresh ground pepper, to taste
hot sauce, for topping (optional)



INSTRUCTIONS

1. Spray skillet with cooking spray and sauté onion and mushrooms for 3-4 minutes or until fragrant. Add spinach and sauté for a few minutes longer, until spinach has wilted.
2. Add egg and egg whites to pan with veggies and cook for about 2 minutes or until eggs are cooked through. While cooking sprinkle on a little sea salt and ground pepper.
3. Warm up the tortilla and the spread on a layer of hummus. Place the egg scramble in the center of the tortilla and top with sun-dried tomatoes and feta. Sprinkle on a little more salt and pepper as well as hot sauce, if using.
4. Wrap tortilla up and serve!

NUTRITIONAL INFORMATION
Calories 304
Fat 11g
Protein 23g
Sugars 5g
Carbohydrates 25g

Lighter Classic French Toast

Love and Lemons

 4 servings  22 minutes

INGREDIENTS

Macerated Berries

- 2 cups diced strawberries
- ½ cup frozen raspberries, thawed, with their juices
- Pinches of cane sugar

French Toast

- 4 eggs
- 1 cup almond milk, or any milk
- 1 teaspoon cinnamon
- ¼ teaspoon cardamom
- Pinch of sea salt
- 8 1-inch slices challah bread
- Coconut oil, for brushing
- Maple syrup, for serving



INSTRUCTIONS

1. Make the macerated berries: In a medium bowl, combine the strawberries, raspberries, and a few pinches of sugar. Set aside for 10 minutes for the berries to soften. Stir before serving.
2. Make the French toast: In a large bowl, whisk together the eggs, milk, cinnamon, cardamom, and salt. Dip each slice of bread into the mixture and set the soaked bread aside on a large tray or plate.
3. Heat a non-stick skillet over medium heat and brush with coconut oil. Add the bread slices and cook until golden brown, about 2 minutes per side. Reduce the heat to low as needed to cook thoroughly without burning. Serve with maple syrup and the macerated berries

NOTES

To make dairy-free french toast, substitute challah bread for ciabatta bread

NUTRITIONAL INFORMATION

Calories 449
Fat 24g
Protein 11.6g
Sugars 19.6g
Carbohydrates 46g

Avocado Toast: 6 ways

Jessica Gavin

 2 servings  20 minutes

INGREDIENTS

Simple Avocado Toast

- 2 slices bread, sourdough, wheat, Italian or French loaf, $\frac{1}{2}$ -inch thick pieces
- 1 large avocado
- $\frac{1}{4}$ teaspoon lemon juice
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{8}$ teaspoon black pepper
- 1 teaspoon extra-virgin olive oil
- 1 teaspoon chopped parsley, optional

Caprese Avocado Toast

- 2 slices bread, sourdough, wheat, Italian or French loaf, $\frac{1}{2}$ -inch thick pieces
- 1 large avocado
- $\frac{1}{4}$ teaspoon lemon juice
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{8}$ teaspoon black pepper
- $\frac{1}{2}$ cup cherry tomatoes, halved
- $\frac{1}{2}$ cup mozzarella cheese balls, Ciliegine, halved
- 1 teaspoon extra-virgin olive oil
- 1 tablespoon balsamic vinegar reduction, optional
- 1 tablespoon thinly sliced basil leaves, about 3 large leaves

Salsa Avocado Toast

- 2 slices bread, sourdough, wheat, Italian or French loaf, $\frac{1}{2}$ -inch thick pieces
- 1 large avocado
- $1 \frac{1}{4}$ teaspoon lime juice, divided
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{8}$ teaspoon black pepper
- $\frac{1}{4}$ cup diced tomatoes, $\frac{1}{4}$ -inch dice
- 1 tablespoon red onion, finely minced
- 2 teaspoons chopped cilantro
- 1 teaspoon minced jalapeno
- 2 tablespoons sliced radish, $\frac{1}{8}$ -inch thick

Smoked Salmon Avocado Toast

- 2 slices bread, sourdough, wheat, Italian or French loaf, $\frac{1}{2}$ -inch thick pieces
- 1 large avocado
- $\frac{1}{4}$ teaspoon lemon juice
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{8}$ teaspoon black pepper
- $\frac{1}{4}$ cup cream cheese
- $\frac{1}{4}$ cup sliced tomatoes, $\frac{1}{8}$ -inch thick (8 slices)
- $\frac{1}{4}$ cup sliced cucumber, $\frac{1}{8}$ -inch thick (8 slices)
- 2 ounces smoked salmon, or lox
- 2 tablespoons red onion, sliced, $\frac{1}{8}$ -inch thick
- 1 tablespoon capers
- 2 teaspoons dill leaves



