



Other Great

Breakfast Ideas

Green smoothies are by far, my favorite breakfast choice, because it's an easy way to get in more veggies before 12pm. But, there are also some other great real food options if you want to mix it up. Here are some of my favorites- for both weekday and weekend eating.

Quick Grab and Go Ideas

Smashed Avocado + Tomato Toast/Rice Cake: Toast a piece of gluten free bread. Smash avocado on top and add slices of tomatoes. Drizzle with olive oil, sea salt and pepper.

Smoked Salmon + Sliced Tomatoes: Place a small piece of smoked salmon on sliced tomato rounds. Optional to add hummus for dipping.

Breakfast Salad: Add 1 fried egg over 1 cup arugula/mixed greens, drizzled with olive oil + hot sauce.

Scrambled eggs, omelette's or hard-boiled eggs are also great options. Top with clean salsa and avocado or add in extra veggies or potatoes if you'd like.

A handful of nuts: don't forget about all of the different kinds! Macadamia, pistachios,

Roasted potatoes or sweet potatoes with organic sausage and/or eggs

Avocado with sea salt + pepper sprinkled on top

Applegate Farms chicken or turkey sausage (or other natural/organic brand). Pair with sautéed spinach or veggies, or scrambled eggs.

Fun Breakfast + Brunch Recipes

ZUCCHINI + EGG MCMUFFINS

MAKES APPROXIMATELY 12 MUFFINS

Notes: Make these and warm them up each morning. Add any extra ingredients you'd like- chopped turkey or ham, other kinds of grated or chopped vegetable or cheese of your choice, hot sauce, etc.

INGREDIENTS

8 cage-free organic eggs
1 zucchini, grated or shredded with excess moisture squeezed out with a paper towel.
1/2 onion, finely chopped
1/4 cup (or more) goat cheese, grated parmesan or other artisan cheese of your choice (optional)
1 tablespoon handful fresh chopped herbs (chives, basil or parsley) (optional)
1/2 teaspoon sea salt + 1/2 teaspoon pepper (or more)

Preheat oven to 400. Line a muffin tin with baking cups or grease with butter or coconut oil. In a bowl, whisk eggs, zucchini, onion, herbs or cheese of your choice with sea salt & pepper. Pour into muffin tins and bake until cooked through, approximately 20 minutes. Broil for the last minute or two for a nice brown layer.

APPLE CINNAMON MORNING QUINOA:

MAKES APPROXIMATELY 4 SERVINGS

Notes: This recipe is a great make-ahead dish for busy mornings. Make a big batch of this and freeze or keep refrigerated in individual containers for easy warming during the week. Using quinoa instead of steel cut oats also gives you some extra protein, and cook much faster, which is why they are my favorite morning (and anytime of day) grain. Feel free to change up the fruit based on the season as well- pears, plums, peaches or berries would all be great. Other great additions include: nutmeg, other chopped nuts or dried fruit of your choice, coconut flakes, chopped dates, maple syrup or raw honey, peanut/almond butter, whole milk or coconut milk.

INGREDIENTS

1 cup dry quinoa
2 cups water
1/2 teaspoon sea salt
1 apple, core removed and chopped

To add after it's cooked:

2 tablespoons coconut oil
2 teaspoons cinnamon
2 teaspoons chia seeds
1 handful raisins (optional)
+ Sprinkle of slivered almonds (optional)

Add 1 cup uncooked quinoa to a small saucepan with 2 cups water, sea salt and chopped apples. Cover with lid and bring to a boil. Once boiling, turn off the heat, and let sit covered for 10-15 minutes until the quinoa is fluffy. Stir in extra topping ingredients of your choice and serve hot.

HOMEMADE APPLESAUCE PARFAITS

Same as above but use applesauce (homemade or clean store bought) as the base. Top with whole milk greek yogurt, chopped nuts, coconut flakes, cinnamon, etc

BERRIES OR PEACHES WITH ORGANIC CREAM OR COCONUT MILK

Add fruit to a bowl and pour milk of your choice over the top. Optional to add chia, flax or hemp seeds, chopped nuts or honey.

