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# Lighter Classic French Toast

Love and Lemons



4 servings



22 minutes

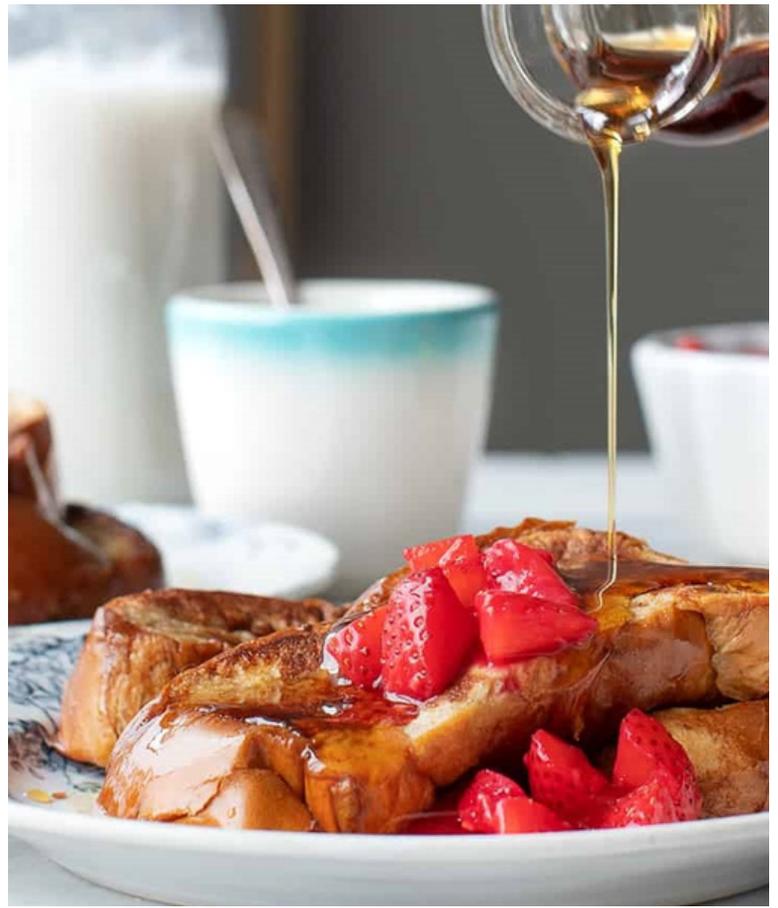
## INGREDIENTS

### 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 serving

 20 minutes

## INGREDIENTS

### Simple Avocado Toast

- 2 slices bread, sourdough, wheat, Italian or French loaf, ½-inch thick pieces
- 1 large avocado
- ¼ teaspoon lemon juice
- ¼ teaspoon kosher salt
- ⅛ 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, ½-inch thick pieces
- 1 large avocado
- ¼ teaspoon lemon juice
- ¼ teaspoon kosher salt
- ⅛ teaspoon black pepper
- ½ cup cherry tomatoes, halved
- ½ 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, ½-inch thick pieces
- 1 large avocado
- 1 ¼ teaspoon lime juice, divided
- ¼ teaspoon kosher salt
- ⅛ teaspoon black pepper
- ¼ cup diced tomatoes, ¼-inch dice
- 1 tablespoon red onion, finely minced
- 2 teaspoons chopped cilantro
- 1 teaspoon minced jalapeno
- 2 tablespoons sliced radish, ⅛-inch thick

### Smoked Salmon Avocado Toast

- 2 slices bread, sourdough, wheat, Italian or French loaf, ½-inch thick pieces
- 1 large avocado
- ¼ teaspoon lemon juice
- ¼ teaspoon kosher salt
- ⅛ teaspoon black pepper
- ¼ cup cream cheese
- ¼ cup sliced tomatoes, ⅛-inch thick (8 slices)
- ¼ cup sliced cucumber, ⅛-inch thick (8 slices)
- 2 ounces smoked salmon, or lox
- 2 tablespoons red onion, sliced, ⅛-inch thick
- 1 tablespoon capers
- 2 teaspoons dill leaves



## INGREDIENTS

### Bacon and Eggs Avocado Toast

- 2 slices bread, sourdough, wheat, Italian or French loaf, ½-inch thick pieces
- 4 slices bacon
- 1 large avocado
- ¼ teaspoon lemon juice
- ¼ teaspoon kosher salt
- ⅛ 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, ½-inch thick pieces
- 1 large avocado
- ¼ cup cream cheese
- ½ teaspoon white sesame seeds
- ¼ teaspoon black sesame seeds
- ¼ teaspoon poppy seeds
- ¼ teaspoon flaky sea salt, or kosher salt
- ¼ teaspoon dried minced garlic
- ¼ teaspoon dried minced onion

# Avocado Toast: 6 ways (conti.)

Jessica Gavin

 2 serving

 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

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

#### Caprese Avocado Toast

i. 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

i. 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

i. 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 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 1/4 to 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 you 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
- ¼ 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)