

HEALTHY FREE LIFE

Eating & Living... for the Glory of God

Some More Breakfasts

Created by Healthy Free Life



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Healthy Free Life

Step into a world of delightful breakfast options that go beyond smoothies and scrambles. From fluffy pancakes to hearty muffins, nourishing oatmeal to creamy yogurt, and savory sausage patties, our recipes celebrate the joy of whole foods.

While these may not strictly adhere to our macronutrient guidelines, they're easily adaptable.

For instance many of the grain-based recipes may not have 25+ grams of protein. This can be solved easily by adding protein to the dish itself or on the side. Would you love to try the muffins? Just add some eggs and/or sausage on the side! We've included some homemade sausage recipes that would make great protein side dishes.

Enjoy!

Blueberry Protein Oats

7 ingredients · 10 minutes · 1 serving



Directions

1. Add the oats, oat milk, and cardamom to a pot over medium heat. Cook for two to three minutes or until the oats thicken.
2. Turn off the heat and stir in the sunflower seed butter, honey, and protein powder.
3. Transfer to a bowl and top with the blueberries. Enjoy!

Notes

Leftovers

For best results, enjoy freshly made. Refrigerate for up to two days.

More Flavor

Add vanilla extract, cinnamon, or nutmeg.

Additional Toppings

Top with crushed nuts, shredded coconut, or hemp seeds.

No Oat Milk

Use plain coconut milk instead.

Ingredients

1/4 cup Quick Oats

1 cup Oat Milk (plain, unsweetened)

1/2 tsp Cardamom (ground)

1 tbsp Sunflower Seed Butter

1 tsp Raw Honey

1/4 cup Vanilla Protein Powder

1/2 cup Frozen Blueberries (or fresh)

Nutrition

Amount per serving

Calories	443	Sugar	21g
Fat	16g	Protein	28g
Carbs	51g	Sodium	141mg
Fiber	8g		

Peanut Butter & Banana Protein Porridge

6 ingredients · 10 minutes · 1 serving



Directions

1. Add the almond milk and oats to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for two to three minutes or until the oats begin to soften and thicken.
2. Slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Stir in the peanut butter, cinnamon, and banana. Remove from the heat and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add maple syrup or honey and vanilla extract.

Additional Toppings

More peanut butter, banana slices, berries, or extra cinnamon.

No Almond Milk

Use another dairy or dairy alternative milk instead.

Ingredients

1 cup Unsweetened Almond Milk

1/4 cup Oats (rolled)

1/2 cup Egg Whites

1 tbsp All Natural Peanut Butter

1 tsp Cinnamon

1/2 Banana (mashed)

Nutrition

Amount per serving

Calories	324	Sugar	10g
Fat	13g	Protein	21g
Carbs	35g	Sodium	367mg
Fiber	7g		

Super Oatmeal

6 ingredients · 15 minutes · 2 servings

Directions

1. Add the oats, milk, salt and cinnamon to a medium sized sauce pan over medium heat.
2. Simmer for about 7-12 minutes, until desired consistency.
3. Top with almonds and berries.
4. OPTIONAL: Sweeten with sprinkle of stevia, or 1 tsp of raw honey or 100% maple syrup, if desired.

Ingredients

1 cup Oats, Rolled

2 cups Non Dairy Milk, Unsweetened (coconut, almond, hemp. not soy.)

1/8 tsp Sea Salt

2 tsps Cinnamon

1/2 cup Almonds

1 cup Berries Of Choice (could use defrosted, frozen berries)

Nutrition

Amount per serving

Calories	0	Sugar	0g
Fat	0g	Protein	0g
Carbs	0g	Sodium	0mg
Fiber	0g		

Protein Oatmeal

7 ingredients · 15 minutes · 1 serving

Directions

1. Add the ingredients to a small saucepan over medium heat. Stir continuously for about 5 minutes until creamy. Sweeten with 1 tsp honey OR 1 tsp maple syrup OR stevia.