FLOURLESS CARROT CAKE MUFFINS

MAKES APPROXIMATELY 12 MUFFINS

Notes: These muffins are totally grain free + egg free and so good served warm on their own or with melted coconut oil, grass fed butter, natural peanut butter, almond butter or tahini. Great for breakfast or a healthy snack on the go, and they freeze well for easy weekday eating.

INGREDIENTS

1 1/2 cups walnuts
3 cups shredded carrots
2 tablespoons chia seeds (or 3 eggs)
1 lemon, zested
1 1/2 teaspoons baking powder
1 teaspoon natural vanilla extract
2 teaspoons cinnamon + 1/2 tsp garam masala (or nutmeg) + 1/2 tsp cumin + pinch of sea salt
1/2 cup unbleached sugar

Preheat oven to 375. Line muffin tins with unbleached baking cups or spray with coconut or olive oil. In a small bowl, add chia seeds to 6 tablespoons water and stir to combine. Let sit while you prepare everything else.

Pulse walnuts in a strong blender or food processor until they look like a flour-y texture. Add to a large mixing bowl.

Then, pulse carrots in the blender or food processor. Add a tiny bit of water if needed to blend. Add to the mixing bowl. Zest the lemon. Add lemon, sugar, baking powder, vanilla, cinnamon, garam masala, cumin and sea salt to the mixing bowl. Add the soaked chia seeds and stir well to combine.

Add mixture to baking cups, filling halfway. Bake for 35-40 minutes, or until done to your liking.

GREEK YOGURT PARFAIT CUPS

Make your own parfaits with whole milk greek yogurt and layers of any of the following things: chopped nuts, coconut flakes, fresh berries or fruit, cinnamon, 1-2 teaspoons maple syrup or honey.

SPROUTED GRAIN BREAD (EZEKIEL OR DAVE'S KILLER) OR GF MILLET BREAD

with almond or peanut butter and cinnamon. Add slices of banana or apple on top if you'd like. Or, try mashed avocado with sea salt or red pepper flakes!

PUMPKIN COCONUT-ALMOND CHOCOLATE GRANOLA

MAKES APPROXIMATELY 6-8 SERVINGS

INGREDIENTS

1 cup large coconut flakes
1 cup almonds, chopped (or use slivered almonds)
1/2 cup pumpkin seeds (shelled)
2 tablespoons organic maple syrup
1 1/2 tablespoons chia seeds (optional)
2 tablespoons extra virgin coconut oil, melted
3 teaspoons cocoa powder
1/2 teaspoon sea salt
1/2 teaspoon cinnamon
1/2 teaspoon vanilla extract

Preheat oven to 375. In a saucepan, melt coconut oil, maple syrup, cocoa powder, cinnamon, vanilla and sea salt and stir well.

Add the rest of ingredients to a large prep bowl and drizzle coconut-maple mixture over the top. Toss well, then spread out on a parchment lined baking sheet. Bake for 10 minutes or until slightly crisped.

Let cool before serving, store in a glass container in the fridge.

TOASTED MOCHI WITH PEANUT BUTTER + HONEY

MAKES APPROXIMATELY 2 SERVINGS

Notes: Mochi is a traditional brown rice product that puffs up nicely when toasted in the oven or toaster oven, which makes it a decadent seeming weekend treat—but one that is totally clean and with very few ingredients. Find it by the yogurt and refrigerated section of most health food stores. I love the cinnamon-raisin version! When you buy it, upwrap it and cut into cubes, then store in the freezer until you're ready to use.

INGREDIENTS

2 mochi cubes peanut butter raw honey

Line a baking sheet with parchment paper. Preheat oven to 450. Add mochi cubes to the baking sheet and bake according to directions on the package, about 8-10 minutes. The mochi is done when it starts puffing up and "growing". Remove from heat, slice a little slit in the side, and spread peanut butter (or tahini or almond butter) and honey inside. Add a dash of cinnamon if you'd like!

2 INGREDIENT PANCAKES

Recipe adapted from Our Best Bites

MAKES APPROXIMATELY 12 THIN PANCAKES

Notes: Optional to serve with natural peanut or almond butter, homemade whipped cream, berries, maple syrup, etc.

