



Breakfast Free From Gluten and Dairy

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Mushroom & Tofu Scramble

3 servings

10 minutes

Ingredients

65 grams Oyster Mushrooms (sliced)
60 milliliters Vegetable Broth (divided)
340 grams Tofu (extra firm, drained, crumbled)
1 tbsp Nutritional Yeast
1/4 tsp Turmeric
1/4 tsp Sea Salt

Directions

- 1 Heat a large skillet over medium heat for 2 minutes. Add the mushrooms and sauté for 3 to 5 minutes, stirring often. Add half of the broth if they begin to stick. Transfer to a plate.
- 2 Add the remainder of the broth, crumbled tofu, nutritional yeast, turmeric and salt to the skillet. Stir and cook until the tofu is warmed through.
- 3 Return the mushrooms to the skillet and combine with the tofu. Divide onto plates or containers if on-the-go. Enjoy!

Notes

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

Serving Size: Each serving equals approximately 1.5 cups.

More Flavor: Add your choice of spices and/or herbs.

Additional Toppings: Top with sliced green onions, spinach, mixed greens, peppers or avocado slices.

No Vegetable Broth: Use water instead.



Savory Crêpes with Creamy Mushrooms & Kale

2 servings

25 minutes

Ingredients

1 1/2 tbsps Extra Virgin Olive Oil (divided)
12 Cremini Mushrooms (sliced)
4 stalks Green Onion (chopped)
65 grams Kale Leaves (chopped)
2 Garlic (clove, minced)
1/2 tsp Sea Salt (divided)
60 milliliters Canned Coconut Milk (full fat)
3 Egg
55 grams Almond Flour
1/2 tsp Oregano
1/2 tsp Nutritional Yeast

Directions

- 1 Heat 2/3 of the oil in a large frying pan over medium-high heat. Add the mushrooms, green onion and kale and cook until the mushrooms are tender and the kale has wilted, 5 to 8 minutes.
- 2 Add the garlic and half of the salt to the pan and cook for another minute. Stir in the coconut milk. Reduce heat to low to keep warm.
- 3 In a mixing bowl, whisk the eggs. Stir in the almond flour, oregano, nutritional yeast and the remaining salt.
- 4 Heat a small non-stick pan over medium heat. Add just enough oil to evenly coat the bottom of the pan. This won't be all of the remaining oil.
- 5 Add about 1/4 cup of the crêpe batter to the oiled pan and tilt the pan in a circular motion to distribute the batter evenly. Cook for 60 to 90 seconds or until just golden brown and the crêpe releases easily from the pan. Flip and continue cooking for 30 to 60 seconds. Repeat the process with the remaining oil and batter.
- 6 To serve, divide the creamy mushrooms and kale between the crêpes then fold or roll. Enjoy!

Notes

Leftovers: Store creamy mushrooms and kale separate from crêpes. Refrigerate the crêpes in an airtight container or zipper-lock bag for one day or freeze for up to two months. Reheat the crêpes in a dry pan until warmed through. Reheat the creamy mushrooms and kale with additional coconut milk if needed.

Serving Size: One serving is approximately two crêpes.

More Flavor: Add garlic powder, onion powder or other dried herbs to the batter.

Additional Toppings: Fresh herbs like dill, parsley or chopped green onion.



Pan Size: This recipe was tested with a small 8-inch pan to make the crêpes.



Simple Congee with Eggs

4 servings

1 hour

Ingredients

185 grams Jasmine Rice (dry, rinsed)
1.4 liters Vegetable Broth
1/2 tsp Sea Salt
2 tbsps Ginger (sliced)
4 Egg
2 stalks Green Onion (sliced)
60 milliliters Tamari

Directions

- 1 In large pot, add the rice, vegetable broth, salt and ginger. Bring to a simmer and stir occasionally.
- 2 Cook for one hour or until your desired consistency is reached, adding more liquid if needed. Season with additional salt to taste.
- 3 Meanwhile, cover the eggs with water in a saucepan and bring to a boil. Once boiling, turn off the heat and let the saucepan sit covered for 10 to 12 minutes.
- 4 Drain the water and refill the saucepan with cold water. Peel and halve the eggs once cool enough to handle.
- 5 Divide the congee into bowls, removing any slices of ginger that emerge. Add the eggs and garnish with green onion. Drizzle tamari ovetop and enjoy!

