



HEALTHY VILLAGE

WELLNESS CENTER

Breakfast Recipes



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Anti-Inflammatory Flaxseed Porridge

1 Serving / Cook time: 5 minutes

Ingredients

For the flaxseed porridge

- 1/4 cup freshly ground flaxseeds
- 1 cup + 2 tablespoons non-dairy milk
- 1 medium banana, mashed
- 1/4 teaspoon ground cinnamon
- pinch of sea salt

For topping

- fresh or defrosted blueberries or other fruits or berries
- chopped raw walnuts or almonds
- pure maple syrup (if you'd like it a bit sweeter)

Directions

Add the porridge ingredients to a medium saucepan and whisk to combine. Heat over medium heat, stirring constantly, until the porridge comes to a low boil and thickens (about 3-5 minutes). Turn off the heat and transfer the porridge to a serving bowl. Top with blueberries or other berries and fruits and a small handful of chopped walnuts or almonds. Enjoy!

Notes: Two heaping tablespoons of whole flax seeds should yield about 1/4 cup of ground flaxseeds. There is a noticeable difference in freshly ground versus flax meal when it comes to binding properties. If possible, opt for grinding your own at home for the best texture. I like this spice grinder for grinding mine.



Apple Cinnamon Breakfast Bowl

1 Serving / Prep time: 5 minutes / Cook time: N/A
Vegan, Not Diabetic Friendly

Ingredients

- 3/4 cup cooked quinoa, rice or barley
- 1 small apple, cored and chopped
- 1/4 cup almonds or other nuts
- 3/4 cup your favorite non-dairy or light coconut milk
- 1/2 tsp cinnamon

Directions

Place the quinoa, chopped apple and nuts into a bowl.
Add the milk and sprinkle with cinnamon.

Note: If you are diabetic or pre-diabetic, please limit your portion to a small serving.

Source

<https://www.mariaushakova.com/2015/12/apple-cinnamon-quinoa-breakfast-bowl/>



Apple Pie Breakfast Jar

4 Servings / Prep time: 5 minutes / Cook time: N/A
Vegan or Vegetarian

Ingredients

- 4 16 oz. mason jars
- 4 cups milk substitute (any variety is fine: coconut, almond, etc.)
- 4 tsp cinnamon
- 2 tsp freshly grated nutmeg
- 1 tsp ground ginger
- 2-3 Tbsp. maple syrup or honey
- 1 cup unsweetened apple sauce
- 4 Tbsp. chia seeds
- 2 cups oatmeal or 2 cups of cooked rice or cooked quinoa
- 1 sweet apple, diced into 1/2 inch chunks (pink lady)
- 1 tablespoon raw sunflower seeds or chopped almonds

Directions

Place 1 cup milk substitute, 1 teaspoon cinnamon, 1/2 teaspoon nutmeg, 1/4 teaspoon ginger, 1/2 tablespoon maple syrup, 1/4 cup apple sauce, and 1 tablespoon chia seeds into each Mason jar.

Secure lid and shake each jar until ingredients well combined.

Open each jar and add 1/2 oats and 1/2 chopped apple to each jar. Secure jars closed again and shake well. Refrigerate overnight.

Serve in morning cold or can warm up slightly.

Source

<https://dontwastethecrumbs.com/2015/09/apple-pie-overnight-refrigerator-oatmeal/>



Asparagus Chickpeas Potato Hash

4 Servings / Prep time: 10 minutes / Cook time: 25 minutes
Vegetarian, Gluten-free, Sugar-free, Contains Eggs

Ingredients

- olive oil
- 1 small yellow onion, chopped
- 2 garlic cloves, chopped
- 2 russet potatoes, diced
- Salt and pepper
- 1 cup canned chickpeas, drained
- 1 lb. baby asparagus, hard ends removed, chopped into 1/4 inch pieces
- 1 1/2 tsp ground all-spice
- 1 tsp dried oregano
- 1 tsp paprika or hot paprika
- 1 tsp coriander
- 4 eggs (to be poached)
- water
- 1 tsp Apple cider Vinegar
- 1 small red onion, finely chopped
- 2 Roma tomatoes, chopped
- 1 cup chopped fresh parsley, stems removed

Directions

Heat 1 1/2 tbsp. olive oil in a large cast-iron skillet. Turn the heat to medium-high and add the chopped onions, garlic and potatoes. Season with salt and pepper. Cook for 5-7 minutes, stirring frequently until the potatoes are tender (some of the potatoes may gain a bit of a golden crust, which is good!) Add the chickpeas, asparagus, a dash more salt and pepper and the spices. Stir to combine. Cook for another 5-7 minutes. Turn the heat to low to keep the potato hash warm; stir regularly. Meanwhile, bring a medium pot of water to a steady simmer and add 1 tsp vinegar. Break the eggs into a bowl. Stir the simmering water gently and carefully slide the eggs in. The egg whites should warp around the yoke. Cook for 3 minutes exactly, then remove the eggs from the simmering water and onto kitchen towel to drain briefly. Season with salt and pepper. Remove the potato hash from the heat and add the chopped red onions, tomatoes, and parsley. Top with the poached eggs.