INGREDIENTS

1 large ripe banana
2 eggs
1/8 teaspoon baking powder (optional)
1/8 teaspoon cinnamon (optional)

Add all ingredients to a blender and pulse until ingredients are combined (or alternatively, mash banana well by hand, then add eggs.)
Heat a bit of butter or coconut oil on a griddle or cast iron skillet. Once warm, pour batter as you would for normal pancakes, flipping halfway when ready.

SEED CRACKERS

Notes: Feel free to use whatever seed combinations you like (or whatever you have in your pantry). Pumpkin seeds, hemp seeds, poppyseeds, etc all work great. Save the cracker crumbs and edges and bits for "croutons" and crunchy salad or soup toppings throughout the week! Excellent with mashed avocado and seared ahi on top, or mashed white beans with garlic and cucumber ribbons, lime juice, red pepper flakes and sea salt on top.

Or, try adding in some dried fruit, cocoa powder, coconut flakes and some maple syrup or honey for a sweeter, granola bar type of snack!

INGREDIENTS

1/2 cup chia seeds
1/2 cup flax seeds
1/2 cup sesame seeds
1/2 cup sunflower seeds
1 cup water
1 tablespoon nutritional yeast or parmesan cheese
2 teaspoons Italian herb seasoning or 1 handful fresh chopped rosemary or basil or thyme
+ sea salt and pepper to taste

Preheat oven to 325. Line a baking sheet with parchment paper. Combine all seeds in a mixing bowl and add spices and water and mix well. Let mixture sit for a minute or two until the mixture is slightly sticky. Add mixture to the baking sheet, wet your fingers and evenly press the mixture into a flat shape, trying to make it as thin as possible. Bake for 10 minutes, then remove and cut into large 3 in x 2 in rectangles. Flip crackers to the other side and bake for another 5- 10 minutes. Remove and let cool.

OVERNIGHT COCONUT- COCOA NIB “OATMEAL”

Notes: This superfood breakfast is totally grain free and full of great protein and healthy fats to keep you full and satisfied. Optional to add chopped dates, maca, matcha or other nuts/seeds of your choice as well.

MAKES 2 SERVINGS

INGREDIENTS

1/2 cup shelled hemp seeds
4 teaspoons chia seeds
1/2 cup almond milk
1 teaspoon maple syrup
1 teaspoon cinnamon
1 teaspoon cocoa nibs
1 tablespoon shredded coconut

Combine all ingredients in a glass jar and shake well. Place in the fridge overnight, or for at least 4 hours. Serve warm or cold, with toppings of your choice!

VANILLA APRICOT GRANOLA SNACK BARS

MAKES 12-15 BARS

INGREDIENTS

2 cups cashews
1 cup walnuts
1 cup dried apricots
1 cup dried coconut flakes (large)
1/2 cup pumpkin seeds
1/2 cup dried cranberries
1/2 cup honey
2 teaspoons vanilla
1/2 teaspoon sea salt

Melt honey. Chop cashews, walnuts, pumpkin seeds and apricots (roughly or finely- it's up to you). Add all ingredients to a mixing bowl and mix well.

Add mixture to a medium sized parchment lined square baking dish and press down evenly with the back of a spoon. Freeze for 1 hour, then remove to cut into bars. Store in the freezer until ready to eat.

CINNAMON CHOCOLATE BALLS

MAKES 25 SNACK BITES

INGREDIENTS

5 dates, pitted
1/2 cup slivered almonds
1/4 cup coconut oil (melted)
1/2 cup unsweetened coconut flakes
3 teaspoons unsweetened cocoa powder
2 tablespoons maple syrup (or more, to taste)
1 teaspoon vanilla
1/2 teaspoon cinnamon (optional)

In a blender add slivered almonds and pulse until they crumble. Add in pitted dates and blend until combined. Add to a mixing bowl and add in the rest of the ingredients. Stir well to combine. Taste and adjust the flavors as you'd like. Place batter in the fridge for 10 minutes (or overnight). Roll mixture into small balls, then store in the fridge (or freezer) until you're ready to eat.