Notes

Leftovers: Refrigerate the hard-boiled eggs for up to seven days with the shells on. Refrigerate the congee in an airtight container for up to five days.

Serving Size: One serving is approximately 1 1/2 cups of congee with one egg.

More Flavor: Use bone broth instead of vegetable broth. Add chicken or seafood (shrimp, scallops, crab meat, etc) during cooking.

Additional Toppings: Crispy fried shallots, sesame seeds, bok choy, toasted nuts, cilantro or Vietnamese coleslaw.

Make it Vegan: Top with sauteed veggies instead of hard boiled eggs.

No Tamari: Use soy sauce, coconut aminos, sesame oil or fish sauce instead.

No Vegetable Broth: Use water or another type of broth instead.

Save Time: Use leftover cooked rice and adjust the amount of broth as needed. Simmer for at least 15 minutes, stirring occasionally, until desired consistency is reached.



Eggs & Rice Breakfast Bowl

3 servings

50 minutes

Ingredients

185 grams Brown Rice
415 milliliters Water
1/4 tsp Sea Salt
6 Egg
1/2 tsp Coconut Oil
120 grams Baby Spinach
1 Avocado (sliced)

Directions

- 1 Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 30 to 35 minutes or until water is absorbed. Remove lid, season with sea salt and fluff with a fork.
- 2 Meanwhile, bring a medium pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium-high. Set your timer for 8 minutes. Use a spoon to remove the eggs from the pot and run under cold water before peeling.
- 3 In a skillet over medium-low heat, add coconut oil and sauté the spinach until just wilted.
- 4 Scoop the rice into a bowl and top with eggs, spinach and sliced avocado. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Season with chili flakes or hot sauce. Cook the rice with chicken or vegetable broth instead of water.

Make it Vegan: Omit the eggs and use a tofu scramble instead.

Meal Prep: Make a large batch of all ingredients and store each serving in separate airtight containers.



Quinoa & Egg Breakfast Plate

1 serving
20 minutes

Ingredients

45 grams Quinoa (uncooked, rinsed)
1 Egg
2 Tomato (small, chopped)
2 tbsps Pitted Kalamata Olives
1/2 Avocado (sliced)
1 tbsp Parsley (chopped)
1/8 tsp Sea Salt

Directions

- 1 Cook the quinoa according to package directions. Let it cool slightly.
- 2 In a pan over medium heat, cook the egg until your whites are set and the yolks are your desired doneness.
- 3 Place the quinoa on a plate, and top with the egg, tomatoes, olives, avocado and parsley. Season with sea salt and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Cook your quinoa in broth instead of water. Add chili flakes or hot sauce before serving.

Make it Vegan: Omit the egg and serve with tofu or chickpeas instead.

Meal Prep: Make a large batch of quinoa and/or hard-boiled eggs to save time.



Kimchi Tofu Scramble

2 servings

10 minutes

Ingredients

- 1 1/2 tps Sesame Oil
- 455 grams Tofu (regular firm, patted dry, crumbled)
- 1 tbsp Tamari
- 85 grams Kale Leaves (stems removed, finely chopped, packed)
- 2 tbsps Nutritional Yeast
- 150 grams Kimchi (drained)

Directions

- 1 Heat the oil in a large skillet over medium-high heat. Add the crumbled tofu and cook for two to three minutes, stirring gently.
- 2 Reduce the heat to medium and add the tamari and kale. Cook until soft, about three to five minutes. Turn the heat off.
- 3 Add the nutritional yeast and kimchi. Heat until just warmed through, about one minute. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately one cup.