Source

<https://www.themediterraneanandish.com/mediterranean-potato-hash-asparagus-chick-peas-poached-eggs/>



Avocado Tomato Hash

1 Serving / Prep time: 10 minutes / Cook time: 10 minutes
Vegan, Gluten-free, Sugar-free, Contains Tofu

Ingredients

- 3 medium raw Heirloom Tomato, sliced
- 1/3 medium Hass Avocado (1/2), sliced
- 3 oz. Tofu, cut into cubed
- 2 tsp White Balsamic Vinegar
- 2 tsp extra-virgin olive oil
- 1/4 tsp sea salt
- 1/4 tsp ground black pepper
- Tamari Wheat Free-Soy Sauce Substitute

Directions

Cube Tofu and gently sauté in Tamari Wheat free soy sauce
Arrange onto two plates the sliced tomatoes, avocado, and Tofu
Sprinkle with the vinegar, olive oil, sea salt, and fresh ground black pepper.

Source

<https://www.livestrong.com/recipes/heirloom-tomato-avocado-goat-cheese-plate/>



Baked Avocado Egg

2 Servings / Prep time: 10 minutes / Cook time: 20 minutes
Vegan, Gluten-free, Sugar-free, Contains Eggs

Ingredients

- 2 ripe avocados
- 4 fresh eggs
- 1/8 teaspoon pepper
- 1 tablespoon chopped chives

Directions

Preheat the oven to 425 degrees. Slice the avocados in half, and take out the pit. Scoop out about two tablespoons of flesh

from the center of the avocado, just enough so the egg will fit snugly in the center.

Place the avocados in a small baking dish. Do your best to make sure they fit tightly. Crack an egg into each avocado half.

Try your best to crack the yolk in first, then let the egg whites spill in to fill up the rest of the shell. Place in the oven and bake

for 15 to 20 minutes. Cooking time will depend on the size of your eggs and avocados. Just make sure the egg whites have enough time to set. Remove from oven, then season with pepper, chives, and garnish of your choice.

This recipe calls for chopped chives, but feel free to serve with whatever fresh herbs or other toppings you have available. A tablespoon of salsa or a little hot sauce would offer a nice hit of spice.

Source

<https://www.popsugar.com/fitness/Baked-Eggs-Avocado-Recipe-30787252>



Berry Bowl (Acai)

1 Serving / Prep time: 10 minutes / Cook time: N/A
Vegan, Gluten-free

Ingredients

- 1 packet of frozen organic acai berry pulp
- 2 heaping handfuls of organic spinach
- 1 frozen banana
- ½ cup coconut milk, unsweetened
- 2 tablespoons of chia seeds (soaked for at least 20 minutes in some of the coconut milk)
- dash of cinnamon
- ice as needed to thicken

Directions

Simply add all ingredients into your Vitamix or high speed blender until thick and creamy. The texture should be very thick, if too thick then add more almond or coconut milk.

If you stick a spoon into the mixture the mixture should be able to be thick enough to stay on the spoon, if not add ice or more frozen bananas.

Eat after making.

Source

<https://nutritionstripped.com/acai-berry-bowl/>



Blueberry Baked Oatmeal

6-8 Servings / Prep time: 10 minutes / Cook time: 40 minutes
Vegetarian

Ingredients

- 2/3 cup roughly chopped pecans
- 2 cups old-fashioned oats
- 2 teaspoons Frontier ground cinnamon
- 1 teaspoon baking powder
- 3/4 teaspoon fine-grain sea salt (or a scant 3/4 teaspoon regular table salt)
- 1/4 teaspoon Frontier ground nutmeg
- 1 3/4 cups milk of choice (almond milk, coconut milk or cow's milk all work)
- 1/3 cup maple syrup or honey
- 2 large eggs or flax eggs
- 3 tablespoons melted unsalted butter or coconut oil, divided
- 2 teaspoons vanilla extract
- 12 ounces or 1 pint fresh or frozen blueberries
(or 2 1/2 cups of your preferred berry/fruit, chopped into 1/2" pieces if necessary), divided
- 2 teaspoons raw sugar (optional)