INGREDIENTS

Bacon and Eggs Avocado Toast

- 2 slices bread, sourdough, wheat, Italian or French loaf, $\frac{1}{2}$ -inch thick pieces
- 4 slices bacon
- 1 large avocado
- $\frac{1}{4}$ teaspoon lemon juice
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{8}$ teaspoon black pepper
- 1 tablespoon olive oil
- 2 large eggs
- 1 teaspoon chopped parsley, optional

Everything Avocado Toast

- 2 slices bread, sourdough, wheat, Italian or french loaf, $\frac{1}{2}$ -inch thick pieces
- 1 large avocado
- $\frac{1}{4}$ cup cream cheese
- $\frac{1}{2}$ teaspoon white sesame seeds
- $\frac{1}{4}$ teaspoon black sesame seeds
- $\frac{1}{4}$ teaspoon poppy seeds
- $\frac{1}{4}$ teaspoon flaky sea salt, or kosher salt
- $\frac{1}{4}$ teaspoon dried minced garlic
- $\frac{1}{4}$ teaspoon dried minced onion

Avocado Toast: 6 ways (conti.)

Jessica Gavin

 2 servings  20 minutes

INSTRUCTIONS

All Recipes

1. Toast the bread

- i. In a toaster, heat the bread slices until golden brown. Alternatively, place the sliced bread on a baking sheet. Set the oven rack 6-inches from the top broiling element. Broil the bread until golden brown, about 1 to 3 minutes per side, keep a close eye on the color change.

- a. Scoop out both sides of the avocado flesh into a small bowl. Add lemon juice, salt, and pepper. Lightly mash the avocado with a fork, leaving some chunks(except for Everything Avocado Toast).

Simple Avocado Toast

1. Divide the mixture onto the toasted bread. Drizzle some olive oil on top, season with salt, pepper, and garnish with parsley.

Caprese Avocado Toast

1. Spread the mixture onto the toasted bread slices. Add the tomatoes and cheese on the toast. Drizzle some olive oil and balsamic vinegar reduction on top, season with salt, pepper, and garnish with basil.

Salsa Avocado Toast

1. Spread the mixture onto the toasted bread slices. In a small bowl combine the diced tomatoes, onions, cilantro, jalapeno, and 1 teaspoon lime juice. Add the radish slices and salsa on the toast. Season with salt and pepper.

Smoked Salmon Avocado Toast

1. Spread the cream cheese over the toasted bread slices. Evenly spread the avocado mixture onto the toast. Layer slices of tomato and cucumber on top. Add pieces of smoked salmon, red onions, capers, and dill leaves. Season with black pepper.

Bacon and Egg Avocado Toast

1. Cook bacon in a nonstick skillet over medium heat until crisp, about 3 to 4 minutes per side. Transfer to a plate lined with a paper towel.
2. Evenly divide the mixture onto the toast. Place 2 strips of bacon on each piece of toast.
3. Heat olive oil in the nonstick skillet over medium heat. Once hot, crack the egg in the pan, cook until the white is set, about 1 to 2 minutes. Transfer egg to the toast and repeat with the other egg. Season with black pepper.



Smoked Salmon Avocado Toast

INSTRUCTIONS

Everything Avocado Toast

1. Cut the avocado down the center and remove the pit. Scoop out both sides of the flesh and slice into $\frac{1}{4}$ -inch thick slices. Spread the cream cheese over the toasted bread slices. Layer the slices of avocado overlapping on top. In a small bowl mix together the white sesame seeds, black sesame seeds, poppy seeds, salt, garlic, and onion. Sprinkle $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon of the seasoning mix on top of the sliced avocado.

NUTRITIONAL INFORMATION

Calories	255
Fat	18g
Protein	5g
Sugars	2g
Carbohydrates:	23g
(Simple Avocado Toast)	

Baked Eggs in Toast: 4 Ways

Healthy World Cuisine

 4 servings

 20 minutes

INGREDIENTS

4 slices bread

4 whole eggs

2 tablespoon butter

spray oil (as needed)

Ham & Cheese

- ham chopped
- cheese grated

Feta, Salami & Spinach

- feta crumbled
- salami chopped finely
- spinach sliced thin

Parmesan, Roasted Peppers & Italian Seasoning

- parmesan cheese grated
- roasted red peppers chopped and make sure you dry these well with paper towel.
- Italian seasoning dried or fresh herbs

Parmesan, fresh chopped peppers & Green Onions

- peppers fresh chopped finely
- parmesan cheese grated
- green onions sliced thinly
- spray oil as needed



