



MODULE 25

EASY HEALTHY BREAKFASTS

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Sweet Potato Cauliflower Hash



Hash makes for the perfect side at breakfast time, warming and filling- this is a dish that will be sure to keep you satisfied long past lunchtime, and it's the perfect canvas for veggies! In this variation we are using cauliflower and sweet potatoes in place of the classic russet. The cauliflower will add that fluffy starch-like texture of potato but with far more antioxidant level and fiber. The sweet potato will bring in extra flavor along with heavy doses of beta carotene and vitamin A- helping your body fight off disease big time.

Onions, garlic, and kale all round out this veggie packed dish nicely, making for an almost stir fry like element that can be topped with crispy eggs, served alongside scrambled tofu or turkey sausage patties, or with a big bowl of yogurt and fruit. If you find yourself getting hungry too quickly after breakfast, this is the powerhouse side that can keep you from snacking!



Yield: 6 serves

<u>Ingredients</u>	
Ghee, Avocado or Coconut Oil	2 Tbsp
Scallion, chopped	1 bunch, white parts and green divided
Garlic cloves, minced	3 each
Turmeric	1 1/2 tsp
Paprika	1 tsp
Sweet potato, diced 1/4 inch	2 cups
Cauliflower, broken into small florets	3-4 cups
Kale, leaves only, shredded	1 bunch
Salt and Pepper	To taste

Instructions:

1. Place your diced potatoes in a small pot, cover with water and bring to a boil. Once boiling, cook for five minutes then drain.
2. Heat 1 Tbsp of the high smoke point oil or ghee in a large heavy bottomed skillet, and begin to saute the white parts of the scallions with your garlic. Cook and stir for 2 minutes.
3. Add the spices and the cauliflower, stirring to coat. Saute for 5 minutes, then move vegetables out to the side of the pan.
4. Add more ghee to the center of the pan, add the sweet potatoes, and allow to cook without moving for 5 minutes to crisp.
5. Stir everything together, add in the shredded kale, cover and cook until kale has wilted.
6. Taste and adjust for seasoning, garnish with the green onion ends, then serve or store for up to 5 days in the fridge.

Recipe Notes: This can be made with winter squash in place of the sweet potatoes, butternut works excellently! Play around with adding different spices or herbs to create a different flavor profile each time, you could also add in black or white beans for extra fiber and protein.

Summer Squash Shakshuka (Squash Nested Eggs)



Due to popular request, we've created a fun new variation on our Sicilian Poached Eggs recipe! Rather than tomatoes, this recipe uses grated summer squash to cook the eggs gently, and it's just as delicious for dinner as it is for breakfast! As the squash cooks down it caramelizes slightly, bringing natural sweetness to our dish along with vitamins A, B and C. These will aid in immune support, optimized energy levels, and better repair of cells and tissues.

Spinach will add folate and antioxidants, protecting both your brain and cells from aging, deterioration, and damage. The baked eggs provide a beautiful source of complete protein that will give you stable energy, help you stay fuller longer, and curb hunger to promote healthy, sustainable weight loss.



Yield: 4 Serves

<u>Ingredients</u>	
Summer Squash, any variety	2 pounds
Salt	1 Tbsp + as needed
Avocado Oil	2-3 Tbsp
Shallots, minced	2 medium
Garlic, minced	4 cloves
Dried Oregano	2 tsp
Spinach, fresh or frozen (defrosted)	10 oz
Eggs	4 large
Parmesan	4 oz
Herbs for garnish	

Instructions:

1. Trim the ends from your squash and grate with a box grater or the food processor. Sprinkle with 1 Tbsp salt and allow to drain in a colander for 15 minutes.
2. Preheat the oven to 375 and in a large oven safe skillet saute the garlic and shallots in 1-2 Tbsp avocado oil. Cook until tender, then add the dried oregano and continue stirring for 30 seconds.
3. Add the spinach to the pan along with a few drops of water, allow the spinach to steam and cook down, stirring. Season to taste with salt.
4. Squeeze as much liquid as possible from the grated squash, then add it into the pan and continue stirring and cooking until liquid is no longer releasing, about 8 minutes or so. Remove from the heat and stir in parmesan.
5. Smooth and press the squash mixture into the pan, then create 4 small wells, cracking each egg into each indentation. Season with salt and pepper.
6. Bake until the eggs are set but soft, about 10 minutes. Garnish with herbs and serve with fresh bread, whole grains, or a side salad.