Ingredients

1/2 cup Oats, Rolled

1 cup Non Dairy Milk, Unsweetened

1 serving Protein Powder (plant-based protein)

1 tsp Vanilla Extract

1 tsp Cinnamon

1/8 tsp Sea Salt

1 serving Sweetener Of Choice (Maple Syrup, Raw Honey or Stevia)

Nutrition

Amount per serving

Calories	0	Sugar	0g
Fat	0g	Protein	0g
Carbs	0g	Sodium	0mg
Fiber	0g		

Tropical Coconut Oatmeal

6 ingredients · 15 minutes · 2 servings



Directions

1. In a saucepan, combine the oats with the coconut milk and chia seeds. Bring to a boil. Reduce heat and let it simmer for 10 minutes.
2. Divide the oats between bowls. Top with mango, melted coconut butter and coconut flakes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best flavor, reheat on the stove, adding extra milk if needed.

More Flavor

Add a pinch of cinnamon.

Likes it Sweet

Add a drizzle of maple syrup or honey.

Ingredients

- 1 cup Oats (rolled)
- 1 1/4 cups Plain Coconut Milk (from the box)
- 1 1/2 tbsps Chia Seeds
- 1 Mango (cubed)
- 1 tbsp Coconut Butter (melted)
- 2 tbsps Unsweetened Coconut Flakes

Nutrition

Amount per serving

Calories	432	Sugar	29g
Fat	18g	Protein	9g
Carbs	64g	Sodium	32mg
Fiber	12g		

Blueberry Overnight Oats

8 ingredients · 8 hours · 4 servings



Directions

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

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Ingredients

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

Nutrition

Amount per serving

Calories	413	Sugar	12g
Fat	23g	Protein	14g
Carbs	43g	Sodium	65mg
Fiber	11g		

Overnight Bircher Muesli

10 ingredients · 8 hours · 4 servings



Directions

1. In a large bowl, combine the oats, shredded coconut, almonds, flax seeds, raisins, hemp seeds, and cinnamon.
2. Stir in the almond milk, yogurt, and grated apple. Mix well. Cover and let soak in the fridge overnight.
3. Divide into bowls or jars in the morning, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Prep Ahead

The dry muesli mix can be scaled up and stored in a jar in your cupboard for up to 2 months.

Likes it Sweet

Serve with fresh berries and/or a drizzle of maple syrup or honey.

More Protein

Make with Greek yogurt instead of coconut yogurt.

Ingredients

- 2 cups** Oats (rolled)
- 1/4 cup** Unsweetened Shredded Coconut
- 1/4 cup** Sliced Almonds
- 2 tbsps** Ground Flax Seed
- 1/4 cup** Raisins
- 1/4 cup** Hemp Seeds
- 1/2 tsp** Cinnamon
- 1 cup** Unsweetened Almond Milk
- 2 cups** Unsweetened Coconut Yogurt
- 1 Apple** (medium, grated)

Nutrition

Amount per serving

Calories	430	Sugar	13g
Fat	21g	Protein	13g
Carbs	53g	Sodium	73mg
Fiber	10g		

Zucchini Bread Overnight Oats

8 ingredients · 8 hours · 4 servings



Directions

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

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Ingredients

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

Nutrition

Amount per serving

Calories	286	Sugar	15g
Fat	9g	Protein	10g
Carbs	45g	Sodium	68mg
Fiber	7g		

Pumpkin Pie Baked Oatmeal

11 ingredients · 45 minutes · 6 servings



Directions

1. Preheat oven to 375°F (191°C). Grease a baking dish with a little coconut oil. (Use a 9 x 13-inch dish for 6 servings.)
2. In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
3. Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

Notes

Storage

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

Egg-Free

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

Muffins

Divide the batter into a muffin tray instead of a baking pan. Bake at the same temperature as listed for 20 to 25 minutes, or until muffins are cooked through.

Ingredients

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

Nutrition

Amount per serving

Calories	312	Sugar	19g
Fat	9g	Protein	10g
Carbs	50g	Sodium	318mg
Fiber	7g		

Berry Baked Oatmeal

8 ingredients · 45 minutes · 6 servings



Directions

1. Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil.
2. Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
3. Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

Notes

Leftovers

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

No Applesauce

Use mashed banana instead.

No Almonds

Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.