INSTRUCTIONS

1. Preheat oven to 400 degrees F (204 degrees C)
2. Line baking sheet with parchment paper. If using aluminum foil, spray with oil to prevent sticking.
3. Butter one side of the sliced bread and place on baking sheet butter side down. Repeat with all slices.
4. Cut out each bread slice using either a cookie cutter, biscuit cutter or just use a knife to cut out a square. Place your cut out bread (circles, hearts, squares, etc.) and put these on the baking sheet too with the butter side down on the sheet pan. These make delicious dipping toasts.
5. One at a time, Gently crack the eggs and place the whole egg (unbroken) into a separate small bowl. Then, gently pour the egg into the hole of each of the breads.
6. Add your favorite toppings. Here are some suggestions but have fun with your own ideas.
7. Ham and cheese, Feta, Salami & Spinach, Parmesan, Roasted Peppers & Italian Seasoning, Parmesan, Fresh chopped peppers & Green Onions
8. Light spray or spritz with olive oil spray to facilitate browning. Salt and pepper to taste.
9. Bake eggs in toast uncovered. If you like drippy eggs, cook for about 6 minutes or until the egg whites start to get less wiggly. Then, they are ready to come out of the oven. If you like soft eggs, bake for 8 minutes. Please note that your eggs will continue to cook, EVEN after you remove them from the oven. If you like your eggs well done then cook 10 minutes or more to your desired level.
10. Serve baked eggs in toast on a plate with the extra bread toast for dipping and enjoy

NUTRITIONAL INFORMATION

Calories 127

Fat 7g

Protein 3g

Sugars 2g

Carbohydrates: 14g

(Plain Baked Egg)

Best Healthy Breakfast Tacos

Jar of Lemons

 4 tacos

 15 minutes

INGREDIENTS

- 4 corn tortillas
- 4 eggs
- 1 cup black beans, canned
- 1/2 avocado
- 1 cup grape tomatoes
- 1/4 cup fresh cilantro leaves



INSTRUCTIONS

1. Heat the tortillas over medium heat in a pan (to desired amount). Set aside.
2. Cook the eggs over medium heat. Once cooked, place in each tortilla.
3. Heat up the black beans and place in tortillas.
4. Slice the avocado and tomatoes. Place in tortillas.
5. Top with cilantro and enjoy!

NOTES

- Try with your favorite hot sauce for an added kick
- Try serving with homemade salsa
- You can add leftover meat

NUTRITIONAL INFORMATION

Calories 230
Fat 10.7g
Protein 11.3g
Sugars 1.9g
Carbohydrates: 24.5g

Banana Peanut Butter Breakfast Tacos

The Culinary Tribune

 2 tacos

 5 minutes

INGREDIENTS

2 tortillas, warm
2 tablespoons peanut butter
1 banana, sliced
1~2 tablespoons dry cranberries
1~2 tablespoons walnuts, chopped
a sprinkle cinnamon
1~2 tablespoons maple syrup



INSTRUCTIONS

1. Spread peanut butter on warm tortillas.
2. Place banana, cranberries, walnuts on top. Sprinkle cinnamon.
3. Serve with maple syrup.

NUTRITIONAL INFORMATION
Calories 413
Fat 21g
Protein 11.9g
Sugars 27.2g
Carbohydrates: 49g

Best Savory Breakfast Tacos

Savory Experiments

 4 servings

 20 minutes

INGREDIENTS

4 large eggs
1 tablespoon milk
1 tablespoon butter
½ cup bulk breakfast sausage , cooked and crumbled
¼ cup queso fresco or cotija cheese , crumbled
1/4 cup pico de gallo
1 fresh jalapeno , seeded and sliced
1 avocado , thinly slices
Chives or scallions , for garnish
Sea salt and freshly ground black pepper , for garnish
8 tortillas



INSTRUCTIONS

1. In a mixing bowl, whisk eggs and milk well. The more air you can introduce into the mix, the fluffier your scrambled eggs! You can even give them a quick spin with an immersion blender.
2. In a large skillet, heat butter over medium heat.
3. When melted, add eggs and fold towards the center (see video). Remove from heat while eggs still look wet to ensure they do not overcook.
4. Build your breakfast tacos by evenly dividing scrambled eggs amount tortillas. Top with crumbled sausage, cheese, pico de gallo, avocado and jalapeno slices. Add other additional toppings you enjoy.
5. Garnish with chives, green onions, large flaky salt and freshly ground pepper.
6. If you've tried this recipe, come back and let us know how it was in the comments or ratings

NUTRITIONAL INFORMATION
Calories 430
Fat 25g
Protein 15g
Sugars 5g
Carbohydrates: 38g
(Simple Avocado Toast)

Banana Protein Muffins

EatingWell

 12 servings  35 minutes

INGREDIENTS

1 $\frac{1}{2}$ cups white whole-wheat flour
1 teaspoon baking powder
1 teaspoon ground cinnamon
 $\frac{3}{4}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{3}$ cup plain whole-milk Greek yogurt
 $\frac{1}{3}$ cup creamy natural peanut butter, well stirred
2 large eggs
1 cup mashed banana (from 2 very ripe bananas)
 $\frac{1}{2}$ cup packed light brown sugar
 $\frac{1}{3}$ cup granulated sugar
1 teaspoon vanilla extract
 $\frac{3}{4}$ cup chopped walnuts, toasted