Recipe Notes: You can also use grated winter squash for this dish, but it will double the saute time. Feel free to add other additions like roasted red peppers, chopped or sun dried tomatoes, or pesto!

Protein Packed Freezable Waffles



This incredible waffle recipe is sky high in protein and fiber- our two favorite things for breakfast time! Most frozen protein waffles contain both processed flours and protein powders, but ours include only whole, nourishing ingredients. The base of our batter is simply rolled oats blended down into a flour, then mixed with eggs and cottage cheese.

Cottage cheese is making a comeback in the health world, as it's a fantastic source of protein that's low in saturated fat and high in b vitamins, selenium, and calcium. Getting in more of this food will help boost metabolism, support bone density, and protect against cell damage that can lead to chronic disease. Be sure to make a few extra of these, so you can freeze your own to eat all week long!



Yield: 6 Servings

<u>Ingredients</u>	
Old Fashioned Oats	2 cups
Cottage Cheese	2 cups
Eggs	6 large
Vanilla Extract	1 tsp
Cinnamon	1 tsp
Cloves	¼ tsp
Salt	¼ tsp
Coconut or Avocado Oil for greasing	As needed

Instructions:

1. Preheat your waffle maker and grease both top and bottom with a small quantity of high smoke point oil.
2. Place your oats in a blender and pulverize. Add the remaining ingredients and blend until smooth.
3. Pour scant ¼ cup into your waffle maker, cook until golden brown 4-5 minutes.
4. Serve immediately with your favorite sides and toppings. To freeze, cool completely on a rack. Place in a single layer on a parchment lined baking sheet in the freezer until fully frozen, then store in a ziplock bag.

Recipe Notes: This batter can also be turned into pancakes if you don't have a waffle maker! Top this with fresh fruit, yogurt, maple syrup, or honey. You can also turn them savory by swapping out the warming spices for dried herbs and enjoying with a sunnyside up egg, sauteed vegetables, and/or parmesan cheese.

Plant-Based Crepes



These plant-based buckwheat crepes are made from just five pantry ingredients, and are so incredibly versatile they can be used for breakfast, lunch, dinner or dessert- and they are even gluten free! The buckwheat flour that makes up the bulk of this batter is incredibly low on the glycemic index and it's seed is naturally gluten free. It's also rich in dietary fiber and antioxidants that protect against cancer.

To bind we add flaxseed meal which provides extra fiber and valuable protein to our crepes. Flaxseeds are also high in omega-3s, a healthy fat many of us lack that is beneficial for reducing inflammation, improving skin health, and heart health. Coconut milk and Avocado oil round out our batter, bringing in more healthy fats along with antioxidants that can strengthen the immune system. Fill these up with fresh fruits and vegetables and your body will thank you!



Yield: 12 crepes

<u>Ingredients</u>	
Buckwheat Flour, untoasted or raw	1 cup
Flaxseed meal	¾ Tbsp
Light Coconut Milk	1 ¾ cup
Avocado Oil	1 Tbsp
Salt	pinch

Instructions:

1. In a blender or mixing bowl add all of your ingredients.
2. Pulse and blend until smooth or whisk vigorously by hand until well combined and frothy. When finished, the batter should be pourable and thinner than classic pancake/waffle batter but not too watery. If needed, adjust by adding more flour to thicken or a dash of any milk to thin.
3. Heat a medium non-stick skillet or crepe pan over medium heat and add a small amount of avocado oil to coat.
4. Add a ¼ cup of batter to the pan, picking up the pan right away and swirling it in a circular motion to spread the batter out into a thin round.
5. Cook until the top begins to bubble and the edges look dry and almost curled. Flip and cook about two minutes more until both sides are browned. Continue with the remaining batter.
6. Enjoy right away with your favorite fillings, or store in the fridge for up to 3 days. To store for longer, freeze between sheets of parchment paper in a ziplock bag for up to a month. Reheat in the oven or microwave.

