

## **Breakfast Recipes**

### **Power Breakfast**

#### **Ingredients**

1/3 cup organic whole oats

2 tsp nuts (almonds, pumpkin seeds, sunflower seeds or walnuts)

Fresh or frozen organic blueberries, raspberries, strawberries or blackberries

¼ cup organic raisins

1 tsp ground flax seed

Almond, soy or rice milk

#### **Directions**

1. We make a large batch using the proportions above (minus the berries and milk) and store in an air tight container. Scoop out one cup in your bowl in the morning for a great cereal.
2. Use a coffee grinder to grind the flax seeds. Also good on salads and in smoothies.
3. We prefer our power breakfast raw but you can cook it in water and a bit of milk if you like.

### **Swiss Oats n Fruit**

#### **Ingredients**

1 ½ cups oatmeal

1 ¼ cup soy or almond milk

2 Tbsp honey

½ tsp cinnamon

2 cups any variety or fresh or dried fruit: blueberries, sliced kiwi, sliced strawberries, raspberries, bite size chunks of apple, raisins, dried cherries or cranberries, chopped dried apricots

¼ cup chopped walnuts, pecans or almonds

#### **Directions**

1. **The night before:** stir oatmeal, milk, honey and cinnamon in a large bowl and allow to soak overnight in the refrigerator, covered.
2. **In the morning:** Remove bowl from refrigerator and add fruit and nuts.
3. Serve in a large attractive bowl with matching small bowls.

**Serves 4 (Easy to double to serve for breakfast when having company overnight)**

## **Breakfast Smoothie**

### **Ingredients**

1 cup frozen berries

2 scoops Ultra meal or Protein Powder

1 scoop Dynamic Greens

Organic carrot juice, almond milk, rice milk or combination of each. We like carrot juice as the base and a bit of almond milk for richness.

1 Tbsp ground flax seed

1 tsp Omega 3 oil

### **Directions**

1. Combine all ingredients in a blender and blend until desired consistency. Some days we make ours thick enough to eat with a spoon, other days we make it more runny to drink through a straw.
2. The total amount of a smoothie should be 10-12 ounces. They are very calorie dense so be careful not to have too much!
3. Smoothies are a great place to hide healthy oils and liquid vitamins for kids – they won't know they are in there unless you tell them.

## **Egg Muffins**

These little treats are great to have in the fridge to grab and eat when you have a busy morning. You can also wrap in wax paper individually then put in a zipper freezer bag to freeze.

### **Ingredients**

10-12 eggs

½ teaspoon baking powder

¼ teaspoon each salt and pepper

1 green onion

1 zucchini squash julienned

½ red pepper

4 cups fresh spinach (can use 1 package of frozen if want to substitute)

1 cup of cooked meat (sausage, hamburger, turkey burger, bacon)

### Directions

- 1 Preheat oven to 350° F and grease two muffin pans with coconut oil.
- 2 Whisk eggs with baking powder, salt and pepper.
- 3 Put green onion, zucchini, and peppers in food processor and process until finely chopped but not smooth. Add to eggs.
- 4 Put spinach in processor and finely chop, add to eggs.
- 5 Add cooked meat to eggs and mix well.
- 6 Using a measuring cup, fill muffin pans with ¼ cup each of the egg mixture.
- 7 Bake for 20-25 minutes or until eggs are set in the middle.

### **Breakfast Pizza!**

This pizza is sooo good, we often will make it for our evening meal. It takes a little while to put together, so it's a good treat to make on the weekends or a day that you have a little extra time.

### Crust

8 Eggs

2 Tablespoons extra virgin olive oil

3 Garlic cloves, minced

1 Tablespoon dried basil

Pinch of sea salt

Black pepper to taste

### Toppings

1 pound mild Italian pork sausage

½ cup organic marinara sauce

1 sweet bell pepper, diced

1 Roma tomato, diced

½ cup sliced, black olives

2 green onions, diced

### Directions

- 1 Turn oven on to Broil.
- 2 In a mixing bowl, whisk the eggs together and set aside.
- 3 Brown the sausage in a skillet.
- 4 In a large skillet, heat the extra virgin olive oil over medium high heat and add the garlic. Sauté for 2 minutes.
- 5 Meanwhile, add basil, salt and pepper to eggs and mix well.
- 6 Pour the egg mixture over the garlic and turn the heat down to medium. Cover and let cook for about 3 minutes, or until the bottom of the eggs is set and firm. Do not stir or disturb eggs while cooking.
- 7 Remove the lid and transfer the skillet to the oven and broil for another 3 minutes or until the top of the egg mixture is also firm.
- 8 Remove from the oven and evenly spread the marinara sauce over the egg crust.
- 9 Add the cooked sausage and the other toppings.
- 10 Place the pizza back in the oven and broil for another 5 minutes.
- 11 Slice and serve immediately with avocado slices as a garnish.

