



**WBJ Breakfast**

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Below are some different breakfast ideas to help mix up your normal breakfast routine and load up on nutrients before you even walk out the door. There is a mixture of quick and easy recipes for those mornings you're running out of time, and also some ideas for those lazy Sunday mornings when you have a bit more time. Don't forget to look at the smoothie recipe book as these are also a quick and easy breakfast.

If you're a fan of breakfast, you'll be well aware that what you have for it can really impact your morning productivity, mood, and cravings. If you're flying out the door in the morning and grabbing a handful of sugary cereal or a crappy muesli bar, your blood sugar will be shooting up only to then come crashing down mid-morning. Hello vending machine.

It's important your breakfast contains some protein, healthy fats, and fibre. This will reduce the rate at which your blood sugar rises, and as a result, you will avoid a crashing blood sugar and the resulting cravings.

Some of the options below can be made in batches, such as the oatmeal cups, reducing the time spent in the kitchen and providing a healthy option to quickly grab on your way out the door. You can even put some in the freezer and grab them out the night before.

For the recipes, make sure you check the serving sizes. If you don't have all the ingredients, feel free to substitute with something similar.

For example:

Swap avocado oil for olive or coconut oil. Avoid canola oil.

Swap avocados for nuts, seeds, or olive oil if not in season.

Swap fresh fruit and vegetables for frozen. Frozen are just as nutritious and often cheaper.

You can swap protein powder out for 2 Tbsps of hemp seeds, or another protein powder such as Lean Clean protein or RAW protein.





## Protein Berry Oatmeal Cups

12 servings

35 minutes

### Ingredients

- 1 Banana (mashed)
- 2 Egg
- 1/4 cup Maple Syrup
- 1/2 cup Unsweetened Almond Milk
- 1/2 cup Oat Flour
- 2 cups Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1 tbsp Coconut Oil (melted)
- 1 1/2 cups Frozen Berries (thawed)

### Directions

- 1 Preheat the oven to 350F (177°C). Line a muffin tin with liners.
- 2 Add mashed banana, eggs, maple syrup and almond milk to a medium-sized bowl. Mix well.
- 3 In a large bowl, whisk the oat flour, rolled oats, protein powder, baking powder, cinnamon and sea salt. Combine the wet ingredients into the dry then add the melted coconut oil. Mix again until combined.
- 4 Fold the thawed berries into the mixture. Once combined, scoop into the muffin tin and bake for 18 to 20 minutes. Remove, let cool and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to four days. Freeze in a storage bag for up to three months.

**Serving Size,** One serving size is equal to one oatmeal cup.

**Nut-Free,** Use boxed coconut milk instead of almond milk.

**No Frozen Berries,** Use fresh berries instead.

**Protein Powder,** This recipe was developed and tested using a plant-based protein powder.

**No Protein Powder,** Omit or use collagen instead.



## Blueberry Zucchini Breakfast Cookies

8 servings

45 minutes

### Ingredients

- 1 Banana
- 1 Egg (large, room temperature)
- 1/4 cup Coconut Oil (melted)
- 1 tbsp Maple Syrup
- 1 Zucchini (small, shredded)
- 3/4 cup Oat Flour
- 1 cup Oats (quick or traditional)
- 1 tsp Baking Powder
- 2 tbsps Hemp Seeds
- 1 tbsp Ground Flax Seed
- 1/2 cup Blueberries (fresh or frozen)

### Directions

- 1 Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 2 In a bowl, mash the banana using the back of a fork. Then whisk in the egg, coconut oil, maple syrup and zucchini.
- 3 In a separate bowl, mix together the oat flour, oats, baking powder, hemp seeds and flax. Add to the wet mixture until thoroughly combined. Gently fold in the blueberries.
- 4 Scoop the batter onto the baking sheet, making cookies of about 4 to 5 inches wide. Bake for 35 to 40 minutes or until golden brown. Enjoy!