Optional toppings for serving: plain/vanilla yogurt or whipped cream, additional maple syrup or honey for drizzling, and/or additional fresh fruit

Directions

Preheat the oven to 375 degrees. Grease a 9-inch square baking dish. Once the oven has finished preheating, pour the nuts onto a rimmed baking sheet. Toast for 4 to 5 minutes, until fragrant. In a medium mixing bowl, combine the oats, toasted nuts, cinnamon, baking powder, salt and nutmeg. Whisk to combine. In a smaller mixing bowl, combine the milk, maple syrup or honey, egg, half of the butter or coconut oil, and vanilla. Whisk until blended.

Reserve about 1/2 cup of the berries for topping the baked oatmeal, then arrange the remaining berries evenly over the bottom of the baking dish (no need to defrost frozen fruit first). Cover the fruit with the dry oat mixture, then drizzle the wet ingredients over the oats. Wiggle the baking dish to make sure the milk moves down through the oats, then gently pat down any dry oats resting on top. Scatter the remaining berries across the top. Sprinkle some raw sugar on top if you'd like some extra sweetness and crunch.

Bake for 42 to 45 minutes, until the top is nice and golden. Remove your baked oatmeal from the oven and let it cool for a few minutes. Drizzle the remaining melted butter on the top before serving.

Source

<https://cookieandkate.com/baked-oatmeal-recipe/>



Cherry Chia Breakfast Jar

3-4 Servings / Prep time: 10 minutes / Cook time: 4 hours
Vegan, Gluten-free

Ingredients

Breakfast Jar

- 1 cup gluten-free rolled oats, cooked rice or cooked quinoa, or cooked millet
- 1½ cups unsweetened almond milk or nut milk of choice
- 2 tablespoons chia seeds
- 2 tablespoons pure maple syrup
- 2 teaspoons pure vanilla extract
- ½ teaspoon ground cinnamon
- optional: 2 tablespoons cocoa nibs
- 1 recipe Raw Cherry Chia Jam (see below)
- garnishes: chopped cherries, chopped almonds

Chia Jam

- 2 cups fresh sweet cherries, pitted and de-stemmed
- 1 tablespoon pure maple syrup or more, to taste
- 3 tablespoons chia seeds

Directions

Add the rolled oats, almond milk, chia seeds, maple syrup, vanilla extract, cinnamon, and cocoa nibs to an airtight container. Gently whisk and refrigerate overnight or for at least 8 hours. In 3 or 4 small serving jars, layer the oats and cherry chia jam.

Garnish with chopped cherries and almonds, if desired. Serve immediately or refrigerate for later.
Chia Jam (Serves: 3-4) 2 cups fresh sweet cherries, pitted and de-stemmed. 1 tablespoon pure maple syrup or more, to taste. 3 tablespoons chia seeds

Add the fresh cherries and maple syrup to a high-powered blender. Blend on high for 1-2 minutes or until completely smooth.

Pour into an airtight container and stir in the chia seeds. Cover and refrigerate overnight or for at least 4 hours.

Source

<https://www.blissfulbasil.com/cherry-chia-jam-overnight-oats/>



Cowboy Breakfast Bowl

8-10 Serving / Prep time: 10 minutes / Cook time: 4 hours
Vegetarian, Low Sugar, Contains Eggs

Ingredients

For Polenta:

- 1 cup yellow cornmeal or polenta
- 4 cups water
- 1 teaspoon salt

For Beans:

- 1 can black beans, rinsed and drained
- 2 teaspoons olive oil
- 1/4 teaspoon ground cumin
- 1/4 chili powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/8 teaspoon cayenne pepper
- juice of half a lime
- salt and pepper, to taste

For Assembly:

- 2 to 4 eggs, fried
- handful of cilantro, chopped
- 1 to 2 avocados, sliced
- salsa or hot sauce

Note: For corn free option: You can use cooked rice or quinoa instead of cornmeal.

Directions

For Polenta: Bring water to a boil in a saucepan over medium-high heat. Add salt. Once water is at a boil, add cornmeal in a slow stream, whisking constantly. Continue to whisk cornmeal until mixture starts to thicken and doesn't immediately settle to bottom. Turn heat to low, place a lid on saucepan and allow to simmer for 30 minutes.

Stir about every 10 minutes or so, being sure to scrape sides down. Polenta is done when it has reached a porridge-like consistency.