Serving Size

A 9 x 9-inch baking pan (23 x 23 cm) was used to make six servings. One serving is one square.

Ingredients

2 cups Oats (quick or traditional)

2 cups Unsweetened Almond Milk

2 tbsps Maple Syrup

1/2 cup Unsweetened Applesauce

1 tsp Cinnamon

2 tbsps Chia Seeds

2 cups Frozen Berries

1/4 cup Sliced Almonds

Nutrition

Amount per serving

Calories	219	Sugar	11g
Fat	7g	Protein	6g
Carbs	35g	Sodium	57mg
Fiber	7g		

Morning Glory Muffins

11 ingredients · 40 minutes · 9 servings



Directions

1. Preheat the oven to 375°F (191°C). Line a muffin tray with liners.
2. In a bowl, combine flour, cinnamon, salt, oats and raisins. Mix well.
3. In a separate bowl, combine oil, maple syrup, egg, almond milk, carrot and banana. Mix well.
4. Combine the wet and dry ingredients and mix well.
5. Use a measuring cup to measure even amounts of mixture into the muffin liners. Place in the oven and bake for 30 minutes.
6. Remove from oven. Let cool and enjoy!

Notes

Leftovers

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

Serving Size

One serving equals one muffin.

No Raisins

Used unsweetened dried cranberries or fresh blueberries instead.

Egg Allergy

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

Additional Toppings

Raw honey or butter.

Ingredients

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

Nutrition

Amount per serving

Calories	230	Sugar	14g
Fat	13g	Protein	6g
Carbs	27g	Sodium	99mg
Fiber	3g		

Strawberry Coconut Oatmeal Muffins

8 ingredients · 40 minutes · 12 servings



Directions

1. Preheat the oven to 375°F (190°C) and line a muffin tray with liners or use a silicone muffin tray.
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 five 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 tray for five 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)

Nutrition

Amount per serving

Calories	164	Sugar	5g
Fat	10g	Protein	3g
Carbs	17g	Sodium	52mg
Fiber	2g		

Blueberry Zucchini Breakfast Cookies

11 ingredients · 45 minutes · 8 servings



Directions

1. Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper.
2. In a bowl, mash the banana using the back of a fork. Then whisk in the egg, coconut oil, maple syrup and zucchini.
3. In a separate bowl, mix together the oat flour, oats, baking powder, hemp seeds and flax. Add to the wet mixture until thoroughly combined. Gently fold in the blueberries.
4. Scoop the batter onto the baking sheet, making cookies of about 4 to 5 inches wide. Bake for 35 to 40 minutes or until golden brown. Enjoy!

Notes

Serving Size

One serving is equal to one cookie.

Storage

Refrigerate in an airtight container up to 3 to 5 days. Enjoy cold, reheat in the microwave or bake in the oven if you prefer it a bit crispier.

Muffin Lover

Bake in a muffin tin for about the same time, or a mini-muffin tray for about 20 to 25 minutes.

No Zucchini

Use grated carrot instead.

No Coconut Oil

Use butter instead.

No Oat Flour

Use spelt flour or all-purpose flour (gluten-free optional) instead.

Ingredients

- 1 Banana
- 1 Egg (large, room temperature)
- 1/4 cup Coconut Oil (melted)
- 1 tbsp Maple Syrup
- 1 Zucchini (small, shredded)
- 3/4 cup Oat Flour
- 1 cup Oats (quick or traditional)
- 1 tsp Baking Powder
- 2 tbsps Hemp Seeds
- 1 tbsp Ground Flax Seed
- 1/2 cup Blueberries (fresh or frozen)

Nutrition

Amount per serving

Calories	201	Sugar	5g
Fat	11g	Protein	6g
Carbs	22g	Sodium	73mg
Fiber	3g		

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)

Nutrition

Amount per serving

Calories	249	Sugar	22g
Fat	11g	Protein	7g
Carbs	31g	Sodium	164mg
Fiber	4g		

Banana Blender Pancakes

6 ingredients · 20 minutes · 1 serving

Directions

1. Combine all the ingredients in a high-speed blender and blend until smooth. Allow the batter to sit on the counter for 5 minutes.
2. While the batter is sitting place a pan over medium heat and melt the coconut oil. Once the batter is ready, cook 3 small pancakes at a time. Cook for about 2 minutes per side. Repeat until the batter is done.
3. **OPTIONAL TOPPINGS:** Next add your favorite pancake toppings! These may include, but are not limited to, berries, almond butter, coconut flakes and chopped nuts. 1 tsp of raw honey or 100% pure maple syrup.