### Notes

**Serving Size,** One serving is equal to one cookie.

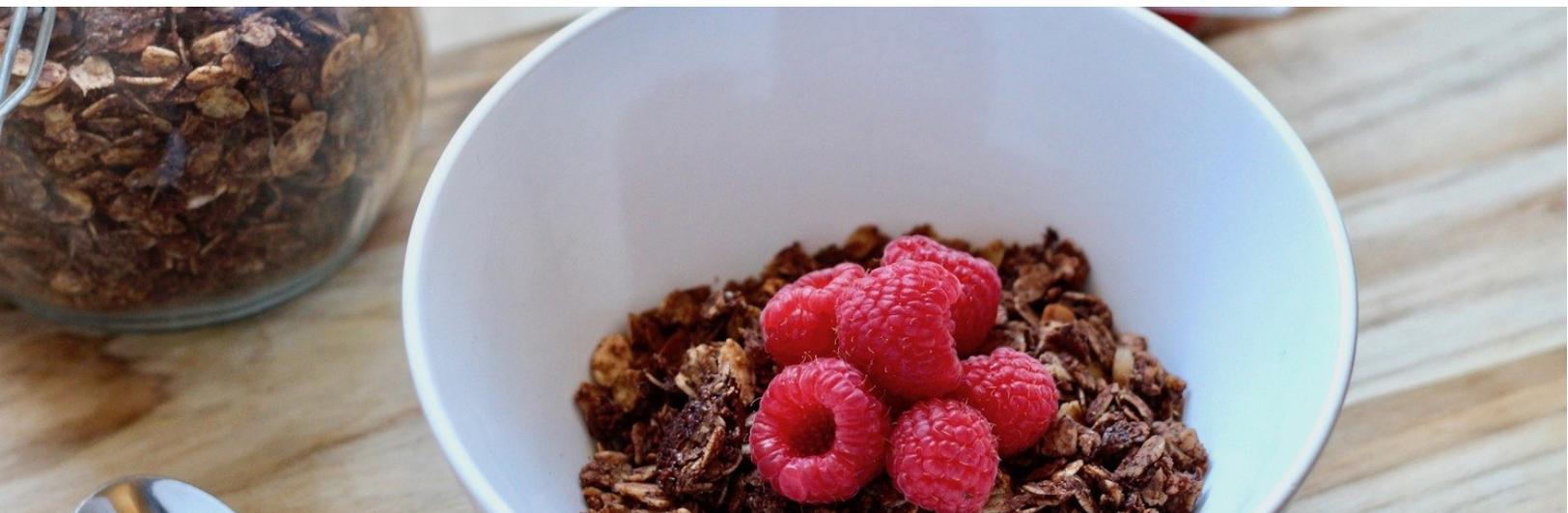
**Storage,** Refrigerate in an airtight container up to 3 to 5 days. Enjoy cold, reheat in the microwave or bake in the oven if you prefer it a bit crispier.

**Muffin Lover,** Bake in a muffin tin for about the same time, or a mini-muffin tray for about 20 to 25 minutes.

**No Zucchini,** Use grated carrot instead.

**No Coconut Oil,** Use butter instead.

**No Oat Flour,** Use spelt flour or all-purpose flour (gluten-free optional) instead.



## Salted Dark Chocolate Almond Granola

4 servings  
40 minutes

### Ingredients

2 cups Oats (rolled)  
1/2 cup Ground Flax Seed  
1/2 cup Sliced Almonds  
1/2 tsp Sea Salt  
50 grams Dark Organic Chocolate  
2 tbsps Coconut Oil  
2 tbsps Maple Syrup

### Directions

- 1 Preheat oven to 325°F (163°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, combine the oats, ground flax, sliced almonds, and sea salt. Mix well.
- 3 Melt the chocolate, coconut oil, and maple syrup together in a small bowl over a pot of hot water on the stove (or in the microwave). Pour over the oat mixture and mix thoroughly until everything is coated with melted chocolate.
- 4 Spread the granola over the baking sheet and bake for 20 to 25 minutes. It will seem soft but will crisp up as it cools.
- 5 Divide between bowls and enjoy!