For Beans: While polenta is cooking, heat olive oil in a small saucepan over medium heat. Once oil is warmed

add black beans, spices, and lime juice. Stir to combine, reduce heat, and cook until warm.

For Assembly: Fry up your eggs as you like.

Divide polenta amongst bowls. Do the same with black beans and avocado slices. Top with eggs and add salsa or hot sauce as you please. Sprinkle with cilantro and season with salt and pepper as desired.

Source

<https://saltedplains.com/huevos-rancheros-polenta-bowls-gluten-free/>



Curry Scramble, Vegan

1 Serving / Prep time: 10 minutes / Cook time: 8 minutes
Vegan, Low Sugar, Contains Tofu

Ingredients

- 5 oz Organic Firm Tofu, drained
- 1/2 tsp Madras Curry Paste Medium Hot
- 1/4 tsp sea salt, divided
- 1 tbsp Coconut Oil, Virgin
- 1/2 medium red onion, diced
- 2 1/2 cups Fresh Baby Spinach
- 1 tsp Lemon Juice
- 1/2 cup Grape Tomatoes
- 1 tbsp fresh cilantro

Directions

Cut tofu into 1/2-inch cubes. Add the tofu, curry powder, and 1/8 teaspoon of the salt to a medium bowl, toss to evenly combine, and set aside.

Heat the oil in a large (PFOA-free) nonstick skillet over medium-high heat. Add onion and sauté until softened, about 3 minutes. Add tofu mixture and sauté while breaking up the tofu until the tofu resembles scrambled eggs and onions are caramelized, about 3 minutes.

Add spinach, lemon juice, and remaining 1/8 teaspoon salt and cook while tossing until the spinach is wilted, about 1 minute. Add tomatoes and cilantro

Source

<https://www.livestrong.com/recipes/vegan-curry-sunrise-scramble/>



Eggs & Asparagus

1 Serving / Prep time: 10 minutes / Cook time: 8 minutes
Vegan, Low Sugar, Contains Tofu

Ingredients

- 5 to 6 stalks asparagus
- 1 teaspoon olive oil
- 1/4 teaspoon salt
- 2 eggs
- 1/4 cup goat or blue cheese , optional
- Pepper to top

Directions

Prepare the asparagus by removing roughly 1" of the bottoms.

Heat a skillet over medium heat. Add the olive oil, followed by the asparagus and salt. Shake skillet to coat asparagus and cook until tender, 4-5 minutes.

Spread asparagus out and crack eggs over the asparagus. Sprinkle cheese over asparagus and eggs. Reduce heat and cover. Let cook until egg whites are firm and yolk is done to desired consistency, 8 to 12 minutes.

Serve with freshly cracked pepper.

Source

<https://naturallyella.com/asparagus-and-eggs/>



English Breakfast Mini Frittatas

8-12 Servings / Prep time: 10 minutes / Cook time: 20 minutes

Ingredients

- 8 eggs, whisked together with 3 tbsp water
- 2 spring onions, finely chopped
- ½ tsp sea salt
- 110 g cherry tomatoes, sliced into half
- 60 g button mushrooms, sliced
- pinch black pepper (to each muffin)
- leftover Cooked Chicken or Steak

Directions

Cut up pieces of your leftover cooked Chicken or cooked Steak into small pieces. Place to the side.

In a frying pan place a little oil (preferably olive oil or coconut) and cook mushrooms for about 2 minutes- just to soften them. Place to the side.

With all your ingredient in front of you, place ingredients into muffin holders (I always use silicone as they don't need greasing, but if yours are not silicone then please grease first) place protein (chicken or steak) in first, about 4 small pieces in each one. Followed by a few mushrooms, 2 cherry tomato halves and then fill with egg mixture to near the top.

Sprinkle a little sea salt over the top and add some chopped spring onion and a little black pepper to finish.

Repeat until all the mixture has been used (I make around 12 medium sized muffins)

Place muffins in to the oven for around 15 minutes (and then check), if they have not risen or are still a little soft then keep them in for a further 5 minutes and check. Once risen, take out of oven and place on wire rack to cool.

Serve hot or cold.

Notes: Keep in the fridge in sealed container for up to 4 days, great for a quick breakfast or snack, or addition to lunch.



