

## Breakfast Recipe Collection







Prep	Cook	Ready in	Servings
10 min	0 min	10 min	5

## Make Ahead Mini Parfaits

### Ingredients

1/2 cup	Frozen blueberries (or berry of choice)
1/2 cup	Frozen raspberries (or berry of choice)
5 tbsp	Granola
1 1/4 cup	Greek yogurt, plain, 2% M.F.
5 tsp	Honey

### Instructions

1. Divide the ingredients among the mason jars.
2. Start with the fruit then add honey, yogurt, and finish with the yogurt.
3. Put lid on and store in the refrigerator.
4. These can be made 3-5 days ahead of time.

### Notes:

#### *Berries*

are high in antioxidants which are SO important for healthy immunity!



Prep	Cook	Ready in	Servings
10 min	30 min	40 min	9

## Sweet Potato Paleo Muffins

### Ingredients

3/4 cup	Almond flour/meal, Bob's Red Mill
1 small	Apple (grated)
1 tsp	Baking powder
1/2 cup grated	Carrots
1 tsp	Cinnamon
1/2 cup	Coconut, shredded, unsweetened
2 large egg	Egg
1/4 cup	Figs, dried (chopped)
2 tbsp	Maple syrup (or honey)
1 dash	Nutmeg, ground
1/2 cup	Raisins, seedless (sultana)
3/4 cup	Sweet potato (mashed)
1/2 cup	Walnuts (chopped)

### Instructions

1. Preheat oven to 350°F (175°C).
2. Mix all ingredients together in one large bowl.
3. Line muffin pan with paper liners. Divide batter into 9 muffins.
4. Bake for about 30-35 minutes, until muffin is cooked through and the top is golden. Remove from oven and let stand for 10 minutes.
5. Remove muffins and let cool on a baking rack. Store in an airtight container, preferably in the fridge.

### Notes:

#### Toppings

- Can garnish with chopped pecans or pumpkin seeds



Prep	Cook	Ready in	Servings
10 min	20 min	30 min	6

## Kid-Friendly Frittata Muffins

These Frittata Muffins can be made in advance and refrigerated for when you need them; they are a savior on busy mornings, just grab-and-go!

### Ingredients

1 spray (about 1/3 second)	Cooking spray, vegetable oil
4 tbsp	Olive oil
1/2 medium	White onion (finely diced)
2 clove(s)	Garlic (minced)
1 cup chopped	Red bell pepper (or any other vegetable you prefer)
1 cup	Cherry Tomatoes (diced)
2 cup	Baby spinach
1 pinch	Salt and pepper (to taste)
8 jumbo egg	Egg
1/4 cup	Soy milk, unsweetened (or milk of choice)
2 tbsp	Gluten free flour (or whole wheat flour)
1 pinch	Salt and pepper (to taste)

### Instructions

1. Pre-heat oven to 375°F (190°C) and lightly spray a 12-cup muffin tin with non-stick cooking spray.
2. Heat olive oil over medium heat in a large cast-iron skillet and sauté onion until soft and translucent. Add garlic, red pepper, cherry tomatoes, and spinach and cook until tender. Season with salt and pepper and set aside in a bowl.
3. In a large bowl, whisk the eggs with soy milk, flour, salt, and pepper until combined. Then, add the sautéed vegetables and stir to combine.
4. Add the mixture to the muffin tins. Each tin should be filled halfway.
5. Bake for 20 minutes, rotating the tray at the halfway point. Let muffins cool in the pan for a few minutes.

### Notes:

#### Tips

- Use your favorite veggies and top with cheese of choice, if preferred.
- One serving is equal to 2 muffins.

#### Storage Instructions

- Store in an airtight container in the refrigerator, for up to 4 days, and reheat when ready to serve.





Prep	Cook	Ready in	Servings
10 min	15 min	25 min	8

## Blueberry Scones

A delicious treat the kids will love too!

### Ingredients

1 1/2 cup	Almond Flour
1/3 cup	Applesauce, unsweetened
1 tsp	Baking powder
3/4 cup	Blueberries (as needed)
1 dash	Cinnamon (to taste)
2 medium egg	Egg
2 tbsp	Flaxseed meal (ground)
1 tbsp	Honey
2 tbsp	Sliced almonds (to taste)
1 tsp	Vanilla extract, pure (to taste)

### Instructions

1. Combine eggs, applesauce, flax meal, honey, vanilla and cinnamon together in a bowl. Let sit for 5 minutes to allow for thickening.
2. Add in almond flour, baking powder, blueberries and almond slices.
3. Bake at 375 degrees for 15 minutes.

Serve and enjoy!



## Almond Butter Energy Balls

A tasty plant-based, high protein snack to go!