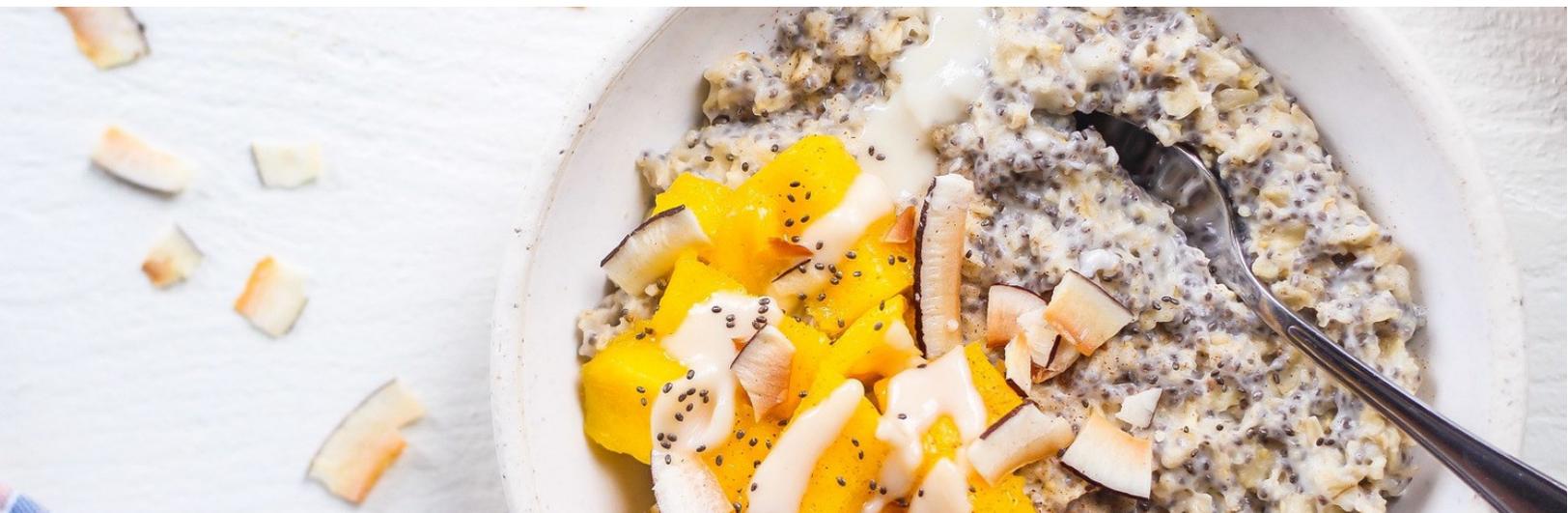
### Notes

**Serving Size**, One serving is equal to approximately 3/4 cup granola.

**Storage**, Store in an airtight container in the fridge for up to 7 days or in the freezer for longer.

**Nut-Free**, Substitute the almonds for sunflower seeds.

**Serve it With**, Milk, yogurt, oatmeal, fresh fruit, or alone as a snack.



## Tropical Coconut Oatmeal

2 servings

15 minutes

### Ingredients

- 1 cup Oats (rolled)
- 1 1/4 cups Plain Coconut Milk (from the box)
- 1 1/2 tbsps Chia Seeds
- 1 Mango (cubed)
- 1 tbsp Coconut Butter (melted)
- 2 tbsps Unsweetened Coconut Flakes

### Directions

- 1 In a saucepan, combine the oats with the coconut milk and chia seeds. Bring to a boil. Reduce heat and let it simmer for 10 minutes.
- 2 Divide the oats between bowls. Top with mango, melted coconut butter and coconut flakes. Enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to three days. For best flavor, reheat on the stove, adding extra milk if needed.

**More Flavor,** Add a pinch of cinnamon.

**Likes it Sweet,** Add a drizzle of maple syrup or honey.



## Raspberry Chia Protein Pudding

2 servings

30 minutes

### Ingredients

- 1/4 cup Chia Seeds
- 1 cup Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 3/4 cup Raspberries (divided)
- 2 tbsps Unsweetened Coconut Flakes

### Directions

- 1 In a large bowl, combine the chia seeds with the almond milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 In a small bowl, mash half the raspberries with a fork. Top the chia pudding with the mashed raspberries, remaining raspberries and coconut flakes. Serve and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to five days.

**Nut-Free,** Use coconut milk instead of almond milk.

**Likes it Sweet,** Add a drizzle of maple syrup or honey.

**Protein Powder,** This recipe was developed and tested using a plant-based protein powder.



## One Pan Breakfast Hash

2 servings

40 minutes

### Ingredients

4 cups Brussels Sprouts (halved)  
1/2 cup Red Onion (chopped)  
1 tsp Avocado Oil  
Sea Salt & Black Pepper (to taste)  
5 slices Organic Bacon (chopped)  
4 Egg

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Add the brussels sprouts and onion to the baking sheet. Drizzle with avocado oil, sea salt, and pepper. Add the chopped bacon on top and place in the oven for 15 minutes. Remove from the oven, stir and bake for 10 minutes more.
- 3 Remove the sheet from the oven and use a spoon to push ingredients aside to make divots for the eggs. Carefully crack the eggs into the divots. Bake for 6 to 8 minutes, or until the eggs are cooked to your liking. Divide between plates and enjoy!