Black Beans, Sweet Potato & Egg

2 servings

35 minutes

Ingredients

- 2 Sweet Potato (medium, cubed)
- 1 tsp Avocado Oil
- 1/4 tsp Sea Salt (divided)
- 4 Egg (whisked)
- 260 grams Black Beans (cooked)
- 1 Avocado (sliced)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Season the sweet potato with avocado oil and half of the sea salt. Bake for 25 to 30 minutes or until cooked through.
- 2 Heat a skillet over medium heat. Add the eggs and scramble until cooked through. Season with the remaining sea salt.
- 3 Divide the sweet potato, scrambled egg and black beans between containers. Place in the fridge until ready to be enjoyed. Add the sliced avocado just before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Cut up the avocado just before serving.

Make it Vegan: Omit the eggs, or use a tofu scramble.

No Avocado Oil: Use extra virgin olive oil or coconut oil.



Chickpea Breakfast Scramble

3 servings

15 minutes

Ingredients

60 milliliters Vegetable Broth
245 grams Chickpeas (cooked, rinsed)
2 tbsps Nutritional Yeast
1 tsp Turmeric
1/4 tsp Sea Salt
30 grams Mixed Greens
40 grams Radishes (sliced)
1 tbsp Parsley (chopped)
1/2 stalk Green Onion (chopped)

Directions

- 1 In a medium-sized pan, heat the vegetable broth over medium heat.
- 2 In a medium-sized bowl, add in the chickpeas and mash until they're soft. Add in the nutritional yeast, turmeric and sea salt and mix together until well combined.
- 3 Add the chickpea mixture into the pan and cook for about 10 minutes or until the scramble begins to turn golden. Continue to stir as it cooks.
- 4 Remove the chickpea scramble from the stove and let it cool. Divide the mixed greens, radishes, parsley and green onions onto plates. Top with the chickpea scramble and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately 1/2 cup each of chickpeas and salad.



Smoked Salmon Egg Cups

3 servings

25 minutes

Ingredients

1 1/2 tps Avocado Oil
6 Egg
1 tbsp Chives (chopped)
Sea Salt & Black Pepper (to taste)
30 grams Baby Spinach (chopped)
115 grams Smoked Salmon (roughly chopped)

Directions

- 1 Preheat the oven to 350°F (177°C) and lightly grease a muffin tray with oil or use a silicone muffin tray.
- 2 In a small bowl, whisk together the eggs, chives, salt and pepper.
- 3 Add the spinach and then the smoked salmon to the prepared muffin tray. Pour the egg mixture on top. Bake for 20 minutes. Remove from the oven, let cool and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to two egg cups.

More Flavor: Add fresh dill or capers to the muffin tins.



Spinach & Sweet Potato Egg Muffins

4 servings

35 minutes

Ingredients

- 1 1/2 tps Avocado Oil
- 1 Sweet Potato (medium, peeled and chopped into cubes)
- 1 tbsp Extra Virgin Olive Oil
- 180 grams Baby Spinach
- 8 Egg
- 60 milliliters Water
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

Directions

- 1 Preheat the oven to 350°F (177°C). Lightly grease a muffin tray with avocado oil.
- 2 Steam sweet potato in a double boiler for eight to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
- 3 While the sweet potato is steaming, heat extra virgin olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
- 4 When spinach and sweet potatoes are cool enough to handle, divide evenly into the prepared muffin tray.
- 5 In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
- 6 Pour the whisked eggs into the prepared muffin tray to cover the sweet potato and spinach.
- 7 Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

Notes

Serving Size: One serving is equal to three egg cups.

Leftovers: Store in the fridge in an airtight container up to four days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.

No Baby Spinach: Use finely sliced kale or swiss chard instead.