### Ingredients

1/4 cup	Flaxseed meal (ground)
1 tbsp	Chia seeds, ground
1/2 cup	Carob chocolate chips (or alternate chocolate chips of choice)
1/4 cup	Coconut flakes, unsweetened (or shredded)
1 cup	Rolled oats, dry (Gluten free oats if needed)
1/2 cup	Almond butter (or alternate nut butter or choice)
1/4 cup	Honey, raw (or maple syrup)
1 tsp	Vanilla extract, pure

### Instructions

1. In a large bowl, mix together the ground flaxseed, ground chia seed, carob chips, coconut flakes, and oats.
2. Add the almond butter, honey, and vanilla. Mix thoroughly with a spatula to create a dough.
3. Place parchment paper across the entire length of a large baking sheet.
4. Using your hands, roll the dough into approximately 1-inch diameter balls. Place on the baking sheet, evenly spaced apart.
5. Place the tray in the fridge for approximately one hour. Store in an airtight container. Enjoy!

### Notes:

#### Quick Tips:

- keep protein balls in the fridge for up to 1 week or freezer for up to 4 weeks
- keep hands slightly wet when rolling balls



Prep	Cook	Ready in	Servings
10 min	10 min	20 min	2

## Deluxe Sweet Potato Toast

A unique twist on avocado toast!

### Ingredients

1 large potato	Sweet potato
4 medium egg	Egg
1 avocado(s)	Avocado
1 pinch	Sea salt, fine (to taste)
1 dash	Black pepper (to taste)

### Instructions

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, scramble 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:

Sweet Potatoes - high in vitamin A and a great source of fiber!

Eggs - an excellent source of protein and high in B vitamins





## Tray Baked Pancake with Berries

### Ingredients

0	PANCAKE
2 cup	Spelt flour (use GF if needed)
2 medium egg	Egg
2 cup	Coconut milk
1 tbsp	Vanilla extract, pure
1/3 cup	Maple syrup
20 gm	Butter, unsalted (melted, or coconut oil for DF)
2 1/2 tsp	Baking powder
2 tbsp	Protein Powder, Bulletproof Collagen (optional)
0	BERRY TOPPING
1 1/2 cup	Frozen berries
1/4 cup	Slivered almonds
2 tbsp	Cane sugar
20 gm	Butter, unsalted (cubed)
0	TO SERVE
0	Coconut yoghurt
0	Maple syrup

### Instructions

1. Pop your oven onto 180°C and lightly grease an oven tray, about 15cm by 30cm.
2. Whisk all the pancake ingredients together. When there are no lumps left, pour it into your greased pancake tray.
3. Sprinkle the berries over the top. No need to push the berries in, they pancake will rise enough during cooking to keep them down. Then sprinkle the almonds over the top, then the sugar and the butter. Bake in the oven for 45-mins and check it's cooked - the middle is set when you touch it. You can also use the toothpick method to check it comes out clean.
4. Serve with coconut yoghurt and lots of maple syrup.





Prep	Cook	Ready in	Servings
5 min	8 h	8 h 5 min	1

## Overnight Apple Pie Quinoa Oats

### Ingredients

1/3 cup	Quinoa flakes
1/3 cup	Water (Or almond or coconut milk)
1/2 medium	Banana (s) (mashed)
1 tbsp	Chia seeds
1/2 tbsp	Cinnamon
1 tsp	Honey
1 dash	Vanilla extract, pure
1 tbsp	Applesauce, unsweetened
1 medium	Apple (chopped)

### Instructions

1. In a bowl mix quinoa flakes, water (or plant-based milk), mashed banana, chia seeds, cinnamon, honey, vanilla and applesauce.
2. Leave to refrigerate overnight.
3. In the morning, top with chopped apple. Enjoy!

### Notes:

#### Additional Toppings

- Banana slices
- Peanut butter
- Cashews
- Jam



Prep	Cook	Ready in	Servings
8 h	0 min	8 h	1

## Raspberry Coconut Overnight Oats

### Ingredients

1/2 cup	Rolled oats- Gluten Free
1 tsp	Chia seeds
1 tsp	Cinnamon (optional)
1/2 medium	Banana (s) (mashed or sliced)
1/2 cup	Greek yogurt, plain, 2% M.F. (or plain coconut yogurt)
1/2 cup	Almond milk, unsweetened
1/2 cup	Raspberries (or any other berry)
2 tbsp	Coconut, shredded (optional)
1 tbsp hulled	Hemp seeds, shelled (optional)

### Instructions

1. Stir up dry ingredients.
2. Add milk and yogurt.
3. Fold in raspberries. Top with coconut and hemp seeds.
4. Cover and place on the counter overnight for a delightful wake-up, ready-to-go breakfast.
5. For an added boost of protein add in some pumpkin seed protein powder !!