### Notes

**No Bacon,** Use prosciutto, ham or turkey bacon.

**More Vegetables,** Use additional vegetables such as peppers, potatoes or mushrooms.

**More Flavor,** Use garlic powder, onion powder, chili flakes, or everything bagel seasoning.

**Leftovers,** Refrigerate leftover vegetables in an airtight container for up to 4 days. Reheat the vegetables and cook additional eggs as needed.



## Sweet Potato & Egg Hash

2 servings

25 minutes

### Ingredients

- 1 tsp Coconut Oil
- 1 Sweet Potato (medium, diced)
- 1/2 tsp Smoked Paprika
- 1 Red Bell Pepper (diced)
- 2 cups Kale Leaves (chopped and packed)
- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 1 Avocado (sliced)
- 1 stalk Green Onion (sliced)

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Heat a cast iron pan over medium heat and add oil. Once melted, add the diced sweet potato. Cook for about 4 minutes undisturbed. Once browned, flip them around and continue cooking for 5 more minutes.
- 3 Add the smoked paprika and diced pepper and cook for another 2 minutes. Then add the chopped kale and cook until just wilted. Remove the pan from the heat.
- 4 Make two spaces in the hash mix and crack eggs into each space. Season with sea salt and pepper and place in the oven to bake for 6 to 8 minutes, or until eggs are cooked to your preference.
- 5 Remove from the oven and garnish with avocado and green onion. Divide onto plates and enjoy!

### Notes

**No Sweet Potato,** Use butternut squash instead.

**No Kale,** Use another leafy green, such as beet greens or rapini.

**More Protein,** Add extra eggs.

**Prep Ahead,** Chop vegetables in advance to save time.



## Protein-Packed Avocado Toast

2 servings

15 minutes

### Ingredients

1 Avocado  
1 cup White Navy Beans (cooked)  
1/4 Lemon (juiced)  
1/4 tsp Sea Salt  
4 slices Organic Bread  
1/4 cup Hemp Seeds

### Directions

- 1 In a bowl, mash the avocado, white beans, lemon juice and sea salt together with a fork. Continue to mash until you get a guacamole-like consistency.
- 2 Divide the avocado bean mixture onto the toast. Sprinkle with hemp seeds and enjoy!

### Notes

No White Beans, Use chickpeas instead.

Likes it Spicy, Add hot sauce or chili flakes into the avocado bean mixture.



## Scrambled Eggs with Peppers and Kale

2 servings

15 minutes

### Ingredients

1 1/2 tps Extra Virgin Olive Oil  
1 Red Bell Pepper (sliced)  
2 cups Kale Leaves (chopped)  
6 Egg  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and saute until softened, about 5 to 7 minutes.
- 2 While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
- 3 Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
- 4 Divide between plates and enjoy!

### Notes

**More Carbs,** Serve with toast, roasted potatoes, or sweet potatoes.

**Egg-Free,** Use mashed tofu instead of eggs.



## Apple Cinnamon Porridge

1 serving  
15 minutes

### Ingredients

- 1/3 cup Oats (quick or rolled)
- 1 cup Unsweetened Almond Milk
- 1 Apple (small, peeled and finely chopped)
- 1 tsp Cinnamon
- 1 tbsp Maple Syrup
- 1 tbsp Almond Butter (optional)

### Directions

- 1 Add the oats, almond milk, apple and cinnamon to a medium-sized pot. Bring to a gentle boil over medium heat and cook for 8 to 10 minutes, or until apples are tender. Stir frequently.
- 2 When apples are tender and porridge has thickened remove from heat and stir in maple syrup. Transfer to a bowl and top with almond butter. Enjoy!

### Notes

**Meal Prep,** This porridge can be made ahead of time and stored in the fridge. Reheat in the microwave or on the stovetop with a splash of almond milk.

**Gluten-Free,** Use gluten-free certified oats if needed.

**Apple,** A tart apple like a Granny Smith or Macintosh works best for this recipe.



## Peanut Butter & Banana Steel Cut Oats

1 serving  
35 minutes

### Ingredients

1/2 tsp Coconut Oil  
1/4 cup Steel Cut Oats (dry, uncooked)  
1/2 cup Water  
1/2 cup Plain Coconut Milk (from the can or carton)  
1/2 Banana (medium, ripe and mashed)  
1/2 tsp Vanilla Extract  
2 tbsps All Natural Peanut Butter  
1 1/2 tpsps Maple Syrup

### Directions

- 1 Melt the coconut oil in a medium pot with a lid over medium heat. Add the oats and toast in the coconut oil for about a minute until oats are fragrant.
- 2 Carefully add the water and the coconut milk to the pot and then stir in the mashed banana and vanilla. Cover with a lid and reduce the heat to medium-low. Let simmer for 25 to 30 minutes or until the oats are tender, stirring frequently to prevent burning.
- 3 Stir in the peanut butter and maple syrup. Divide into bowls and enjoy!