Guacamole & Egg Breakfast Bowl

2-4 Servings / Prep time: 40 minutes / Cook time: 40 minutes
Vegetarian, Gluten-free, Low Sugar, Contains Eggs

Ingredients

- 1 egg, room temperature
- Cup full of baby spinach leaves
- 1/8 red onion, peeled and finely sliced
- 1 baked potato, yam or sweet potato (or sub for veggies) on the side. Feel free to use leftovers to save time.
- 2 tsp sweet chilli sauce
- Pinch black pepper

Guacamole:

- 1 ripe avocado, peeled, de-stoned and roughly chopped
- 1/8 red onion, peeled and finely chopped
- 1 tbsp. chopped parsley
- Pinch of salt
- Pinch of pepper
- Juice of half a lime

Directions

Place the egg in a pan of cold water, bring to the boil, and then simmer for 5-6 minutes.
Turn off the heat and drain off the water.

Leave the egg to cool (you can put it in some cold water to speed up the process if you like).
Peel the egg and slice in half.

Now make the guacamole by mashing all of the guacamole ingredients together.
Place the spinach in a bowl, top with the guacamole, egg, slices of red onion, and a drizzle of sweet chilli sauce and a sprinkle of pepper, then serve.

Source

<https://www.kitchensanctuary.com/guacamole-egg-breakfast-bowl/>



Lemon Chia Breakfast Bowl

2 Servings / Prep time: 10 minutes / Cook time: Fridge Overnight
Vegan, Gluten-free

Ingredients

For the Lemon Chia Pudding:

- 4 tablespoons chia seeds
- 1 cup unsweetened almond milk
- 1 tablespoon fresh lemon zest
- 10 drops liquid stevia or 1 tablespoon raw honey or agave

For the Muesli Topping:

- 10 raw almonds, chopped
- 5 raw pecans, chopped
- 1/2 cup mixed fresh berries of choice
- 4 dried apricots, chopped
- 2 tablespoons shredded unsweetened coconut
- 1 tablespoon dark chocolate shavings (70% or higher dark chocolate)
- 1 tablespoon fresh lemon zest

Directions

Begin by making the Lemon Chia Pudding. In an 8-ounce jar or a small Tupperware container, add all of the Lemon Chia Pudding ingredients, cover and shake vigorously for 10 seconds. Place in the refrigerator for 30 minutes, then remove and shake for 10 seconds again.

Place in the refrigerator for another 30 minutes or leave overnight. Once the chia seeds have soaked in the almond milk, they will create a pudding. Divide the pudding between two bowls. Top the pudding evenly with the chopped almonds and pecans, berries, apricots, coconut, dark chocolate shavings and lemon zest. Then grab a spoon and dig in.

Source

<https://www.brit.co/chia-muesli-breakfast-bowl/>



Mexican Hash

2-3 Serving / Prep time: 15 minutes / Cook time: 40 minutes
Vegetarian, Gluten-free, Sugar-free, Contains Eggs

Ingredients

- 2 cups butternut squash (approx 1 small squash)
- 2 tbsp oil
- 1/2 tsp smoked paprika
- 2 tsp ground cumin
- pinch of salt
- 1/2 onion, diced
- 1 jalapeno pepper, finely diced
- 1 cup peppers, chopped into small pieces
- 1 1/2 cups spinach
- 1 1/2 tsp lime juice
- 1 tbsp coriander (cilantro)
- 1 avocado
- 2 eggs

Directions

Preheat the oven to 175 degrees Celsius. In a food processor blend 1 avocado with 1 tbsp jalapeno, 1 tsp lime juice and a pinch of salt, cover and set aside in a bowl.

Peel and remove the seeds from the butternut squash and cut into small 1/2 inch sized cubes. Place the cubes in a bowl with 1 tbsp oil, smoked paprika and 1 tsp cumin and toss so that each cube is well seasoned. Place the butternut squash on a baking sheet and bake in the oven for 20 minutes.

While the butternut squash cooks, in an ovenproof frying pan sauté the diced onion, peppers and 1 tbsp of the diced jalapeno with a pinch of salt. Once the onion becomes translucent (4-5 minutes) add in the spinach, 1/2 tsp lime juice and 1 tsp cumin. Cook for another minute and then set aside.

Add the butternut squash to pan with the veggies and stir to ensure everything is evenly mixed. Create 3-4 wells in the mixture and crack an egg into each.

Place the pan in the oven and cook for 8-10 minutes depending on how runny you prefer your eggs. Remove from the oven and serve with the guacamole and wedges of lime.