Prep	Cook	Ready in	Servings
5 min	0 min	5 min	2

## Peanut Butter Cup Overnight Oats

### Ingredients

3/4 cup	Rolled oats, dry
3/4 cup	Almond milk, unsweetened (or other milk)
2 tbsp	Peanut butter, natural
1 tbsp	Chia seeds
1 tbsp	Maple syrup
1 tbsp	Cocoa powder, unsweetened
1/4 cup	Water

### Instructions

1. Combine oats, almond milk, peanut butter, chia seeds, maple syrup, cocoa powder, and water in a large glass container.
2. Stir well to evenly mix.
3. Cover and store in the fridge overnight.
4. Remove from fridge.
5. Divide into single-serving size jars or containers. Add more milk to thin out if needed. Enjoy!

### Notes:

#### Leftovers

- Refrigerate in an airtight container for up to four days. Add an extra splash of almond milk to thin out if desired.

#### Toppings

- Banana slices, peanuts, shredded coconut, or hemp hearts.

#### Warm it Up

- Heat in microwave for 30 to 60 seconds before eating.

#### No Maple Syrup

- Use honey instead or leave out

#### More Fiber

- Add ground flaxseed.



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	3

## Peanut Butter & Banana Overnight Oats

This simple make-ahead breakfast is perfect for the workweek. Made with creamy peanut butter, banana, and a sprinkle of coconut and chocolate!

### Ingredients

1 cup	Rolled oats, dry (gluten free, if needed)
3 tbsp	Chia seeds
1 pinch	Salt
1 cup	Yoso Unsweetened Almond and Cashew Yogurt (or unsweetened, low-fat yogurt of choice)
3/4 cup	Almond milk, unsweetened (or milk of choice)
2 small	Banana (s) (diced)
3 tbsp	Peanut butter, natural (or nut butter of choice)
1 1/2 tbsp	Coconut, shredded (unsweetened)
3 tsp	Semisweet chocolate chips, mini (or cacao nibs)

### Instructions

1. In a medium-sized mixing bowl, combine oats, chia seeds, salt, yogurt, milk, banana, peanut butter, coconut, and chocolate chips (or cacao nibs). Stir to combine.
2. Transfer to 3 jars or containers and cover. Refrigerate for at least 30-40 minutes, up to overnight.
3. Enjoy cold or remove lid and microwave to warm.





Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1

## Oatmeal Chia Breakfast Pudding

Breakfast pudding with delicious cinnamon spice!

### Ingredients

1/2 cup	Rolled oats, dry
1 tbsp	Chia seeds, ground
2/3 cup	Partly skimmed milk, 1% M.F. (or soy milk)
1 tsp	Cinnamon
2 tsp	Honey
1 tbsp	Raisins, seedless (sultana)
1/2 large	Apple (chopped)

### Instructions

1. Pour ingredients, except apple, into an 8-ounce mason jar and seal the lid.
2. Shake vigorously, until ingredients are well-combined.
3. Store in refrigerator overnight to chill. Top with apple before serving.

Enjoy!

### Notes:

For additional nutrients

top this oatmeal with chunks of your favorite fruits, apples, pears, kiwi, cherries and mixed berries go well with this oatmeal

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#### Nutritional Highlights

##### *Oatmeal*

contains beta glucans which is a soluble fiber that helps to lower serum cholesterol and blood glucose levels



Prep	Cook	Ready in	Servings
10 min	0 min	10 min	2

## Blueberry Chia Pudding

### Ingredients

2 tbsp	Chia seeds
1 cup	Frozen blueberries (thawed)
1/4 cup	Sliced almonds
1 cup	Greek yogurt, plain, fat-free

### Instructions

1. In a bowl, mix together the yogurt and chia seeds. 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!





Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1

## Nut Butter & Banana Overnight Oats

Enjoy a breakfast that is filled with important nutrients and ready for you in the morning!

### Ingredients

1/2 medium	Banana (s)
1/2 cup	Almond milk, vanilla, unsweetened, Silk
1/2 tbsp	Chia seeds
1/2 tbsp hulled	Hemp seeds, shelled
1/2 tbsp	Almond butter
1 tsp	Vanilla extract, pure
1 tsp	Cinnamon
1/4 cup	Rolled oats- Gluten Free
1 scoop	fermented vegan proteins+ (vanilla), Genuine Health (optional)

### Instructions

1. Mash banana
2. Add milk to mason jar
3. Add chia seeds, hemp hearts to the mason jar
4. Add vanilla and cinnamon to mason jar
5. Close jar tightly and shake until well mixed
6. Add oats to the jar
7. Place in the fridge overnight.
8. Enjoy in the morning right out of the jar or warmed gently.

### Notes:

For nut-free/non-dairy milk - add coconut milk or hemp milk