Recipe Notes: Using toasted buckwheat flour will add in a slightly bitter taste, so be sure to use a raw flour for better flavor. For different variations, try adding dried herbs to your batter for a savory crepe, or warming spices and sweeteners for a dessert crepe.

Make Ahead Breakfast Bake



By now you know that oats are the number one way to start your day off well, and they are a powerful tool when looking to lose weight, improve heart numbers, and manage or prevent diabetes. Overnight oats and make-ahead granola bars are simple ways to get more oats involved at breakfast time, but these dishes almost always mean your morning will also include some kind of sweetener.

So we've come up with a simple breakfast casserole that's packed with those amazing oats, as well as a ton of vegetables and eggs. Because this bake is savory, it's filled to the brim with ingredients that are major sources of protein and antioxidants. With no sugar whatsoever, you'll be sure to avoid any afternoon crashes, and instead be ready to go all day with steady, long-lasting energy!



Yield: 8 servings

Ingredients	
Old-Fashioned Rolled Oats	2 cups
Avocado or Coconut oil	1 Tbsp + extra for pan
Onion, chopped	½ cup
Button Mushrooms, chopped	1 cup
Baby Spinach	2 cups
Dijon Mustard, whole grain	1 Tbsp
Dried Thyme	1 tsp
Vegetable broth, low sodium	2 cups
Egg	1 whole
Baking Powder	1 tsp
Kosher Salt and Black Pepper	To taste
Crumbled Goat Cheese	½ cup

Instructions:

1. Preheat your oven to 375F and coat a pie pan with your oil.
2. Heat a large saute pan over medium-high heat, then add 1 Tbsp of high smoke point oil.
3. Add your onions, stir and saute for 1-2 minutes, until they begin to sweat.
4. Add your mushrooms, saute for 3-4 minutes more, until they also begin to sweat. Season with a pinch of salt.
5. Add in your spinach along with a small sprinkle of water and salt, cover and allow the spinach to steam and cook down for 1 minute.
6. Remove the lid, add the mustard and thyme and stir the vegetables all together, taste for seasoning then remove from the heat.
7. Pour the vegetable broth into a large mixing bowl, then whisk in your egg, 1 tsp of salt, and the baking powder. Stir in the oats and the vegetable mixture.
8. Transfer everything to the prepared pie pan, and spread the crumbled goat cheese over the top.
9. Bake for 40 minutes or until golden brown, store in the fridge for up to 5 days or in the freezer for up to 3 months. Reheat in the microwave or oven.

Recipe Notes: You can make this recipe gluten free by using gluten free oats. You can make this recipe vegan by subbing in 1 Tbsp flaxseed with 3 Tbsp water for the egg, and using herbs, olives, or pine nuts instead of the goat cheese. You can save yourself time and clean up by just folding in the veggies raw, they will cook up fine in the oven they just might be a bit less flavorful.

Lighter Eggs Benedict



This Eggs Benedict variation is light on butter and heavy on antioxidants! One of the most popular brunch items around, this dish is known for lots of richness and high levels of sodium, but we're about to solve all that! Bringing in whole grains will improve the heart health of this dish right away, but not nearly as much as swapping mushrooms for bacon will. Shiitake mushrooms are powerful antioxidant providers, and also crisp up nicely in the oven to bring some umami and texture to our meal.

While poached eggs are a beautiful source of whole protein, they aren't the easiest to make on the stove top. Once you master our microwaving technique, you'll never have to poach again! To top everything off, we've created a greek yogurt based sauce to keep things nice and creamy but still keep you on track towards weight loss and better health numbers!