You can cook up to this stage the night before and store in the fridge. In the morning remove from the fridge and heat in a pan until warm before cracking in the eggs

Source

<https://www.everylastbite.com/2014/12/19/mexican-breakfast-hash/>



Miso Veggie Breakfast Bowl

2 Servings / Prep time: 10 minutes / Cook time: 20 minutes
Vegetarian, Contains Eggs

Ingredients

- 1 medium to large beet, peeled and grated
- 2 medium carrots, peeled and sliced
- 3-4 Brussels sprouts, thinly sliced
- 2 large kale leaves, rinsed, stems removed, and chopped
- a few handfuls of chickpeas
- 1 tbsp. olive oil
- 1 1/2 tsp miso
- 1 tbsp. water
- 2 eggs
- a couple handfuls of pomegranate seeds
- 2 spoonful's of pickled mustard seeds
- 1/2-whole avocado (depending on how much you prefer), sliced

Directions

Whisk together miso and water in a dish and set aside. Warm oil in a pan over medium heat, then add the beets*, carrots, Brussels sprouts, kale, and chickpeas. Sauté for several minutes until the kale just begins to wilt, then stir in the miso mixture.

Cook for another minute, then remove from heat. In another pan, fry the eggs. While the eggs are cooking, divide the cooked veggies between two bowls. Stir in the pomegranate seeds and pickled mustard seeds, then top each with an egg and avocado slices.

Cooking the beets along with all the other veggies is usually how I prepare this, but it also turns everything in the dish varying shades of pink. If you'd like to preserve the colors cook the beets in a separate pan.



Oatmeal Banana Blueberry Breakfast Jar

1 Serving / Prep time: 10 minutes / Cook time: N/A
Vegetarian

Ingredients

- 1/2 cup unsweetened almond milk, rice milk, or coconut milk
- Option: (Add a protein powder to this for one serving)
- 1 tbsp. honey (more for sweeter)
- 1 tbsp. peanut butter
- 2 tsp chia seeds
- 1/3 cup rolled oats (or steel cut oats)

Toppings

- blueberries
- sliced bananas
- extra honey

Directions

Place everything (aside from toppings) in a glass jar or other air tight container and stir together until well combined. Cover jar with foil or seal lid on container and let soak overnight.

Top oats with sliced bananas, blueberries, granola and a drizzle of honey.



Omelet Waffle

Vegetarian, Low Sugar, Contains Eggs

Ingredients

- 2 medium eggs
- 3 tbsp milk substitute
- 1 -2 tbsp each of omelet ingredients (chopped red peppers, tomato, onions, chopped broccoli and leftover chicken, turkey or steak cut into pieces)

Directions

Preheat waffle iron and grease with pam oil spray on both top and bottom. Whisk eggs and milk substitute in a medium bowl.

Stir in remaining ingredients.

When waffle iron is hot, slowly pour in egg batter. Careful not to fill up too much. There should be a thin layer of egg batter across the entire surface of the bottom iron but if you try to pour too thick of a layer, it will just leak out the sides when you close your iron.

Depending on the depth and size of your waffle iron, you may have a little liquid left over to make a partial second omelet.

Source

<https://kirbi cravings.com/omelette-waffle/>



Poppy Seed Porridge

2 Servings / Prep time: 3 minutes / Cook time: N/A
Vegan, Gluten-free

Ingredients

- 3 tablespoons (30g) poppy seeds, ground
- 5-7 (35g) dates, finely chopped
- 1 $\frac{3}{4}$ cup and 1 tablespoon (100ml) almond milk (or milk of choice)
- 1 $\frac{1}{4}$ teaspoon cinnamon

Directions

Mix all ingredients together and let sit in the fridge overnight.

Take out, stir and enjoy with your morning coffee or tea.

Or even warm it up in a microwave if you prefer a warm breakfast (just note it won't be raw anymore).



Quinoa Breakfast Bowl

2 Servings / Prep time: 5 minutes / Cook time: 15 minutes
Vegan, Gluten-free

Ingredients

- 1/2 cup of quinoa
- 1 1/2 cups water
- 1/2 cup coconut milk
- 2 dried dates
- 1 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1/8 teaspoon cardamom
- 2 tablespoons pepitas
- 1 tablespoon shredded coconut
- 1 tablespoon golden raisins
- goji berries, chia seeds, banana and coconut flakes, to garnish

Directions

Rinse quinoa until water runs clear and combine in a medium sauce pan with water, coconut milk, and dates.

Bring to a boil, then reduce heat to low and simmer for 15 minutes, or until quinoa has started to soften. Add cinnamon, nutmeg, cardamom, pepitas, shredded coconut and golden raisins. Cook an additional five minutes, adding water if necessary, until quinoa is soft and fully cooked.

Serve hot and topped with banana, goji berries, chia seeds, and coconut flakes. Add maple syrup or honey to sweeten further if you'd like!