INSTRUCTIONS

1. Preheat oven to 350°F. Line a 12-cup muffin tin with paper liners. Whisk flour, baking powder, cinnamon, baking soda and salt together in a medium bowl. Set aside.
2. Whisk yogurt and peanut butter together in a large bowl until smooth. Add eggs, banana, brown sugar, granulated sugar and vanilla; whisk to combine. Fold the flour mixture into the banana mixture until the flour is mostly incorporated.
3. Spoon the batter evenly into the prepared muffin cups (3 heaping tablespoons each); sprinkle evenly with walnuts. Bake until a wooden pick inserted in the centers comes out clean, 18 to 22 minutes. Remove from oven; let cool for 5 minutes. Serve warm or let cool completely, about 30 minutes.

NUTRITIONAL INFORMATION
Calories 193
Fat 6g
Protein 5g
Sugars 17g
Carbohydrates: 32g

Mom's Zucchini Bread

Allrecipes Member

 24 servings  1 hr 40 mins
2 loaves

INGREDIENTS

3 cups all-purpose flour
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon baking powder
1 tablespoon ground cinnamon
3 eggs
1 cup vegetable oil
2 ¼ cups white sugar
3 teaspoons vanilla extract
2 cups grated zucchini
1 cup chopped walnuts



INSTRUCTIONS

1. Grease and flour two 8 x 4 inch pans. Preheat oven to 325 degrees F (165 degrees C).
2. Sift flour, salt, baking powder, soda, and cinnamon together in a bowl.
3. Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture, and beat well. Stir in zucchini and nuts until well combined. Pour batter into prepared pans.
4. Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Remove bread from pan, and completely cool.

NUTRITIONAL INFORMATION
Calories 255
Fat 13g
Protein 3.3g
Sugars 19g
Carbohydrates: 32g

Healthy Oatmeal Breakfast Bars

Healthy Fitness Meals



12 servings



25 minutes

INGREDIENTS

2 bananas ripened and large; mashed
½ cup peanut butter or any kind of nut butter
1 teaspoon vanilla extract
1 ¾ cups quick oats
1 scoop chocolate protein powder or vanilla, plant-based for vegan option
½ cup dark chocolate chips dairy-free for vegan option
½ cup peanuts roasted and chopped



INSTRUCTIONS

1. Preheat the oven to 350°F and line a baking pan with parchment paper. Set aside.
2. In a bowl, mash bananas with a fork or a potato masher until soft.
3. Stir in the remaining ingredients. Evenly spread and gently press the mixture into prepared baking pan.
4. Bake the bars for 15 minutes or until lightly golden on top.
5. Allow the oat bars to cool on a wire rack before cutting into squares.

NUTRITIONAL INFORMATION
Calories 195
Fat 10g
Protein 8g
Sugars 4g
Carbohydrates: 22g

Breakfast Blondies

Bon Appetit



16 servings



35 minutes

INGREDIENTS

6 Tbsp. unsalted butter, plus more for pan
1 cup chopped nuts, such as walnuts, hazelnuts, and/or pecans
 $\frac{3}{4}$ cup creamy unsweetened almond butter
 $\frac{1}{2}$ cup pure maple syrup
2 Tbsp. flaxseed meal
2 tsp. vanilla extract
1 tsp. kosher salt
 $\frac{1}{2}$ tsp. baking powder
3 large eggs



INSTRUCTIONS

1. Preheat oven to 350°. Line an 8x8" baking dish with a sheet of parchment paper, leaving an overhang on two sides. Grease parchment with butter.
2. Cook nuts and 6 Tbsp. butter in a medium skillet over medium heat, swirling pan often, until butter foams, then browns, 5–6 minutes. Strain through a fine-mesh sieve into a large bowl; set aside nuts. Add almond butter, maple syrup, flaxseed, vanilla, salt, and baking powder to hot brown butter and whisk until smooth. Add eggs one at a time, whisking to incorporate after each addition. Vigorously whisk batter until glossy and smooth, about 1 minute. Stir in all but about 3 Tbsp. reserved nuts. Scrape batter into prepared pan and spread in an even layer. Top with remaining nuts.
3. Bake blondies until top is puffed and lightly browned and a tester inserted into the center comes out with a few moist crumbs attached, 18–22 minutes. Let cool.
4. Remove blondies from pan using parchment overhang. Cut into squares.
5. Do Ahead: Blondies can be baked 3 days ahead. Store tightly wrapped in plastic at room temperature.