### Notes

**No Coconut Milk**, Use almond milk instead.

**Leftovers**, Keep well in the fridge for up to four days. Reheat the oats with a splash of water or milk.



## Overnight Bircher Muesli

2 servings

8 hours

### Ingredients

- 1 cup Oats (rolled)
- 2 tbsps Unsweetened Shredded Coconut
- 2 tbsps Sliced Almonds
- 1 tbsp Ground Flax Seed
- 2 tbsps Organic Raisins
- 2 tbsps Hemp Seeds
- 1/4 tsp Cinnamon
- 1/2 cup Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt
- 1/2 Apple (medium, grated)

### Directions

- 1 In a large bowl, combine the oats, shredded coconut, almonds, flax seeds, raisins, hemp seeds, and cinnamon.
- 2 Stir in the almond milk, yogurt, and grated apple. Mix well. Cover and let soak in the fridge overnight.
- 3 Divide into bowls or jars in the morning, and enjoy!

### Notes

**Prep Ahead,** The dry muesli mix can be scaled up and stored in a jar in your cupboard for up to 2 months.

**Likes it Sweet,** Serve with fresh berries and/or a drizzle of maple syrup or honey.

**More Protein,** Make with Greek yogurt instead of coconut yogurt.

**Leftovers,** Soaked muesli can be kept in an air-tight container or mason jar in the fridge for up to 4 days.



## Chocolate Protein Oats with Berries

2 servings

15 minutes

### Ingredients

- 1 cup Oats (rolled)
- 1 1/2 cups Water
- 1 cup Unsweetened Almond Milk
- 3 tbsps Cocoa Powder
- 2 tbsps Maple Syrup
- 1/2 cup Egg Whites
- 1/2 cup Blueberries
- 1/2 cup Raspberries

### Directions

- 1 In a small pot over medium-high heat, add the oats, water and almond milk. Bring to a gentle boil then reduce heat to low and simmer for 10 to 12 minutes or until the oats are tender. Stir occasionally to prevent burning.
- 2 Add in the cocoa powder and maple syrup. Whisk until combined.
- 3 Slowly add in the egg whites. Whisk continuously for 2 minutes until oatmeal is thick and creamy.
- 4 Remove the pot from the heat, transfer oats to a bowl and top with berries. Enjoy!

### Notes

**No Almond Milk**, Use coconut milk instead.

**No Maple Syrup**, Use honey instead.

**No Berries**, Use banana instead.



## Green Egg Scramble

1 serving  
10 minutes

### Ingredients

- 2 Egg
- 1 cup Baby Spinach
- 1/4 tsp Sea Salt
- 1 1/2 tsps Coconut Oil

### Directions

- 1 Place eggs, spinach and salt in a blender and blend until well combined.
- 2 Heat coconut oil in a large skillet over medium heat. Pour the mixture into the skillet and continuously stir to scramble the eggs while they cook.
- 3 Divide onto plates and enjoy!

### Notes

No Coconut Oil, Use butter, ghee or avocado oil.

Serve it With, Bacon, toast, whole grain crackers, or our Grain-Free Flax Bread recipe.



## Carrot Cake Overnight Oats

2 servings

8 hours

### Ingredients

1 cup Oats (rolled)  
1/2 Carrot (medium, grated)  
2 tbsps Chia Seeds  
1/2 tsp Cinnamon  
1/4 tsp Ground Ginger  
1 1/4 cups Unsweetened Almond Milk  
2 tbsps Maple Syrup  
2 tbsps Unsweetened Coconut Yogurt  
2 tbsps Walnuts (roughly chopped)

### Directions

- 1 Add the oats, grated carrot, chia seeds, cinnamon, ground ginger, almond milk and maple syrup to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
- 2 Remove the oats from the fridge and divide them into jars. Top with yogurt and walnuts. Enjoy!