BANANA MACADAMIA NUT + PINEAPPLE BREAKFAST COOKIES

MAKES 2 DOZEN COOKIES

INGREDIENTS

1 banana, mashed
1/4 cup flax seeds
1/2 cup chopped macadamia nuts, walnuts or slivered almonds
1/2 cup coconut oil, melted
1/2 cup maple syrup
2 cups almond flour
1 1/2 cups unsweetened coconut flakes
2 tablespoons pineapple juice
1/2 teaspoon cinnamon
+ sprinkle of sea salt

Preheat oven to 350. Line a baking sheet with parchment paper. Combine all ingredients in a bowl and mix well. Using a small ice cream scoop, scoop cookie balls onto baking sheet. Press down in the center of each cookie to flatten slightly. Bake for 15 minutes, or until golden on the edges.

BLOOD ORANGE CHIA SEED PUDDING

Notes: peeled blood orange, chopped dates, chopped pistachios and raisins make great toppings!

MAKES 2 SERVINGS

INGREDIENTS

1/2 cup coconut milk (or whole milk greek yogurt)
1/2 cup fresh squeezed blood oranges
1/4 cup chia seeds
1 tablespoon maple syrup

Combine all ingredients in a glass jar. Shake well, then place in fridge for 8-24 hours. Add fun toppings of your choice on top.

SKILLET POTATO PANCAKE WITH GREEN ONIONS + CHIVES

Notes: you can also make smaller single serving sized pancakes with this same mixture. A great make-ahead dish for breakfast, brunch or dinners!

MAKES 4-6 SERVINGS

INGREDIENTS

2 lbs russet potatoes
4 green onions, chopped
6 stalks chives, chopped
1 large handful parsley leaves, chopped (optional)
4 eggs
+ sea salt and pepper to taste

Shred potatoes with a food processor attachment or with a hand grater. Drain and squeeze out any extra liquid. Add green onions, chives, parsley and eggs to a mixing bowl and stir well to combine.

Heat a large skillet with a generous dollop of olive oil over medium high heat. Add potato mixture and press down with the back of a spoon. Cook until the bottom starts to brown, approximately 10 minutes.

Place a plate over the skillet and flip the potato, sliding it back in the pan to cook the second side. Cook for another 5-10 minutes until done.

Great toppings include: greek yogurt, homemade tzatziki sauce, fried eggs, grilled chicken, sausage, a green salad, or roasted vegetables. Also try this recipe with yams or sweet potatoes, or other root veggies of your choice.

HONEY-BUTTER + OATMEAL COOKIES (GF)

MAKES 12 COOKIES

Notes: Great served with ice cream, dipped in natural peanut butter, or with a thumbprint of jam in the middle!

INGREDIENTS

1 cup almond meal
1 cup (GF) rolled oats
5 tablespoons grass-fed butter, melted
2 tablespoons raw local honey (or maple syrup), melted
2 tablespoons flax seeds
1 tablespoon chia seeds
1 teaspoon vanilla
+ pinch of sea salt

Preheat oven to 375 and line a baking sheet with parchment paper. Melt honey and butter in a small saucepan until it liquefies.

Add all ingredients to a small mixing bowl and mix well to combine. Form into small cookie balls and flatten slightly with your finger. Bake for 18-25 minutes until golden brown. Store in an airtight container for up to 1 week.

SHASHUKA

MAKES 2 LARGE SERVINGS

Notes: Feta cheese, hot sauce or chopped cilantro would all be great topping additions. Optional to add cooked sausage or shredded chicken in here as well. If you don't like eggs, add in some other veggies like eggplant, zucchini, or lentils. Also a great option for breakfast or brunch!

INGREDIENTS

1 onion, chopped
1 bell pepper, chopped
1/2 head kale, leaves torn
3 garlic cloves, chopped
1 teaspoon cumin
1 teaspoon smoked paprika
1 28 oz can whole or crushed tomatoes, chopped
1 teaspoon sea salt + 1/2 teaspoon pepper
2-3 organic eggs

Preheat oven to 375. In an ovenproof skillet over medium heat, heat a bit of olive oil. Add onion and bell pepper first, cooking for 5-7 minutes until mostly soft. Add garlic, kale and spices and cook for another minute. Add tomatoes next, and stir well to combine. Simmer for 5 minutes, then crack eggs into the skillet on top of the tomato mixture. Place dish into oven for 7-12 minutes, or until the eggs have set.