Quinoa & Kale Egg Muffins

6 servings

30 minutes

Ingredients

1 1/2 tps Avocado Oil
55 grams Quinoa (dry)
1 tbsp Extra Virgin Olive Oil
65 grams Kale Leaves (finely chopped)
1 Tomato (diced)
7 Egg
60 milliliters Water
1/2 tsp Sea Salt

Directions

- 1 Preheat the oven to 350°F (177°C). Grease a muffin pan with the avocado oil or use a silicone muffin tray.
- 2 Cook the quinoa according to package directions.
- 3 While the quinoa is cooking, heat the extra virgin olive oil in a large pan over medium heat. Cook the kale until wilted and tender. Remove from heat.
- 4 Add the cooked quinoa and the tomato to the wilted kale and stir to combine. Transfer the quinoa mixture evenly into the muffin tray.
- 5 In a mixing bowl whisk the eggs until well scrambled. Whisk in the water and salt. Pour the egg mixture into the muffin tray to cover the quinoa, kale, and tomatoes.
- 6 Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from the oven, let cool and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two egg muffins.

More Flavor: Add red pepper flakes or black pepepr.



Soba Breakfast Bowl

2 servings

15 minutes

Ingredients

100 grams Buckwheat Soba Noodles
1 1/2 tsps Tamari
1 1/2 tsps Rice Vinegar
4 Egg
85 grams Kale Leaves (stems removed,
roughly chopped)
60 milliliters Water
1 tbsp Sesame Seeds (black)

Directions

- 1 Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Toss with the tamari and vinegar and set aside.
- 2 Heat a non-stick skillet over medium heat and crack the eggs in the skillet. Cook until the whites are set and the yolks are cooked to your liking. Repeat for each serving and transfer to a plate.
- 3 Gently scrape any bits and wipe down the skillet. Add the kale leaves and water over medium heat. Cook until wilted, about 3 minutes. Drain any excess liquid.
- 4 Divide the kale and soba noodles into bowls. Top with fried eggs, black sesame seeds and additional tamari, if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately one serving of soba noodles, two eggs and 1 1/2 cups of cooked kale.

Make it Vegan: Top with marinated tofu, tempeh, chickpeas or edamame instead of eggs.



Egg & Beef Breakfast Bowl

3 servings

25 minutes

Ingredients

- 1 tbsp Coconut Oil
- 455 grams Extra Lean Ground Beef
- 50 grams Mushrooms (sliced)
- 20 grams Kale Leaves (chopped)
- 2 Egg
- 1 Avocado (cubed)
- 2 tbsps Nutritional Yeast

Directions

- 1 In a pan, heat the coconut oil over medium heat. Add the beef and break it up as it cooks. Cook for 10 minutes, or until the beef is cooked through. Drain the fat from the pan and return to the stove.
- 2 Add the mushrooms and kale in with the beef. Crack the eggs over the mixture and stir to combine. Cook for 5 minutes, or until mushrooms are soft, stirring often to ensure the eggs are cooked.
- 3 Divide between bowls and top with the avocado and nutritional yeast. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is roughly 2 cups of the beef mixture.

More Flavor: Add sea salt, pepper, garlic, onions and/or chili flakes.

Additional Toppings: Top with sliced cherry tomatoes.



Asparagus & Mushroom Frittata

4 servings

25 minutes

Ingredients

8 Egg
60 milliliters Water
1 tbsp Extra Virgin Olive Oil
190 grams Mushrooms (sliced)
135 grams Asparagus (sliced)
2 stalks Green Onion (chopped)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Add the eggs and water to a bowl and whisk well. Set aside.
- 3 Heat the oil in a cast-iron skillet, or another oven-proof skillet, over medium heat. Add the mushrooms and asparagus and cook until the mushrooms have softened and the asparagus is fork-tender, five to seven minutes. Stir in the green onion, salt, and pepper, and continue to cook for another minute until the green onions have softened.
- 4 Pour the whisked eggs into the skillet with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 5 Bake for 12 to 15 minutes or until eggs have set and are firm to the touch in the center of the pan. Let sit for five minutes before cutting into wedges. Season with additional salt and pepper if needed and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: A 10-inch cast-iron pan was used for four servings.

More Flavor: Use milk of choice instead of water. Add fresh or dried herbs, garlic, or red pepper flakes.