NUTRITIONAL INFORMATION

Calories 201

Fat 15.9g

Protein 5.6g

Sugars 6.8g

Carbohydrates: 9.9g

Apple Cinnamon Baked Oatmeal

Fit Foodie Finds



6 servings



40 minutes

INGREDIENTS

Wet

- 2 large eggs
- 1 teaspoon vanilla extract
- 1/4 cup maple syrup
- 3/4 cup unsweetened almond milk
- 2 tablespoons melted coconut oil

Dry

- 2 medium apples, shredded
- 2 cups rolled oats
- 1/2 cup white whole wheat flour (any kind of flour will work)
- 1 teaspoon baking powder
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg



INSTRUCTIONS

1. First, preheat oven to 350°F then spray an 8×8-inch baking dish with nonstick cooking spray.
2. Begin by shredding 2 medium apples with the skin on. Then, place in a large bowl and add the rest of the ingredients. Mix until combined.
3. Transfer batter into baking dish and bake at 350°F for about 30 minutes or until the top begins to brown.

NUTRITIONAL INFORMATION

Calories 268

Fat 9g

Protein 7g

Sugars 14g

Carbohydrates: 41g

Breakfast Fried Cauliflower Rice

Paleo Running Momma



2 servings



20 minutes

INGREDIENTS

4 Slices nitrate free bacon

2 Tbsp cooking fat divided (you can use the rendered bacon fat)

8 oz riced cauliflower

1 bunch scallions white and green parts separated

1 small red bell pepper diced

4 oz broccoli florets cut into bite size pieces

2-3 teaspoons coconut aminos

Sea salt and freshly ground black pepper to taste

2 large eggs Or one per person

Everything bagel seasoning or your favorite seasoning blend



INSTRUCTIONS

1. Heat a 10" skillet over medium high heat. Add the bacon pieces and cook until crisp. Once done, remove to a paper towel lined plate and set aside. Let the skillet cool down a bit.
2. If using the rendered bacon fat for cooking, save 2 Tbsp and leave about 1 Tbsp in the skillet. If not, discard bacon fat and add 1 tablespoon of preferred fat to skillet and heat over medium.
3. Add the white part of the scallions and the bell pepper and cook until, stirring.
4. Add another tablespoon of cooking fat along with the broccoli and stir to coat. Sprinkle with salt, pepper and seasoning. If broccoli is fresh, cover the skillet for 15-30 seconds to soften broccoli slightly. If frozen, stir and cook 15-30 seconds.
5. Add the cauliflower rice, coconut aminos and salt and pepper. Stir to coat cauliflower rice with the other veggies and cook 30-45 seconds to soften.
6. Crumble in the cooked bacon, then lower the heat and create 2 grooves in the mixture for the eggs. Add a bit of fat to each groove and crack an egg in each one. Sprinkle with salt, pepper, and seasonings of choice, then cover the skillet and cook about 2 minutes for a soft yolk, or until eggs are cooked to preference.
7. Remove from heat and garnish with the green scallions. Enjoy!

NUTRITIONAL INFORMATION

Calories 312

Fat 22g

Protein 15g

Sugars 5g

Carbohydrates: 14g

Acai Bowl

Kirbie's Cravings

 2 servings  10 minutes

INGREDIENTS

BOWL

- 2 packets of unsweetened frozen acai puree
 - Sambazon brand was used for nutrition estimate
- 1/2 medium banana *see note*
- 2 tbsp coconut milk *see note*
- 1/2 cup frozen fruit of your choice

OPTIONAL TOPPINGS

- fresh fruit of your choice
- granola
- shredded coconut
- sliced almonds



INSTRUCTIONS

1. In a high powered blender, blend acai, banana, milk and frozen fruit (if using). Make sure to run frozen acai packets under warm water for about 5-10 seconds and break into smaller pieces before adding to the blender. Blend until consistency is slightly thicker than a smoothie.
2. Pour into bowls and top with granola, fresh fruit, shredded coconut, sliced almonds, or whatever else you desire.

NOTES

- You may use whole banana for thickness and sweetness
- You may use another milk of choice

NUTRITIONAL INFORMATION

Calories 182
Fat 7.4g
Protein 0.9g
Sugars 20.0g
Carbohydrates: 28.9g
(doesn't include fruit)

Oatmeal Breakfast Bowl

Two Peas & Their Pod

 2 servings

 15 minutes

INGREDIENTS

OATMEAL:

- 2 cups water
- 1 cup old-fashioned rolled oats
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 teaspoon pure vanilla extract
- 1/3 cup Unsweetened Vanilla Almond Milk
- 1 to 2 tablespoons pure maple syrup

TOPPINGS:

- Almond Butter
- Unsweetened coconut chips
- Chia seeds
- Mixed Berries



INSTRUCTIONS

1. In a small saucepan, bring the water to boil. Reduce the heat to a simmer and stir in the oats, cinnamon, and salt. Cook, stirring frequently, until the oats are thick and creamy, about 10 minutes. Turn off the heat and stir in the vanilla extract and milk. Stir in the maple syrup.
2. Divide the oatmeal into bowls and top with desired toppings. Serve warm.