Ingredients

1 cup Oats, Rolled

1/4 cup Non Dairy Milk, Unsweetened (coconut, almond, hemp. not soy)

1 Banana

1 tbsp Coconut Oil (melted)

2 tsp Baking Powder

1/2 tsp Cinnamon

Nutrition

Amount per serving

Calories	0	Sugar	0g
Fat	0g	Protein	0g
Carbs	0g	Sodium	0mg
Fiber	0g		

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

Serving Size

One serving equals four 3-inch pancakes.

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 tbsps Coconut Oil
- 1/2 tsp Cinnamon
- 2 tbsps Maple Syrup

Nutrition

Amount per serving

Calories	369	Sugar	18g
Fat	16g	Protein	15g
Carbs	41g	Sodium	216mg
Fiber	4g		

Gluten- Free Protein Waffles

7 ingredients · 30 minutes · 2 servings



Directions

1. Mix together all the ingredients adding in the milk a little at a time. You don't want it too runny. Depending on what type of protein powder you are using, you might need more/less milk.
2. Heat and prep your waffle iron making sure it's clean and greased with coconut oil.
3. Fill the bottom of waffle iron with batter. Close the top. Cook until hot and brown- about 3 minutes.

Notes

Sifting flour:

Sifting almond flour removes any lumps and makes nicer waffles, but is optional.

Storing waffles:

Waffles are very easy to store for later and even freeze. You can easily make a double or triple batch, so you have plenty on hand. Plus, they're super easy to reheat by simply popping them in the oven or toaster to reheat when you want one!

Ingredients

- 1 cup** Almond Flour (sifted-optional)
- 2 servings** Vanilla Protein Powder (2 scoops)
- 1/2 tsp** Baking Powder
- 1/4 tsp** Sea Salt
- 1/2 cup** Unsweetened Almond Milk (or other dairy-free milk)
- 2 tbsps** Coconut Oil
- 3 Eggs**

Nutrition

Amount per serving

Calories	557	Sugar	2g
Fat	49g	Protein	22g
Carbs	13g	Sodium	564mg
Fiber	6g		

Apple Cinnamon Scones

9 ingredients · 40 minutes · 8 servings



Directions

1. Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, mix the ground flax with water. Set aside to thicken.
3. In a separate bowl, combine the flour, baking powder, coconut sugar, salt and cinnamon. Mix well, then add in coconut oil and mash with a fork until it is broken up and distributed evenly. Add flax mixture and diced apple. Stir well until combined.
4. Transfer the dough onto your parchment-lined baking sheet. Use your hands to form a round shape, about 1 inch in height. Then use a large wet knife to cut it into 6 or 8 even wedges.
5. Sprinkle the top with a bit of coconut sugar and cinnamon (optional) and bake for 25 minutes, or until edges are golden brown.
6. Remove from oven, let cool slightly and enjoy immediately.

Notes

Leftovers

Store at room temperature in an air-tight container up to 3 days, or freeze.

Extra Flavour

Serve them with butter, nut butter or chia jam.

Flour

This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. Please note that results may vary with other types of flour.

Ingredients

- 2 **tbps** Ground Flax Seed
- 3/4 **cup** Water
- 2 **cups** All Purpose Gluten-Free Flour
- 1 **tbps** Baking Powder
- 1/4 **cup** Coconut Sugar
- 1/2 **tsp** Sea Salt
- 1 **tsp** Cinnamon
- 1/3 **cup** Coconut Oil (room temperature)
- 1 Apple (medium, diced)

Nutrition

Amount per serving

Calories	268	Sugar	7g
Fat	11g	Protein	2g
Carbs	41g	Sodium	331mg
Fiber	7g		

Cleaned Up Biscuits

5 ingredients · 30 minutes · 8 servings



Directions

1. Preheat oven to 400°F (204°C). Line baking sheet with parchment paper.
2. Mix together almond flour, coconut flour and baking powder. Add coconut oil and use your hands to break it up until crumbly. Set aside in the fridge.
3. Use a hand mixer to whip the egg whites until stiff peaks form. Fold the whites into your chilled flour mixture.
4. Scoop the mixture onto the baking sheet using an ice cream scoop and gently flatten the top. Bake for 20 minutes or until golden brown.
5. Remove from oven. Let cool then enjoy!