Yield: 4 serves

<u>Ingredients</u>	
Shiitake Mushrooms, thinly sliced	2 cups
Olive Oil	1 ½ Tbsp
Soy Sauce	2 Tbsp
Maple Syrup	1 Tbsp
Smoked Paprika	1 tsp
Whole Wheat English Muffin	4 each
Eggs	4 large
Greek Yogurt	½ cup
Dry Mustard	1 tsp
Salt	½ tsp
Cayenne	⅛ tsp
Shredded kale	1-2 cup

Instructions:

1. Preheat the oven to 375F and line a baking sheet with parchment paper.
2. Whisk together the olive oil, soy sauce, maple syrup, and smoked paprika, then toss with the sliced mushrooms.
3. Spread out the slices on your prepared tray, bake until crispy- about 20 minutes.
4. For the poached eggs: Using a microwave safe mug, fill the mug with water and crack an egg into the mug. Make sure the egg is fully submerged. Microwave on high for 70 seconds (based on 700-800 watts microwave) then allow it to sit for one minute in the hot water. Remove and drain on a paper towel then season with salt and pepper. For best results microwave eggs one at a time, if you do want to do two at once, double the cooking time.
5. Slice and toast your english muffins, massage the shredded kale with olive oil and salt.
6. In a small bowl whisk together the yogurt and spices, adjust to taste. Microwave on medium power for thirty second intervals, whisking between until gently warmed. Be careful to not overcook and curdle.
7. To plate, top the english muffin with kale, shiitake bacon and a poached egg, then spoon yogurt sauce over to finish and enjoy immediately.

Recipe Notes: Don't stress if your microwaved eggs don't come out perfectly the first time, experiment by adjusting with ten more or less seconds at a time. Once you get your timing down they will come out the same every time! You can sub out the english muffin with a slice of tomato or sweet potato to make this gluten free. To make this dish in 5 minutes or less skip the shitajke bacon and just use a handful of greens or spinach in its place. Optional garnishes; fresh minced chives or parsley; lemon zest.

Lentil Breakfast Stir Fry



It's time to change up the breakfast routine! Lentils might not be the first thing that comes to mind in the morning, but they make for a powerhouse breakfast that is easy on digestion and long on energy and fullness! Just half a cup of cooked split red lentils can help you start your day with 9 grams of protein and plenty of potassium, zinc, and iron! These magic beans also come with plenty of fiber and folate to keep both the digestive tract and nervous system supported.

Lentils make the perfect canvas for nutrient-rich veggies like celery, bell peppers, and chard- all of which will bring in a wide variety of antioxidants keeping your skin, cells, and organs at their healthiest. It's up to you if you enjoy these as is, or add even more protein and some omega 3s with avocado and eggs to top. By making these in bulk at the start of the week, you can reheat a serving each day and have breakfast ready in seconds!



Yield: 4 Serves

Ingredients	
Avocado Oil	2 tsp
Onion, chopped	½ medium
Celery, sliced	3 large ribs
Bell Pepper, diced	1 small
Turkey Sausage, raw (optional)	8 oz
Red Lentils, rinsed and picked through	1 cup
Chard, de-stemmed and torn into bite size pieces	1 bunch
Vegetable Stock or Water	2 1/2-3 cups
Salt and Pepper	To taste
Optional Toppings	
Fresh Herbs or Greens	
Sliced Avocado	
Tomatoes sliced	
Poached Egg	

Instructions:

1. Heat avocado oil in a medium-large saucepan.
2. Add the chopped onion, celery and bell pepper; saute 2-3 minutes until softened.
3. Moving the vegetables to the edges of the pan, add the raw ground sausage meat. Allow to sit until seared on one side, then begin to stir and break up with a wooden spoon until it is cooked through and in small crumbles. Mix the vegetables back in.
4. Add the lentils, stirring and toasting for 2 minutes, then add the torn chard and pour in the stock or water and stir all together.
5. Bring the contents to a boil, then drop to a gentle simmer, cover and cook for 10-12 minutes. When finished, liquid should be mostly absorbed and all the lentils will be tender and soft.
6. Season to taste and enjoy with any of the optional toppings, or cool and store in the fridge for up to five days.