NUTRITIONAL INFORMATION
Calories 336
Fat 6g
Protein 11g
Sugars 1g
Carbohydrates: 57g

Healthy Smoothie Bowl

Eating Bird Food



1 servings



5 minutes

INGREDIENTS

BOWL

- ½ frozen banana, chopped into chunks
- 1 cup frozen mixed berries
- 1 scoop (25 grams) vanilla protein powder, optional
- 2 Tablespoons – ¼ cup unsweetened non-dairy milk
- 1 teaspoon almond butter or peanut butter

TOPPINGS

- ¼ of banana, sliced
- ¼ cup fresh berries, I used strawberries and blueberries
- 1 Tablespoon granola
- 1 teaspoon almond butter or peanut butter
- 1 teaspoon chia seeds



INSTRUCTIONS

1. Blend all of the smoothie ingredients together in a high powdered blender until smooth.
2. Pour into a bowl and top with toppings.
3. Enjoy immediately.

NUTRITIONAL INFORMATION

Calories 183

Fat 5g

Protein 13g

Sugars 13g

Carbohydrates: 24g
(no toppings)

Savory Breakfast Bowl

Two Peas & Their Pod

 1 serving

 20 minutes

INGREDIENTS

2 teaspoons olive oil

1 small clove garlic, minced

2 cups spinach

½ cup halved cherry or grape tomatoes

¼ avocado, sliced

½ cup Everything Bagel Potatoes

1 to 2 eggs (fried, scrambled, soft boiled, whatever your preference)

Sea salt and freshly ground black pepper, to taste

Sprinkle of feta cheese or nutritional yeast, optional

Fresh herbs such as parsley, chives, or basil, if desired

Hot sauce or salsa, optional



INSTRUCTIONS

1. In a small skillet, heat the olive oil over medium heat. Add garlic; cook 30 seconds. Add spinach and tomatoes; cook, stirring often, until softened, 2 to 3 minutes.
2. Cook eggs to your desired preference, fried, scrambled, or soft boiled.
3. Combine potatoes, spinach, tomatoes, avocado, and egg in a bowl. Season with salt and black pepper, to taste. Garnish with feta cheese or nutritional yeast and herbs, if using. You can also sprinkle extra everything bagels seasoning on top. Serve warm with a few dashes of hot sauce, if desired.

NUTRITIONAL INFORMATION

Calories 272

Fat 15g

Protein 10g

Sugars 3g

Carbohydrates: 17g

Ultimate Healthy Breakfast Smoothie

CookingLight

 1 serving

 3 minutes

INGREDIENTS

1 medium banana (fresh or frozen)

$\frac{1}{2}$ cup sliced strawberries, blueberries, or chopped mangos

$\frac{1}{4}$ cup 2% plain Greek yogurt

1 tablespoon almond butter

$\frac{1}{2}$ cup baby spinach

$\frac{1}{2}$ cup unsweetened almond milk

Optional: 1-2 basil leaves, 2-3 mint leaves, $\frac{1}{2}$ teaspoon peeled, chopped ginger



INSTRUCTIONS

1. Place all ingredients in a blender; process until smooth

NOTES

- too thick = more almond milk
- too thin = add ice
- For Dairy Free:
 - sub plant-based yogurt

NUTRITIONAL INFORMATION

Calories 300

Fat 11g

Protein 12.5g

Sugars 22g

Carbohydrates: 40g

Pineapple Green Smoothie

Primavera Kitchen

 2 servings  5 minutes

INGREDIENTS

1/2 cup almond milk you can also use coconut water or even almond milk

1 cup baby spinach

1 medium ripe bananas peeled and frozen into chunks

3/4 cup frozen pineapple chunks

Juice of half a lemon

1 tablespoon chia seeds



INSTRUCTIONS

1. Add all the ingredients to a blender and puree for about 30 seconds.
2. Taste to adjust flavor and serve immediately.

NUTRITIONAL INFORMATION
Calories 132
Fat 3g
Protein 4g
Sugars 12g
Carbohydrates: 30g

Berry Spinach Protein Smoothie

The Lemon Bowl

 1 serving

 5 minutes

INGREDIENTS

1 cup mixed berries (frozen)

½ banana

½ cup Greek yogurt (0% fat)

1 scoop protein powder

½ cup water

1 tablespoon flax seed meal

1 teaspoon grated fresh ginger (optional)

1 teaspoon cinnamon

2 cups baby spinach

handful ice



INSTRUCTIONS

1. Place all ingredients in a blender and puree until smooth.

NUTRITIONAL INFORMATION
Calories 277
Fat 2.9g
Protein 24.8g
Sugars 26.5g
Carbohydrates: 44.5g