Notes

Serving Size

One biscuit per serving.

Serve Them With

Soup, butter, ghee or our Turkey Gravy.

Coconut Flour

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.

Ingredients

- 3/4 cup** Almond Flour
- 1/4 cup** Coconut Flour
- 1 tsp** Baking Powder
- 1 1/2 tbsps** Coconut Oil (chilled)
- 6** Egg (whites only)

Nutrition

Amount per serving

Calories	152	Sugar	1g
Fat	12g	Protein	7g
Carbs	5g	Sodium	122mg
Fiber	2g		

Apple Crisp Yogurt Bowl

5 ingredients · 20 minutes · 4 servings



Directions

1. In a saucepan over medium heat, add the apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
2. Divide the yogurt into bowls. Top with the apple crisp mixture. Enjoy!

Notes

Leftovers

Refrigerate separately in an airtight container for up to three days.

Serving Size

One serving is equal to 1 cup of coconut yogurt and 1/2 cup of apple crisp mixture.

Additional Toppings

Top with additional cinnamon, sea salt, shredded coconut flakes or slivered almonds.

Ingredients

- 2 Apple (cored, chopped)
- 2 cups Oats (rolled)
- 1/4 cup Maple Syrup
- 2 tsps Cinnamon
- 4 cups Unsweetened Coconut Yogurt (or plain greek yogurt)

Nutrition

Amount per serving

Calories	365	Sugar	23g
Fat	10g	Protein	7g
Carbs	66g	Sodium	55mg
Fiber	10g		

Apple Cinnamon Yogurt Bowl

5 ingredients · 10 minutes · 2 servings



Directions

1. In a small saucepan over medium-low heat, add the coconut oil. Once melted, add the apple and cinnamon and sauté for eight to 10 minutes, or until softened to your liking, stirring often.
2. Divide the yogurt into bowls and top with the cooked apples and chopped pecans. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Dairy-Free

Use dairy-free yogurt instead.

Nut-Free

Omit the pecans and use pumpkin seeds or granola instead.

Additional Toppings

Top with a drizzle of honey or maple syrup.

Ingredients

1 tsp Coconut Oil

1 Apple (large, peeled and cut into small cubes)

1/2 tsp Cinnamon

1 cup Plain Greek Yogurt

1/3 cup Pecans (chopped)

Nutrition

Amount per serving

Calories	274	Sugar	13g
Fat	17g	Protein	13g
Carbs	21g	Sodium	71mg
Fiber	4g		

PB & J Yogurt Bowl

4 ingredients · 5 minutes · 1 serving



Directions

1. Serve the yogurt in a bowl with peanut butter, jam, and granola. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Dairy-Free

Use dairy-free yogurt instead.

Nut-Free

Use sunflower seed butter instead of peanut butter.

Ingredients

1/2 cup Plain Greek Yogurt

2 tbsps All Natural Peanut Butter

1 1/2 tbsps Strawberry Jam

1/4 cup Granola

Nutrition

Amount per serving

Calories	470	Sugar	21g
Fat	26g	Protein	22g
Carbs	39g	Sodium	83mg
Fiber	4g		

Make Ahead Chia Pudding

4 ingredients · 40 minutes · 2 servings

Directions

1. Place all ingredients in a blender. (note, if you do not have a high-power blender like a Vitamix or Blendtec, it is best to allow this mixture to sit for 20 minutes before blending.) Once blended, pour into serving dish and place in fridge and allow to sit for at least 20 minutes before serving. This is a great make ahead breakfast, and tastes even better when allowed to sit overnight. I will make a double batch of this and put into small sealed containers in the fridge. They are good for up to 5 days in the fridge. The sky is the limit when it comes to flavoring. Cinnamon, coconut flakes, cocoa powder, or pumpkin purée with pumpkin spice seasoning.