Buckwheat & Fried Egg Breakfast Bowl

4 servings

25 minutes

Ingredients

475 milliliters Water
165 grams Buckwheat Groats
1 tbsp Avocado Oil
4 Egg
60 grams Baby Spinach
Sea Salt & Black Pepper (to taste)

Directions

- 1 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook uncovered for 15 to 20 minutes or until the water is absorbed.
- 2 While the buckwheat is cooking, heat a pan over medium heat and add the oil. Once warm, crack the eggs in the pan and cook until the whites are set and the yolk is cooked to your liking.
- 3 Divide the cooked buckwheat and fried eggs between bowls. Top with spinach, salt and pepper. Enjoy!

Notes

Leftovers: Eggs are best enjoyed the same day. Refrigerate the buckwheat in an airtight container for up to five days.

Serving Size: One serving is approximately 1 cup of buckwheat, 1 egg and 1/2 a cup of spinach.

Additional Toppings: Fried mushrooms, guacamole, hummus and/or hot sauce.

Make it Vegan: Make a chickpea or tofu scramble instead of eggs.

Meal Prep Option: Hard boil the eggs and cook the buckwheat ahead of time. Compile the ingredients into their own containers for easy grab-and-go throughout the week.



Peanut Butter & Banana Chia Pudding

2 servings
3 hours 5 minutes

Ingredients

240 milliliters Unsweetened Almond Milk
2 tbsps All Natural Peanut Butter
2 tsps Maple Syrup
50 grams Chia Seeds
1 Banana (sliced)

Directions

- 1 Add the milk, peanut butter, and maple syrup to a jar and shake well until the peanut butter has been incorporated with the milk. Add the chia seeds and shake again to combine.
- 2 Refrigerate for at least three hours or until chilled.
- 3 To serve, divide the chia pudding between bowls and top with the sliced banana. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Slice the banana just before serving.

More Flavor: Add cinnamon, sea salt, and/or vanilla extract.

Additional Toppings: Berries, honey, or extra peanut butter.

No Peanut Butter: Use almond butter or sunflower seed butter instead.

No Banana: Use berries instead.



Blueberry Buckwheat Parfait

2 servings

25 minutes

Ingredients

235 milliliters Water
80 grams Buckwheat Groats
1 tbsp Maple Syrup
225 grams Unsweetened Coconut Yogurt
75 grams Blueberries
1 tbsp Hemp Seeds

Directions

- 1 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 2 Divide the buckwheat between containers or bowls. Top with maple syrup, coconut yogurt, blueberries and hemp seeds. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add cinnamon.

Additional Toppings: Top with bananas or other berries.

No Coconut Yogurt: Use Greek, plain, or cashew yogurt instead.



Buckwheat Sweet Potato Bowl

2 servings

30 minutes

Ingredients

- 475 milliliters Water
- 165 grams Buckwheat Groats
- 2 tbsps Extra Virgin Olive Oil
- 1 Sweet Potato (chopped into small cubes)
- 20 grams Kale Leaves (chopped)
- 1 tsp Sea Salt
- 1 tsp Dried Basil
- 5 grams Cilantro (chopped)

Directions

- 1 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 2 In a separate cooking pan, warm the oil over medium heat. Add the sweet potatoes, kale, sea salt and dried basil. Let it cook, stirring often, for 15 minutes or until soft.
- 3 Transfer the cooked buckwheat into bowls. Top with the sweet potato, kale and cilantro. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 2 cups.

More Flavor: Add diced onions or minced garlic.



Masala Dosa

5 servings

30 minutes

Ingredients

600 grams Mini Potatoes (quartered)
1 tbsp Extra Virgin Olive Oil (divided)
1 Red Bell Pepper (seeds removed, diced)
1 tbsp Ginger (peeled, grated)
1 tbsp Lemon Juice
4 grams Cilantro (chopped)
Sea Salt & Black Pepper (to taste)
45 grams Chickpea Flour
80 grams All Purpose Gluten-Free Flour
1/8 tsp Baking Soda
355 milliliters Water