Recipe Notes: If keeping this plant based, leave out the turkey sausage and replace with 1 cup chopped mushrooms or just 1 teaspoon of smoked paprika.

Healthier Skillet Huevos Rancheros



Huevos Rancheros is a classic breakfast dish made up of four traditional components; corn tortillas, beans, salsa, and eggs. Combined, this makes for a well-rounded meal that will provide your body with whole grains, fiber, antioxidants, and protein. All of which will give you sustainable energy, stronger immunity, and improved tissue repair.

By learning to make this dish at home you can include lots of fresh produce, and choose tortillas with minimal processing and ingredients that work best with your body's needs. You'll also reduce the amount of sodium and saturated fat levels greatly with this homemade version! Decreasing both can lead to lower cholesterol and reduce the risk of heart attack or stroke. On top of all that, this recipe uses just one pan, so everything comes together in less than 30 minutes and there's minimal clean up!



Yield: 4 Serves

<u>Ingredients</u>	
Whole Grain, Corn, or Gluten Free Tortillas	4 each
Avocado Oil	1-2 Tbsp
Red Onion, diced	1 small
Garlic, minced	1 clove
Tomato, diced	2 medium
Smoked Paprika and Cumin	1/2 tsp each
Salt	To taste
Black or Pinto Beans, cooked and drained	2 cups
Eggs	4 large
Cilantro, leaves	½ bunch
Juice from 1 Lime	1 whole
Optional Toppings: Cotija or Goat Cheese crumbled, Avocado Sliced, Hot Sauce	

Instructions:

1. Preheat your oven to 400F and place a large cast iron skillet over medium high heat.
2. Add the avocado oil to the pan, once shimmering, begin to saute two thirds of your diced onion, reserving the last third for pico de gallo.
3. Cook the onion for 3-4 minutes until translucent and shining, then add the minced garlic and spices. Continue cooking and stirring for 2 more minutes, then the beans and half the tomatoes to the pan along with 2 tablespoons of water.
4. Bring the contents of the pan to a simmer and allow to cook gently for a few minutes over medium-low heat.
5. Brush the tortillas with avocado oil and place directly on the rack of your oven to crisp for 2-3 minutes. Once the beans finish cooking, taste for seasoning, then remove to a plate or bowl and rinse out your pan.
6. Brush the pan lightly with oil, place your crisped tortillas in a single layer on the bottom. Top with bean mixture, making a small indent in the mound of beans. Crack an egg into each indentation carefully and sprinkle with salt and pepper.
7. Slide the pan into the top half of your oven, cooking until the whites of the eggs have set and the yolks are at your desired consistency. Start checking around the ten minute mark. Combine the remaining tomatoes and onions with a squeeze of lime juice and a dash of salt. When the eggs are finished cooking, top with your freshly made pico de gallo, cilantro leaves, and any other desired toppings.

Recipe Notes: To increase the nutritional content feel free to add other chilis, squash, corn or kale to your beans! To make this even simpler, you can also use canned refried beans and any salsa you have on hand to skip all the knife and saute work!

Fiber and Flax Blueberry Muffins



Nutritionally dense, but incredibly tender in texture- we use a couple tricks here to make sure these muffins will be satisfying and nutritionally sound. Whole wheat, oat flours, and flaxseeds add extra fiber, protein and minerals- keeping digestion running smoothly and energy balanced. Maple syrup adds some unrefined sweetness while the protein and healthy fats from our greek yogurt and egg will make sure that sugar is absorbed slowly keeping numbers steady.

These delicious little guys come together in minutes with just two bowls, and one pan. They can be made in bulk and stored in the freezer so you're sure to always have a healthy, fiber-rich breakfast on hand for those busy mornings.