Notes

chia seeds

Quality chia seeds is important, otherwise they can taste yucky. Nativas Naturals or Whole Foods 365 brands are great and can be purchased at Amazon or your local health food store.

Ingredients

1/3 cup Chia Seeds*

2 cups Non Dairy Milk, Unsweetened (almond, coconut)

1 1/2 tsps Vanilla Extract

1 tbsp Maple Syrup (or dates)

Nutrition

Amount per serving

Calories	215	Sugar	6g
Fat	12g	Protein	6g
Carbs	22g	Sodium	1mg
Fiber	9g		

Blueberry Chia Parfait

5 ingredients · 30 minutes · 2 servings



Directions

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

Notes

No Slivered Almonds

Use shredded coconut or hemp seeds instead.

Chia Will Not Gel

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

Ingredients

1 3/4 cups Unsweetened Almond Milk

1/3 cup Chia Seeds

1 tbsp Maple Syrup

1 cup Frozen Blueberries (thawed)

1/4 cup Slivered Almonds

Nutrition

Amount per serving

Calories	366	Sugar	14g
Fat	23g	Protein	11g
Carbs	36g	Sodium	148mg
Fiber	17g		

Matcha Chia Pudding with Blueberries

5 ingredients · 5 minutes · 2 servings



Directions

1. In a blender mix together all ingredients except blueberries.
2. Cover the bowl allowing for the chia seeds to soak up the milk mix and plump up. It takes about 2-3 hours but generally is best if you can let it set overnight.
3. When you are ready to eat, serve with blueberries. Yummy!

Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1/3 cup Chia Seeds
- 1/2 tsp Matcha Powder
- 1 tbsp Maple Syrup (or honey)
- 1/2 cup Blueberries (fresh or frozen)

Nutrition

Amount per serving

Calories	229	Sugar	10g
Fat	13g	Protein	6g
Carbs	26g	Sodium	122mg
Fiber	10g		

Strawberry Avocado Chia Delight

6 ingredients · 20 minutes · 1 serving

Directions

1. Mix all ingredients in a bowl. Chill in refrigerator for about 20 minutes (to several hours), or until the chia and coconut milk turns into a pudding consistency.

Ingredients

2 tbsps Chia Seeds

1/2 cup Strawberries (sliced)

1/2 Avocado (sliced)

1 cup Coconut Milk, Unsweetened

1 tbsp Unsweetened Shredded Coconut

Stevia (to taste)

Nutrition

Amount per serving

Calories	0	Sugar	0g
Fat	0g	Protein	0g
Carbs	0g	Sodium	0mg
Fiber	0g		

Avocado Sweet Potato Toast with Poached Egg

4 ingredients · 15 minutes · 2 servings



Directions

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

Notes

Add Greens

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

Guacamole Lover

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

Egg-Free

Skip the eggs and top with hemp seeds instead.

Ingredients

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

Nutrition

Amount per serving

Calories	360	Sugar	4g
Fat	24g	Protein	16g
Carbs	22g	Sodium	185mg
Fiber	9g		

Eggs in a Butternut Squash Nest

5 ingredients · 15 minutes · 1 serving



Directions

1. Form the spiralized squash noodles into nests, making a small well in the center for the egg.
2. Heat a pan over medium heat and add the coconut oil. Use a spatula to transfer the squash nests to the pan and cook for about 7 minutes.
3. Crack eggs into cups and transfer them into the wells of the squash nests. Cook for about 3 to 4 minutes or until the whites have set and it is cooked to your liking. Cover the pan with a lid to speed up the cooking time.
4. Transfer the egg nests onto a plate and season with sea salt and black pepper to taste. Garnish with microgreens (optional) and enjoy!

Notes

No Squash

Use spiralized sweet potato, beets or zucchini instead.

Save Time

Use storebought spiralized veggies.

Spiralizing Squash

Use a spiralizer machine to create spirals with the long part of the butternut squash, not the bulb. Peel first and then cut in half horizontally to spiralize.