### Notes

**No Coconut Yogurt, Omit, or use another type of yogurt instead.**

**Nut-Free, Omit, or use pumpkin seeds.**

**Sugar-Free, Omit the maple syrup, or use a sugar-free sweetener of your choice.**

**No Almond Milk, Use any other type of milk instead.**

**Grated Carrot, Half a medium carrot is equal to about 1/2 cup of grated carrot.**

**Hot or Cold, These oats can be enjoyed hot or cold. Reheat cold oats in the microwave.**



## Smoked Salmon Avocado Toast

2 servings

5 minutes

### Ingredients

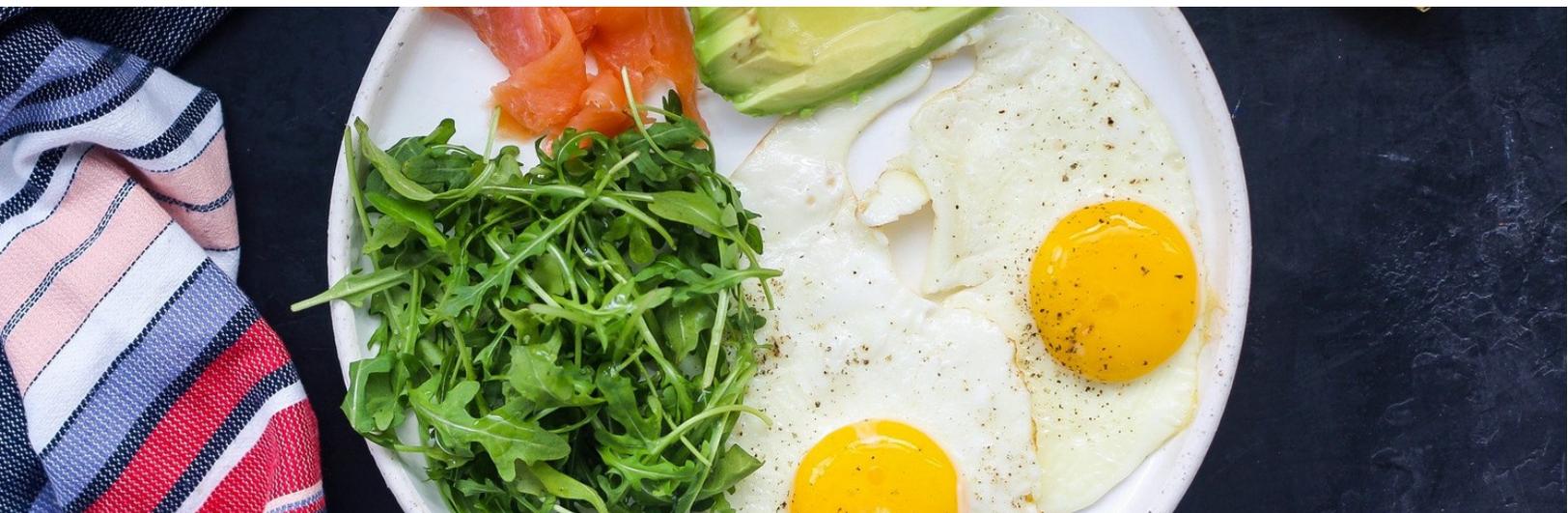
- 1 Avocado
- 2 slices Organic Bread (toasted)
- 84 grams Smoked Salmon (cut into bite-sized pieces)
- 1/4 Yellow Onion (thinly sliced)
- 1 tsp Capers
- 1 tbsp Fresh Dill (chopped)
- 1/2 tsp Lemon Juice

### Directions

- 1 Mash the avocado onto your toast. Next, add the smoked salmon, yellow onion, capers, dill and lemon juice. Enjoy!

### Notes

- No Yellow Onion,** Use red or green onions instead.
- No Bread,** Use a large cracker or flatbread.
- Gluten-Free,** Use gluten-free toast or crackers.
- No Dill,** Use another fresh herb such as parsley.



## Eggs, Arugula & Smoked Salmon Plate

2 servings

10 minutes

### Ingredients

4 Egg  
Sea Salt & Black Pepper (to taste)  
2 cups Arugula  
112 grams Smoked Salmon (sliced)  
1 Avocado (sliced)

### Directions

- 1 Heat a skillet over medium heat and crack two eggs in the pan. Cook until whites are set and yolks are cooked to your liking. Season with sea salt and pepper.
- 2 Plate the eggs with the arugula, salmon, and avocado. Enjoy!

### Notes

**No Arugula**, Use another green such as baby spinach or baby kale.  
**No Smoked Salmon**, Replace with roasted chickpeas or smoked trout.  
**More Flavor**, Drizzle everything with lemon juice before serving.