Directions

- 1 Set the potatoes in a steaming basket over boiling water and cover. Steam for about 10 minutes, or until tender. Set aside.
- 2 Heat 1/3 of the oil over medium-high heat in a pan or skillet. Cook the red bell pepper and ginger until soft, about five minutes. Add the steamed potatoes and mash with a wooden spoon. Add the lemon juice, cilantro, salt, and pepper. Remove from heat.
- 3 In a mixing bowl, whisk together the chickpea flour, all purpose flour, baking soda and water. Season with salt (optional).
- 4 To create the dosas, heat the remaining oil over medium-high heat in a skillet. Pour about 1/2 cup of batter and gently swirl to spread it into a thin layer. Cook for about one to two minutes, or until browned and cooked through. Repeat with the remaining batter, using more oil as needed.
- 5 Divide the dosa onto plates and add the potato-pepper stuffing. Fold over and enjoy!

Notes

Leftovers: This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to four days.

Serving Size: One serving is approximately one 9-inch dosa with one cup of potato-pepper stuffing.

More Flavor: Add onion, red chili peppers, and/or mustard seeds before cooking the red bell peppers.

Additional Toppings: Serve with chutney.

Flours: This recipe was developed and tested using Bob's Red Mill Garbanzo Bean (Chickpea) Flour and All Purpose Gluten-Free Flour. Results may vary if using other types/brands of flour.



Kimchi & Kale Scrambled Eggs

2 servings

10 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 6 Egg (whisked)
- 40 grams Kale Leaves (tough stems removed, finely chopped, packed)
- 60 milliliters Water
- 150 grams Kimchi (drained)

Directions

- 1 Heat the oil in a pan over medium-high heat.
- 2 Add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the pan until fluffy and barely set, about two minutes. Transfer to a bowl.
- 3 Add the kale leaves and water to the pan and cook until tender, about two to three minutes. Drain any excess liquid.
- 4 Turn off the heat and gently fold in the scrambled eggs and kimchi until warmed through. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately two cups or 280 grams.

More Flavor: Season with fresh herbs, salt, and pepper to taste.

Additional Toppings: Green onions, avocado, chives, red pepper flakes, or mushrooms.



Broccoli Potato Bites

4 servings

1 hour

Ingredients

2 Russet Potato (medium, peeled and cut in half)
180 grams Broccoli (cut into small florets)
1/2 tsp Onion Powder
1/2 tsp Garlic Powder
1/4 tsp Sea Salt

Directions

- 1 Add the potatoes to salted water and bring to a boil. Cook for 10 to 12 minutes or until just fork tender (do not overcook). Drain the potatoes and set aside to cool until they are comfortable to handle.
- 2 Meanwhile, steam the broccoli for five to seven minutes until tender. Let the broccoli cool slightly. Finely chop the cooked broccoli and place on a clean kitchen towel (or use a nut milk bag). Squeeze as much liquid as possible from the broccoli. Transfer the broccoli to a mixing bowl.
- 3 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 4 While the potatoes are still warm, grate on the large side of a box grater and add to the mixing bowl with the broccoli. Season with the onion powder, garlic powder and salt. Mix until the potato and broccoli are very well combined.
- 5 Form the potato mixture into tightly-packed flat discs and place on the baking sheet. Bake for 30 minutes, flipping halfway through. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days for freeze for up to three months. Reheat in the oven or microwave until warmed through.

Serving Size: One serving is approximately four potato broccoli bites.

More Flavor: Use fresh garlic instead or add other herbs and spices. Dip in your favorite sauce.



Bell Pepper & Spinach Egg Bake

6 servings

30 minutes

Ingredients

1 1/2 tps Extra Virgin Olive Oil
(divided)
1 Red Bell Pepper
60 grams Baby Spinach (chopped)
75 grams Cherry Tomatoes (halved)
3 stalks Green Onion (chopped)
8 Egg
120 milliliters Water
1/2 tsp Sea Salt

Directions

- 1 Preheat the oven to 400°F (204°C). Grease a baking dish with half of the oil.
- 2 Add the remaining oil to a pan over medium heat. Add the peppers and cook for about five minutes or until just tender and starting to brown. Add the spinach, tomatoes, and green onion. Continue to cook until the spinach wilts. Transfer the vegetables to the prepared baking dish and arrange them in an even layer.
- 3 Add the eggs, water, and salt to a bowl and whisk well. Pour the egg mixture into the baking dish.
- 4 Bake for 23 to 25 minutes or until the eggs have set and are firm to touch. Cut into squares and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: An 8.5- x 11.5-inch baking dish was used to make six servings. You can also make this in a 9 x 9-inch baking dish.