### **Pepita –Apple Breakfast Bars**

The following two bars are great to have on hand for snacks or for a quick breakfast.

### Ingredients

½ cup raw honey

¼ cup coconut oil, melted

¼ cup natural creamy peanut butter or almond butter

2 cups oatmeal

¼ cup ground flax seed

¼ cup pepitas (pumpkin seeds)

¼ cup finely chopped dried apples

½ teaspoon apple pie spice

### Directions

- 1 Mix honey, coconut oil, peanut butter and oats.
- 2 In a separate bowl, combine flax, pepitas, apples and spice.
- 3 Combine mixtures and stir well.
- 4 Spread onto 8 x8 inch baking pan and refrigerate for two hours.
- 5 Cut and serve while chilled.

### **Power Bars**

### Ingredients

2 cups oats

1 cup natural peanut butter, creamy or chunky, or almond butter

1 cup raw honey

1 cup dried cranberries or dried cherries

1 cup ground flax seed

1 cup vanilla or chocolate whey protein powder

OPTIONAL: 1 cup dark chocolate chips

### Directions

- 1 Mix all ingredients together and stir until blended.
- 2 Spread mixture into a 13 x 10 inch pan and refrigerate until ready to serve.
- 3 Store in the refrigerator for 1 to 2 weeks or freeze for later use.

## **Almond Meal Blueberry Pancakes**

This recipe is great to double to either freeze or keep extras in the fridge. We like to heat them up in the toaster for a quick breakfast or anytime of the day for a little treat!

### **Ingredients**

- 2 cups almond meal
- ½ cup finely shredded unsweetened coconut
- 3 eggs
- 1 cup coconut or almond milk
- 2 tablespoons coconut oil, melted
- 1 apple, grated
- 1 cup fresh or frozen organic blueberries
- 2 Tablespoons cinnamon

### **Directions**

- 1 Mix all ingredients together.
- 2 Using ¼ cup scoops, cook the pancakes on a super-hot griddle or in a frying pan greased with coconut oil. Cook for about 4 minutes per side, making sure the pancakes are brown before flipping.
- 3 Serve with more blueberries on top and a sprinkle of cinnamon.

## **Smoothie Time!!!**

Coconut milk smoothies are a great way to get some good fat in your diet. These smoothies are great for kiddos for a quick breakfast or and after school snack. Be sure to add some protein, like a hard-boiled egg or egg muffin, if you plan on using this for your breakfast meal. All the smoothies below take five minutes to make and serve four 6 ounce servings. Enjoy!

### **Blueberry Pineapple Smoothie**

- 1 cup fresh blueberries
- 1 cup frozen pineapple chunks
- 1 Tablespoon coconut oil
- 1 ½ cups coconut milk

Add the fruit and coconut oil to a blender. Pour the coconut milk on top. Blend until smooth.

### **Tropical Explosion Smoothie**

1 ripe banana

½ cup diced fresh pineapple

½ orange

1 Tablespoon coconut oil

½ cup crushed ice

1 ½ cups coconut milk

Place fruit, coconut oil and ice into a blender. Pour coconut milk on top. Blend until smooth.

### **Berry Chocolate Smoothie**

½ cup frozen cherries

½ cup frozen blueberries

1 ripe banana

2 Tablespoons unsweetened cocoa powder

2 Tablespoons almond butter

1 ½ cups coconut milk

Add fruit, almond butter and cocoa powder to blender. Pour coconut milk on top, blend.

### **Mango Madness Smoothie**

1 cup frozen mango chunks

½ cup frozen strawberries

2 cups coconut milk

Add fruit to blender. Pour coconut milk on top, blend.

## Baked Oatmeal

I enjoy making this oatmeal when we have company spending the night. It does take a while to put together and bake so make sure you have enough time to pull it off!

### Ingredients

- 2 cups oats
- ½ cup walnuts, chopped
- 1/3 cup brown sugar
- 1 teaspoon baking powder
- 1 ½ teaspoons cinnamon
- ½ teaspoon salt
- 2 cups almond milk
- 1 egg
- 3 Tablespoon butter or Earth Balance, melted and cooled
- 2 teaspoons vanilla
- 2 bananas, cut into ½ inch pieces
- 1 ½ cup blueberries

### Directions

- 1 Preheat oven to 375°. Grease a glass 9 x 13 inch baking dish.
- 2 Mix oats, ½ of the nuts, ½ the butter, sugar, baking powder, cinnamon and salt.
- 3 In a separate bowl, mix milk, eggs, ½ the butter and vanilla.
- 4 Arrange cut bananas in a single layer on the bottom of the baking dish. Add 2/3 of the berries on top the bananas. Cover with oat mixture. Drizzle the milk mixture on top. Top with remaining berries and nuts.
- 5 Bake 35-45 minutes, until golden brown.