Ingredients

3/4 cup Butternut Squash (spiralized into noodles)

1 tsp Coconut Oil

2 Egg

Sea Salt & Black Pepper (to taste)

2 tbsps Microgreens (optional)

Nutrition

Amount per serving

Calories	234	Sugar	3g
Fat	14g	Protein	14g
Carbs	14g	Sodium	146mg
Fiber	2g		

Squash Baked Egg

4 ingredients · 50 minutes · 1 serving



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Slice acorn squash in half and remove the seeds. Place on the baking sheet and brush with oil. Bake the squash face down for 25 to 30 minutes or until tender.
3. Remove the squash from the oven and flip over so the flesh side is facing up. Crack eggs into the holes and return to oven for 15 to 20 minutes, or until the egg is set to your liking.
4. Remove from the oven and season with sea salt and black pepper to taste. Enjoy!

Notes

No Acorn Squash

Use a sweet potato instead.

Serve it With

Fresh chives, shredded cheese, hot sauce and/or bread for dipping.

More Protein

Fill any extra space with egg whites.

More Veggies

Serve it with a side of sauteed kale, mushrooms and onions.

Ingredients

1 Acorn Squash

1 1/2 **tsps** Extra Virgin Olive Oil

2 Egg

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	375	Sugar	0g
Fat	17g	Protein	16g
Carbs	46g	Sodium	155mg
Fiber	6g		

Sweet Potato & Turkey Breakfast Patties

5 ingredients · 1 hour · 5 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Bring a pot of water to a boil. Place the sweet potato in a steamer over the boiling water and cover for 7 to 10 minutes, or until tender. Transfer the sweet potato to a large mixing bowl and mash it well. Allow it to cool.
3. Using a paper towel, gently pat the turkey to remove excess moisture.
4. Add the garlic, Italian seasoning and salt to the cooled mashed sweet potato and mix well. Add the turkey and gently mix to combine. Form the sweet potato mixture into thin patties, approximately 4 inches in diameter and place on the prepared baking sheet.
5. Bake the patties for 20 to 25 minutes or until cooked through. Enjoy!

Notes

Leftovers

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

Serving Size

One serving is approximately two patties.

More Flavor

Add black pepper, onion powder or red pepper flakes.

Sweet Potato

One medium sweet potato is approximately 1 1/4 cups of mashed sweet potato. If using a larger sweet potato set any extra mashed sweet potato aside to use in another meal.

Ingredients

- 1 Sweet Potato (medium, peeled, chopped)
- 1 lb Extra Lean Ground Turkey
- 1 Garlic (large clove, minced)
- 1 1/2 **tsps** Italian Seasoning
- 1 **tsp** Sea Salt

Nutrition

Amount per serving

Calories	159	Sugar	1g
Fat	8g	Protein	17g
Carbs	5g	Sodium	549mg
Fiber	1g		

Chicken & Apple Sausage Patties

6 ingredients · 30 minutes · 8 servings



Directions

1. In a mixing bowl, combine the ground chicken, apple, sage, cinnamon and salt.
2. Divide and form the mixture into half-inch thick patties. Place on a parchment-lined tray and chill in the freezer for approximately 10 minutes.
3. Heat coconut oil in a large cast-iron pan over medium heat. Fry each sausage patty until cooked through, about 3 to 5 minutes per side.
4. Set aside to cool slightly. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

Each serving equals approximately one sausage patty.

More Flavor

Add garlic powder and/or onion powder.

Additional Toppings

Top with an egg, sauerkraut and/or mustard.

Ingredients

1 lb Extra Lean Ground Chicken

1 Apple (medium, cored, finely chopped or grated)

1 tsp Ground Sage

1/2 tsp Cinnamon

1/2 tsp Sea Salt

2 tbsps Coconut Oil

Nutrition

Amount per serving

Calories	124	Sugar	2g
Fat	8g	Protein	10g
Carbs	3g	Sodium	182mg
Fiber	1g		

Maple Turkey Burgers

6 ingredients · 30 minutes · 4 servings



Directions

1. In a mixing bowl, combine the ground turkey, maple syrup, thyme, sage and salt.
2. Divide and form the mixture into half-inch thick patties. Place on a parchment-lined tray and chill in the freezer for approximately 15 minutes.
3. Heat the coconut oil in a large pan over medium heat. Fry each burger patty until cooked through, about 4 to 6 minutes per side.
4. Set aside to cool slightly. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately one patty.