Source

<https://camillestyles.com/food/the-super-foodie-superfood-breakfast-bowl/>



Rice Breakfast Pudding, Grain Free

1 Serving / Total time: 40 minutes
Vegetarian, Gluten-free

Ingredients

- 2 cups cauli-rice (see recipe)
- 1 2/3 cup coconut milk
- 3 Tbsp honey
- 1/2 tsp cinnamon
- 1/2 tsp vanilla extract
- 3 Tbsp chia seeds

Directions

In a medium saucepan over medium heat, add the cauli-rice, coconut milk, and sweetener. Cook for 8-10 minutes or until the cauli-rice is tender.

Off the heat, add the cinnamon and vanilla and stir to incorporate. Next, add the chia seeds and stir to combine. Let sit for 5 minutes. Stir one last time and serve warm.

Source

<http://holisticallyengineered.com/2014/05/cinnamon-rice-breakfast-pudding.html>



Savory Breakfast Bowl

4 Servings / Prep time: 5 minutes / Cook time: 45 minutes
Vegetarian, Low-Sugar, Contains Eggs

Ingredients

- 8 ounces' cherry tomatoes (1 1/4 cups)
- 3 tablespoons extra-virgin olive oil, plus more for drizzling
- Coarse salt and freshly ground pepper
- 4 packed cups finely shredded stemmed kale (from 1 bunch)
- 2 tablespoons minced garlic (from 2 cloves)
- 3 cups Cooked Hulled Barley, such as Hayden Flour Mills Purple-and-Bronze
- 4 large eggs
- 2 ripe but firm small avocados, halved, pitted, and scooped from skins
- 1/2 cup diced English cucumber

Directions

Heat broiler, with rack 5 inches from heat source. Drizzle tomatoes with oil in a large ovenproof skillet; toss with salt and pepper. Broil until charred and softened, 4 to 5 minutes. Transfer to a plate.

Place skillet over medium-high. Add 1 tablespoon oil, kale, and 3 tablespoons water. Cover and cook, stirring once, until wilted, 2 to 3 minutes. Season with salt and pepper; transfer to plate. Add 2 tablespoons oil and garlic to pan; cook, stirring frequently, until fragrant, about 30 seconds.

Stir in barley; heat through. Season with salt and pepper.

Meanwhile, bring a small pot of water to a boil. Carefully add eggs, return to a boil, and cook 30 seconds.

Turn off heat, cover, and let stand 6 minutes. Drain; run eggs under cold water until cool. Peel. Divide barley, kale, eggs, tomatoes, avocados, and cucumber evenly among bowls.

Drizzle with oil, and season with salt and pepper; serve.

Source

<https://www.marthastewart.com/1132757/savory-breakfast-bowl>



Spicy Tomato Baked Eggs

2 Servings / Prep time: 10 minutes / Cook time: 30 minutes
Vegetarian, Gluten-free, Low Sugar, Contains Eggs

Ingredients

- 1 medium onion, diced
- 1 clove garlic chopped
- 1/2 yellow pepper, thinly cut into strips
- 1 tbsp olive oil
- 3/4 cup cherry tomatoes, halved
- 1 can chopped tomatoes* (400g)
- 2 tbsp tomato paste*
- 1/2 tbsp honey
- 2 cups spinach
- 1 pinch smoked paprika
- 3-4 eggs (depending on pan size)
- salt

Directions

Set oven to 180 degrees Celsius.

In an oven proof pan on medium heat sauté the diced onion, garlic, cherry tomatoes and yellow pepper in 1 tbsp olive oil and season with salt. Cook for 8-10 minutes until the peppers soften and the onions become translucent. Add in the can of chopped tomatoes, tomato paste, 1/2 tbsp of honey, spinach and chorizo. Cook for another 4-5 minutes.

Make 3-4 wells in the sauce depending on the size of the pan and crack an egg into each. Place the pan in the oven and cook for 8-10 minutes depending on how runny you prefer your eggs. Remove from the oven and serve with bread on the side.

Canned tomatoes and tomato paste are not SCD legal ingredients, if you want to make this recipe 100% SCD compliant then increase the amount of cherry tomatoes to 3 cups. You may need to cook the mixture for a few minutes longer so the tomatoes full break down.