Yield: 12 muffins

<u>Ingredients</u>	
Whole Wheat Flour	3/4 cup + extra
Oat Flour	1/2 cup
Quick-cooking Oats	3/4 cup
Ground Flaxseed	1/4 cup
Ground Cinnamon	1 1/2 tsp
Baking Powder	1 tsp
Baking Soda	1/2 tsp
Salt	1/2 tsp
Egg	1 large
Greek Yogurt	3/4 cup
Maple Syrup	1/2 cup
Milk of choice	1/4 cup
Coconut oil, melted	2 Tbsp
Vanilla Extract	1 tsp
Blueberries, frozen or fresh	1 cup

Instructions:

1. Preheat your oven to 375 F, prepare a muffin tin by greasing each muffin hole, and/or lining each cavity with a muffin liner.
2. In a large bowl combine your flours, oats, flaxseed, cinnamon, baking powder, baking soda, and salt.
3. In a second bowl whisk your egg, then add the yogurt, maple syrup, milk, oil and vanilla and mix until well combined.
4. Add the wet ingredients into the dry, gently folding until just barely combined. Toss your blueberries in a small amount of extra flour, any type is fine, and carefully fold them in as well.
5. Divide the batter evenly among the muffin cups, (an ice cream scoop works well for this)- filling almost all the way up.
6. Bake for 20-22 minutes, tops should be a golden brown and a toothpick inserted in the center should come out clean. Allow to cool for 5 minutes.

Recipe Notes: These can also be made gluten free, replacing the whole wheat flour with a gluten-free all purpose, using a 1:1 ratio. These can be stored for in an air-tight container at room temp for up to 5 days, or in the freezer for up to 3 months.

Cinnamon French Toast



So many variations of french toast you see in restaurants or on the internet are actually gigantic sugar bombs disguised as breakfast, but it doesn't have to be that way! Our Homemade version uses any healthy whole grain bread you have on hand. Just by switching from basic white bread we add extra minerals and vitamins right away and decrease the amount of refined sugars and flours. With just 5 simple, whole ingredients these stale slices become golden, crisp pieces of deliciousness.

Instead of pools of syrup, we top this toast with naturally sweet banana, creamy greek yogurt and a drizzle of honey. Walnuts add both crunch and healthy fats to add to the satisfaction of this dish. Extra cinnamon, both in and on top of our toast, creates the sensation of sweetness on the palate so you can use less honey but still enjoy every bite to the maximum!



Yield: 4 Serves

<u>Ingredients</u>	
Whole Grain or Gluten Free Bread (stale is preferable)	8 Slices
Eggs	3 medium
Milk of your choice	½ cup
Vanilla	1 tsp
Cinnamon	1 tsp + 1 Tbsp divided
Coconut Oil	2-3 Tbsp
<u>Optional Toppings:</u>	
Greek Yogurt	½ cup
Banana, sliced	1-2 medium
Walnuts, chopped	¼ cup
Honey	As needed

Instructions:

1. Preheat your oven to 200F and place a baking tray with a rack inside.
2. Whisk your eggs with the milk, vanilla, and 1 tsp of cinnamon, then pour this mixture into a small square dish, pan or tray.
3. Begin heating a large pan or griddle over medium heat, add 1-2 tsp of coconut oil.
4. As the pan heats, submerge your bread slices in the egg mixture making sure to cover the entire piece and allowing each a brief soak before placing in the hot pan.
5. Cook for 2-3 minutes until browned, then flip and cook for an additional 2-3 minutes. Place finished slices in the warmed oven until you've finished this process for every slice.
6. To plate, sprinkle generously with the reserved cinnamon, add a dollop of yogurt, banana slices and walnuts, then drizzle with a dash of honey.

Recipe Notes: This recipe works great with Dave's Killer Bread! Try adding other types of seeds and nuts as topping to bring in more texture and flavor too. Leftover slices can be stored in the fridge for up to 4 days and can be reheated in the oven or toaster.