More Flavor

Add onion and/or garlic powder.

Additional Toppings

Top with avocado, feta cheese, tomato, sprouts or wrap it in lettuce.

Breakfast Lover

Make the patties thinner or roll them into sausages for breakfast.

Ingredients

1 lb Extra Lean Ground Turkey

2 tbsps Maple Syrup

1 tsp Dried Thyme

2 tpsps Ground Sage

1 tsp Sea Salt

2 tbsps Coconut Oil

Nutrition

Amount per serving

Calories	258	Sugar	6g
Fat	16g	Protein	21g
Carbs	7g	Sodium	670mg
Fiber	0g		

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

Nutrition

Amount per serving

Calories	212	Sugar	2g
Fat	13g	Protein	21g
Carbs	3g	Sodium	521mg
Fiber	0g		

Apple Turkey Sausage Patties with Sauteed Greens

9 ingredients · 30 minutes · 4 servings



Directions

1. Place the ground turkey in a large mixing bowl. Pat it with a paper towel to remove any excess moisture.
2. Peel, core and grate the apple using a box grater. Squeeze out the excess juice from the apple and discard. Add the apple to the turkey along with the ginger, Italian seasoning, apple cider vinegar and salt. Gently mix to combine then form the meat mixture into thin patties, approximately 4 inches in diameter.
3. In a large skillet or frying pan, heat half of the oil over medium-high heat. In batches, cook the sausage patties for about 2 to 3 minutes per side or until golden brown and cooked through. Wipe the pan out and add more oil in between batches.
4. When you are finished cooking the patties, use the same skillet to wilt the spinach with water.
5. To serve, divide spinach and sausage patties between plates and season with additional salt if needed. Enjoy!

Notes

Serving Size

There are approximately three thin patties per serving.

Leftovers

Refrigerate in an airtight container for up to three days. The patties can be frozen for up to three months.

Best Flavor

A tart apple like a Granny Smith or Honeycrisp works best for this recipe.

No Spinach

Use another leafy green like kale, Swiss chard or collard greens.

No Ground Turkey

Use ground chicken, lamb, beef, pork or bison instead.

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 Apple
- 1 **tbsp** Ginger (peeled and grated)
- 1 **tbsp** Italian Seasoning
- 1 **tsp** Apple Cider Vinegar
- 1/2 **tsp** Sea Salt
- 2 **tbsps** Extra Virgin Olive Oil (divided)
- 8 **cups** Baby Spinach
- 1 **tbsp** Water

Nutrition

Amount per serving

Calories	268	Sugar	5g
Fat	17g	Protein	23g
Carbs	9g	Sodium	421mg
Fiber	2g		

Turkey Breakfast Sausage

7 ingredients · 15 minutes · 12 servings



Directions

1. In a large mixing bowl, combine all ingredients with a spatula. Form the mixture into even patties. (Note: the patties will shrink with cooking.)
2. Melt the coconut oil in a large skillet over medium-high heat. Cook the patties about 1 to 2 minutes per side, or until cooked through. Let cool before serving. Enjoy!

Notes

Serve Them With

Eggs, our Cleaned Up Biscuits recipe, in lettuce wraps or brown rice tortillas with veggies.

Leftovers

Store in an air-tight container up to 3 days in the fridge, or in a freezer-safe bag divided by parchment or wax paper in the freezer for up to 3 months.

No Turkey

Use ground pork, chicken, bison or beef instead.

Ingredients

1 lb Extra Lean Ground Turkey

2 tsps Ground Sage

2 tsps Dried Thyme

1/4 tsp Garlic Powder

1/4 tsp Paprika

1/2 tsp Sea Salt

1 tbsp Coconut Oil

Nutrition

Amount per serving

Calories	68	Sugar	0g
Fat	4g	Protein	7g
Carbs	0g	Sodium	125mg
Fiber	0g		