Rainbow Breakfast Smoothie

Love & Lemons

 1 serving  15 minutes

INGREDIENTS

Freeze into each container:

- $\frac{1}{2}$ banana

Strawberry Goji:

- big handful of strawberries, sliced
- $\frac{1}{4}$ cup dried goji berries

Peach:

- 1 peach, sliced
- handful of raspberries
- $\frac{1}{2}$ tablespoon almond butter

Mango Maca:

- slices from $\frac{1}{2}$ of a large mango
- 1 peach, sliced
- 1 teaspoon maca powder

Spinach & Mango

- slices from $\frac{1}{2}$ of a large mango
- handful of fresh spinach
- 1-2 teaspoons matcha

Cherry Blueberry Cacao:

- $\frac{1}{3}$ cup tart cherries
- $\frac{1}{3}$ cup blueberries
- $\frac{1}{2}$ - 1 tablespoon raw cacao powder

Blend each smoothie with:

- $\frac{1}{2}$ - $\frac{3}{4}$ cup almond milk
- a few pieces of ice



INSTRUCTIONS

1. Assemble $\frac{1}{2}$ banana into each freezer container (or freezer safe baggie). Add fruits/vegetables, then place your containers into the freezer until you're ready to blend each one.
2. Blend each smoothie with a few pieces of ice and $\frac{1}{2}$ cup to $\frac{3}{4}$ cup almond milk (enough almond milk to get your blender blade moving).
3. Blend in "extras" (goji berries, almond butter, maca, matcha, cacao) at the end.

NUTRITIONAL INFORMATION

Calories 170
Fat 1.6g
Protein 3.3g
Sugars 9.5g
Carbohydrates: 39g
(base)

Creamy Chocolate Breakfast Shake

Minaimalist Baker

 2 servings  10 minutes

INGREDIENTS

2 frozen ripe bananas (chopped prior to freezing)
1/3 cup frozen strawberries (or blueberries)
2-3 heaping Tbsp cocoa powder
2 Tbsp salted almond butter
1 Tbsp flaxseed meal (optional)
1.5-2 cups unsweetened vanilla almond milk (sub soy or coconut)
1 dash stevia or agave nectar (depending on sweetness of bananas)
1/3 cup ice
1 big handful big handful of spinach



INSTRUCTIONS

1. Place all ingredients in a blender and blend until smooth.
2. If you prefer a more chocolatey shake, add more cocoa powder. If you prefer it sweeter, add more stevia or agave. If you prefer it thinner, add less ice OR more almond milk.

NUTRITIONAL INFORMATION
Calories 312
Fat 14g
Protein 6.2g
Sugars 27g
Carbohydrates: 48g

Buttermilk Waffle, Bacon & Egg Sandwich

Women's Day

 8 servings  25 minutes

INGREDIENTS

3/4 c. all-purpose flour
1 1/2 tsp. baking powder
1 tsp. baking soda
1/4 tsp. kosher salt
10 large eggs
1 3/4 c. buttermilk
3 tbsp. unsalted butter, melted, plus more for the eggs
16 slices cooked bacon
2 c. baby spinach
Maple syrup, for serving



INSTRUCTIONS

1. Heat oven to 200 degrees F. In a medium bowl, whisk together the flour, baking powder, baking soda, and salt.
2. Using an electric mixer, beat 2 egg whites (reserve the yolks) until stiff peaks form, 2 to 3 minutes; set aside.
3. In a large bowl, whisk together the 2 egg yolks, buttermilk, and butter. Add the flour mixture, stirring just until incorporated. Gently fold in the whites until no streaks remain.
4. Cook in a waffle maker according to the manufacturer's instructions until golden brown. Transfer waffles to a foil-lined baking sheet and place in the oven to keep warm.
5. Cook the remaining 8 eggs to desired doneness. Cut waffles in half and form sandwiches with the eggs, bacon, and spinach. Drizzle with maple syrup, if desired.

NUTRITIONAL INFORMATION
Calories 316
Fat 21g
Protein 17g
Sugars -
Carbohydrates: 13g

Healthy Banana Waffles

Kitchen at Hoskins

 15 servings  20 minutes

INGREDIENTS

3 cups old fashioned oats
4 large eggs
2 ripe bananas (medium to large), about 1 cup mashed
1 cup milk
1/2 cup almond butter (or peanut butter)
3 teaspoons baking powder
1 teaspoon ground cinnamon
1/4 teaspoon salt



INSTRUCTIONS

1. Pre heat waffle iron according to manufactures instructions.
2. In the mean time, add all ingredients into a blender and blend until smooth (it took about 2 minutes in my blender).
3. Pour about 1/3 cup batter into each waffle plate and cook according to manufactures instructions until deep golden brown. (I cooked for 5 minutes in my waffle iron - cooking it shorter than that will yield a more beautiful golden color but does not crisp up)
4. Remove waffles onto a plate and repeat with remaining batter. (The batter tends to thicken as it sits, so your last batch of waffles might be not so light as the first batch. You could stir in 2 to 4 tablespoons water or milk for the last batch, if the batter looks too thick).
5. Serve hot with maple syrup.