## Poached Egg with Watercress

1 serving  
15 minutes

### Ingredients

- 1 Egg
- 1 tbsp Apple Cider Vinegar
- 1 tbsp Coconut Oil
- 4 cups Watercress (chopped)
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Crack your egg into a bowl. Bring a pot of water to a boil on your stovetop. Add vinegar.
- 2 Stir your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes, then use a slotted spoon to carefully remove the poached egg onto a plate lined with paper towel to soak up the excess liquid.
- 3 In a skillet, heat oil over medium-high. Add watercress and cook just until wilted, about 3-5 minutes. Season with salt and pepper to taste.
- 4 Transfer watercress to a plate and top with your poached egg. Enjoy!

### Notes

No Watercress, Use spinach, kale or any dark leafy greens.



## Blueberry Breakfast Crisp

4 servings  
50 minutes

### Ingredients

- 2 1/2 cups Blueberries (fresh or frozen)
- 2 tbsps Lemon Juice
- 1/2 tsp Vanilla Extract
- 2 tsps Arrowroot Powder
- 1/4 cup Maple Syrup (divided)
- 1 cup Oats (rolled)
- 1/4 cup Ground Flax Seed
- 1/4 cup Almond Flour
- 1/2 tsp Cinnamon
- 1/3 cup Coconut Oil (melted)

### Directions

- 1 Preheat oven to 350°F (177°C) and grease a pie plate or baking dish.
- 2 In a mixing bowl add the blueberries, lemon juice, vanilla, arrowroot powder and half of the maple syrup. Stir to coat the blueberries evenly. Add the blueberry mixture to the prepared pie plate. Set aside.
- 3 In a second mixing bowl, add the oats, ground flax, almond flour, and cinnamon. Stir to combine.
- 4 Whisk the melted coconut oil with the remaining maple syrup and add to the oat mixture stirring until oats are evenly coated.
- 5 Spoon the oat mixture over top of the blueberries in the pie plate and smooth into an even layer.
- 6 Bake for 40 to 45 minutes until the blueberries are bubbly and the oats are golden brown. (The oats may seem a bit soft but they will crisp up as it cools.)
- 7 Remove from oven, let cool and enjoy!

### Notes

**Serving Dish Size,** Use a 9-inch pie plate or 9 x 9-inch baking dish for 4 servings.

**Meal Prep,** You can make this breakfast ahead and store in the fridge. Enjoy cold or reheat before serving.

**More Protein,** Serve with Greek yogurt.

**Leftovers,** Keeps in the fridge for up to 3 days. The oats will lose their crispiness overtime.



## Fruit-On-The-Bottom Chia Pudding

2 servings

30 minutes

### Ingredients

- 1/4 cup Chia Seeds
- 1 cup Unsweetened Almond Milk
- 1/2 cup Frozen Berries (thawed)
- 2 tbsps Almond Butter

### Directions

- 1 In a large bowl, combine the chia seeds with the almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Divide the thawed berries between jars and add the chia pudding mixture on top. Top with almond butter and enjoy!

### Notes

**Storage,** Store covered in the fridge up to 4 to 5 days.

**Additional Toppings,** Blackberries, sliced peaches or any chopped fruit you like.

**No Almond Milk,** Use any other type of milk instead.

**Likes it Sweet,** Add a drizzle of maple syrup or honey.



## Breakfast Salad with Soft Boiled Egg

2 servings

15 minutes

### Ingredients

- 4 Egg
- 4 cups Baby Kale
- 1/2 Cucumber (sliced)
- 1 Avocado
- 2 tbsps Extra Virgin Olive Oil
- 2 tsps Lemon Juice
- 1/4 tsp Sea Salt
- 1/4 tsp Paprika
- 1/4 cup Almonds (chopped)

### Directions

- 1 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 7 minutes for a soft boiled egg. Once the eggs are done, add them to a bowl of ice water.
- 2 Add the kale, cucumber and avocado to a plate. Drizzle with extra virgin olive oil, lemon and sea salt.
- 3 Peel the eggs and add to the salad. Sprinkle paprika and almonds on top. Serve and enjoy!