Note: You can make the recipe up to this point a few hours or even the night before. Simply store the mixture in a container in the fridge until needed and then heat up in a pan before moving on to the next step

Source

<https://www.everylastbite.com/2014/04/28/baked-eggs-2/>



Superfood Breakfast Bowls

1-2 Servings / Prep time: 5 minutes / Cook time: N/A
Vegan

Ingredients

- Cooked Quinoa or Rice

Toppings

- Your Favorite Fruits and Berries
- Milk Substitute: Almond Milk, Rice Dream, Soy Milk, Almond milk, Coconut Milk, or Oat Milk
- Nut Spread: Almond Butter, Peanut Butter, Sunflower Butter, Cashew Butter, etc

Directions

Cooked Quinoa put right into a bowl. Top with your favorite fruit.
Top with milk substitute of your choice. Add nut spread of your choice.

Source

<https://tworaspberries.com/5-ingredient-quinoa-superfood-breakfast-bowl/>



Sweet Potato & Egg Pancakes

1 Serving / Prep time: 15 minutes / Cook time: 15 minutes
Vegetarian, Gluten-free, Contains Eggs

Ingredients

- 1 roasted sweet potato
- 2 eggs
- 1 tsp Vanilla
- a dash of cinnamon (optional)
- a dash of allspice (optional)

Toppings: Almond Butter, Tahini, Cashew Butter, or Peanut Butter, Honey or Chia Berry Jam.

Directions

Remove the flesh from a cooled, roasted sweet potato, and mash. Mix in two eggs. Add spices, if desired. Heat a griddle pan over medium-high heat. Coat it with olive oil. Spoon out 1/4 cup of batter onto the griddle. Let cook 5 to 7 minutes. These pancakes do not bubble like typical pancakes. You have to rely on the timer. Once you've flipped, cook for another 3-5 minutes, remove, and serve.

Toppings: These pancakes work best if served right off the griddle. Enjoy with almond butter, peanut butter, and a drizzle of maple syrup or honey.

This recipe takes a few tries to get your timing and flipping technique down but easy, nutritious and good.

Source

<https://skinnymys.com/2-ingredient-sour-cream-dip-recipe/>



Turkey Vegetable Hash

4 Servings / Prep time: 20 minutes / Cook time: 20 minutes
Contains Poultry, Gluten-free, Low-sugar

Ingredients

- 2 tablespoons butter
- 2 tablespoon canola oil
- 3 medium (about 1½ lbs) potatoes, cleaned and cubed (peeled if desired)
- 2 medium onions, diced
- 2 medium bell peppers, chopped (I used red, but you can use any color)
- 4 cloves garlic, minced
- 2 teaspoons minced fresh thyme
- 1 teaspoon salt
- ¾ teaspoon sweet paprika
- ¼ teaspoon cayenne pepper (more or less to taste)
- ¼ teaspoon black pepper
- 2 cups chopped or shredded cooked turkey
- 2 tablespoons lemon juice
- ½ cup minced fresh parsley

Directions

Heat the butter and oil in a large nonstick skillet over medium-high heat; add the potato and cook 7 minutes, stirring occasionally.

Add the onion and bell pepper and cook until all the veggies are tender, about 7 to 10 minutes, stirring occasionally.

Add the garlic, thyme, salt, paprika, cayenne pepper, and black pepper and cook 1 minute, stirring constantly.

Stir in the turkey and lemon juice and use a wooden spoon to scrape up any brown bits that have formed on the bottom; cook until warm throughout, about 2 minutes.

Turn off heat, stir in the parsley, and serve.

Source

<https://www.anediblemosaic.com/turkey-vegetable-hash/>



Warm Green Breakfast Bowl

1 Serving / Prep time: 10 minutes / Cook time: 20 minutes
Vegetarian, Gluten-free, Low Sugar, Contains Eggs

Ingredients

- 1/2 cup quinoa
- 1 table spoon coconut oil
- 1 clove garlic (diced)
- 1 table spoon almonds (roughly chopped)
- 1 hand full kale (leafs removed for the stalk and torn into bit size pieces)
- 1 small hand full baby spinach
- 1 - 2 Eggs
- 1/3 lemon
- 1/2 ripe Avocado

Directions

In a medium pot, place rinsed quinoa and cover with water. Cook the quinoa about 10-15mins. Drain and set aside.

In a separate pot place the eggs in water till just covered. Bring to the boil and set the timer for 3mins. Remove from the water and run under a cool tap, peel and set the eggs aside. You will need a frying pan on the go at once. Place some coconut oil in the pan. Add the garlic and almonds, and cook till the almonds start to get a light colour.

Add the cooked quinoa and some salt. Place the kale and spinach in and sauté in the pan till just soft.

Remove from the heat and arrange on your plate.

Arrange your bowl, green mix on the bottom then egg on top. Serve with a wedge of lemon and avocado on the side.

Source

<https://www.sarahglover.com.au/blog/2015/6/11/warm-green-breakfast-bowl/>