NUTRITIONAL INFORMATION
Calories 190
Fat 9g
Protein 8g
Sugars 3g
Carbohydrates 21g

Coconut & Honey Oat Waffles

Sugary & Buttery

 8 servings

 20 minutes

INGREDIENTS

1 cup oat flour
1/4 cup coconut flour
1/4 cup flax seed meal
1/4 cup shredded coconut
1/4 cup honey (a little more if you like them sweeter)
2 teaspoons baking powder
4 eggs
1.5 cups oat milk
1/4 cup coconut oil



INSTRUCTIONS

1. Whisk all the wet ingredients together.
2. In a large mixing bowl, mix the dry ingredients and add the wet ingredients.
3. Stir well until well combined in a smooth batter.
4. Let sit for at least 20 mins (the coconut flour needs to sit).
5. Make waffles with your waffle maker.

NUTRITIONAL INFORMATION
Calories 235
Fat 12.6g
Protein 6.3g
Sugars 12.6g
Carbohydrates 25.8g

Lemon Ricotta Pancakes

A Couple Cooks

 8-9 servings  20 minutes

INGREDIENTS

4 eggs
1 ½ cups ricotta cheese
3 tablespoons maple syrup
1 teaspoon vanilla extract
¾ cup all-purpose flour
½ tablespoon baking powder
¼ teaspoon kosher salt
1 tablespoon fresh squeezed lemon juice
1 tablespoon grated lemon zest



INSTRUCTIONS

1. In a medium bowl, whisk the eggs, ricotta, maple syrup and vanilla.
2. In another bowl, whisk the flour, baking powder and salt. Add it to the bowl with the wet ingredients, then add the lemon juice and lemon zest and mix until a smooth batter forms.
3. Heat a non-stick skillet or griddle over medium heat, then add a bit of butter to coat. Scoop out ¼ cup portions of batter and cook the pancakes until golden brown on one side, adjusting the heat so it doesn't brown too fast. Flip and cook until cooked through and no longer gooey at the edges (the batter will ooze out a bit at the sides; just keep cooking until it is fully cooked, adjusting the heat as necessary so it doesn't brown too fast). Place the pancakes in a stack under an overturned bowl, and cook the second batch of pancakes.
4. Serve immediately, topped with pure maple syrup

NUTRITIONAL INFORMATION
Calories 181
Fat 8.5g
Protein 9.6g
Sugars 4.6g
Carbohydrates: 15.8g

Banana Pancakes

Love & Lemons

 4 servings  30 minutes

INGREDIENTS

1½ cups all-purpose flour, spooned and leveled
2 tablespoons cane sugar
2 teaspoons baking powder
½ teaspoon baking soda
Heaping 1 teaspoon cinnamon
Heaping ¼ sea salt
¼ teaspoon ground nutmeg
1 cup mashed ripe banana, about 2 medium bananas



INSTRUCTIONS

1. In a large bowl, place the flour, sugar, baking powder, baking soda, cinnamon, salt, and nutmeg, and stir to combine.
2. In a medium bowl, whisk together the mashed banana, egg, almond milk, avocado oil, and vanilla. Add the wet ingredients to the dry ingredients and mix until just combined.
3. Heat a nonstick skillet to medium-low heat and brush lightly with oil. Use a $\frac{1}{3}$ -cup scoop to pour the batter into the skillet. Cook the pancakes for 1 to 2 minutes per side, or until they're puffed, cooked through, and golden brown on both sides. Serve with maple syrup.

NOTES

- Makes 10 pancakes
- Pancakes will be dense if the flour is too packed

NUTRITIONAL INFORMATION

Calories 272
Fat 15g
Protein 10g
Sugars 3g
Carbohydrates: 17g

Whole Wheat Pancakes

Taste of Home

 10 servings
20 pancakes  25 minutes

INGREDIENTS

2 cups whole wheat flour
1/2 cup toasted wheat germ
1 teaspoon baking soda
1/2 teaspoon salt
2 large eggs, room temperature
3 cups buttermilk
1 tablespoon canola oil



INSTRUCTIONS

1. In a large bowl, combine the flour, wheat germ, baking soda and salt. In another bowl, whisk the eggs, buttermilk and oil. Stir into dry ingredients just until blended.
2. Pour batter by 1/4 cupfuls onto a hot griddle coated with cooking spray; turn when bubbles form on top. Cook until the second side is golden brown.

NUTRITIONAL INFORMATION
Calories 157
Fat 4g
Protein 9g
Sugars 4g
Carbohydrates: 20g