### Notes

**Leftovers,** Store leftover unpeeled eggs in the fridge for up to two days.

**Nut-Free,** Use sunflower seeds instead of almonds.

**More Flavor,** Add parsley, cilantro or basil to your salad.

**Make it Vegan,** Use chickpeas or tofu instead of eggs.



## High Fiber Seed Loaf

10 servings

3 hours

### Ingredients

1/2 cup Sunflower Seeds  
1/2 cup Whole Flax Seeds  
1/2 cup Pumpkin Seeds  
1/4 cup Chia Seeds  
2 cups Oats (rolled)  
1/4 cup Psyllium Husks  
1/2 tsp Sea Salt  
3 tbsps Avocado Oil  
1 1/2 cups Water

### Directions

- 1 In a large bowl, combine sunflower seeds, flax seeds, pumpkin seeds, chia seeds, oats, psyllium husks and salt. Mix well.
- 2 In a separate bowl, whisk together the avocado oil and water. Add the wet ingredients to the dry ingredients and mix very well until everything is combined.
- 3 Line a loaf pan with parchment paper, allowing the ends of the parchment to come higher than the sides of the pan. Pour in the mixture. Let it stand for two hours (or overnight) to thicken further.
- 4 Preheat the oven to 350°F (177°C). Place the loaf pan in the oven and bake for 20 minutes. Then remove the loaf from the pan by pulling up the sides of the parchment. Remove the parchment and place the loaf upside down directly on the oven rack and bake for another 30 minutes.
- 5 Remove from the oven and let it cool completely before slicing. Enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to five days. Freeze for up to three months.

**Serving Size,** One serving is equal to one slice of bread.

**Additional Toppings,** Serve with nut or seed butter, hummus, avocado, or chia jam.

**Psyllium Powder,** If you are using psyllium powder instead of the whole husks, cut the amount used in half.



## Asian Veggie Omelette

1 serving  
20 minutes

### Ingredients

- 1 1/2 tps Coconut Oil
- 1/2 cup Shiitake Mushrooms (sliced)
- 1 cup Bok Choy (sliced into quarters)
- 3 Egg
- 2 1/4 tps Tamari
- 2 stalks Green Onion (sliced)

### Directions

- 1 Heat coconut oil in a medium-sized frying pan over medium heat. Saute the bok choy for 2 minutes. Add mushrooms and cook for 2-3 more minutes or until all veggies are soft. Transfer the veggies to a bowl and set aside.
- 2 In a bowl, whisk together eggs, tamari and green onion.
- 3 Pour the egg mixture into the same pan over medium heat, and let cook until almost set. Place the mushrooms and bok choy on one half of the omelette and fold the other half over top. Remove from heat and season with sea salt and black pepper to taste. Enjoy!

### Notes

**Make it Fluffy,** Whisk unsweetened almond milk into your egg mixture.

**More Flavour,** Whisk sesame oil into your egg mixture.

**Mix it Up,** Use up whatever vegetables you have on hand. Red onion, bell peppers or baby spinach work well.

**Likes it Spicy,** Serve with hot sauce.



## Simple Banana Pancakes

2 servings

20 minutes

### Ingredients

- 2 Banana (ripe)
- 4 Egg
- 1 tbsp Coconut Oil

### Directions

- 1 In a bowl, mash the bananas very well until quite smooth. Add the eggs and beat gently with a fork for about 30 seconds.
- 2 Heat coconut oil in a skillet over medium heat. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 1-2 minutes per side.
- 3 Serve with a sprinkle of cinnamon or a drizzle of maple syrup if desired.

### Notes

Likes it Sweet, Add blueberries or chocolate chips into the batter.



## Zucchini, Mushroom & Egg Breakfast

1 serving  
20 minutes

### Ingredients

1/2 tsp Avocado Oil  
1/2 Zucchini (medium, sliced)  
6 White Button Mushrooms (sliced)  
2 Egg  
1/2 cup Arugula  
1/2 tsp Lemon Juice  
1/8 tsp Sea Salt

### Directions

- 1 Heat a skillet over medium heat and add the avocado oil, zucchini and mushrooms. Cook for 6 to 8 minutes. Remove and set aside on a plate.
- 2 Using the same pan over medium heat, crack the eggs into the pan. Cook until the whites are set and the yolks are cooked to your liking. Add to the same plate.
- 3 Add the arugula to the plate and drizzle with lemon juice. Season the eggs and vegetables with sea salt. Enjoy!

### Notes

**Leftovers,** Refrigerate leftover vegetables in an airtight container for up to three days. Eggs are best enjoyed immediately.

**More Flavor,** Season the vegetables with chili flakes, cayenne, onion powder or garlic.

**Make it Vegan,** Omit the eggs and make a tofu scramble instead.