More Flavor: Use milk instead of water. Season the vegetables with your favourite dried herbs and spices.

Veggies: This recipe works well with nearly any vegetable. Use kale, steamed broccoli, cooked sweet potato, red onion, or mushrooms instead.



Turmeric Quinoa Breakfast Bowls

2 servings

20 minutes

Ingredients

85 grams Quinoa (dry)
1/2 tsp Turmeric
1/4 tsp Sea Salt
1 tsp Ginger (fresh, grated or minced)
1 tbsp Lime Juice (divided)
1 tbsp Apple Cider Vinegar
4 Egg
40 grams Kale Leaves (finely chopped)
2 tbsps Water

Directions

- 1 Add the quinoa, turmeric, salt, ginger, and half of the lime juice to a pot. Cook the quinoa according to package directions. Once finished cooking, stir in the remaining lime juice.
- 2 Meanwhile, bring a second pot of water to a rolling boil and add the vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your eggs into the water, working in batches if needed so you don't overcrowd the pot. Cook for three to four minutes or until cooked to your liking and then use a slotted spoon to carefully remove the eggs from the water. Place them on a plate lined with a paper towel to soak up any excess liquid.
- 3 Heat a non-stick pan over medium heat. Add the kale and water and cover with a lid and steam for two to three minutes until the liquid has evaporated and the kale is tender.
- 4 To serve, divide the quinoa between bowls and top with the kale and poached eggs. Season with additional salt and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Cook eggs just before serving, or hard boil the eggs for meal prep.

More Flavor: Add garlic or red pepper flakes to the quinoa.

More Veggies: Add tomato or bell pepper.

No Apple Cider Vinegar: Use white vinegar instead.

No Kale: Use spinach or another leafy green instead.



Blueberry Coconut Chia Pudding

2 servings

35 minutes

Ingredients

240 milliliters Canned Coconut Milk
150 grams Blueberries (plus extra for garnish)
1 tsp Vanilla Extract
50 grams Chia Seeds
2 tbsps Unsweetened Shredded Coconut (plus extra for garnish)

Directions

- 1 Add the coconut milk, blueberries, and vanilla to a blender and blend well until combined.
- 2 Pour the blueberry mixture into a medium-sized bowl and add the chia seeds. Stir well to combine. Refrigerate for at least 30 minutes or overnight to thicken.
- 3 Divide evenly between bowls or in to-go containers. Top with extra blueberries and shredded coconut, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately 1 1/3 cups of chia pudding.

Likes it Sweeter: Add maple syrup or honey.

More Flavor: Add cardamom.



Coconut Yogurt with Berries & Granola

1 serving

5 minutes

Ingredients

170 grams Unsweetened Coconut Yogurt
95 grams Frozen Berries (thawed)
30 grams Granola

Directions

- 1 Add the coconut yogurt to a bowl and top with the berries, any excess juices, and the granola. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Add granola just before serving.

Additional Toppings: Chopped nuts, seeds, a drizzle of honey, cinnamon, other chopped fruit.

No Coconut Yogurt: Use Greek yogurt instead.



Strawberry Overnight Oats

2 servings

8 hours

Ingredients

40 grams Oats
120 milliliters Unsweetened Almond Milk
70 grams Strawberries (chopped, plus extra to garnish)
55 grams Unsweetened Coconut Yogurt
1 tbsp Maple Syrup
1/2 tsp Vanilla Extract

Directions

- 1 Add all the ingredients to a resealable bowl or container and stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Remove the oats from the fridge. Divide into containers and top with additional strawberries, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup.

No Coconut Yogurt: Use Greek yogurt or plain cow's milk yogurt instead.



Spinach & Sweet Potato Frittata

4 servings

25 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Sweet Potato (medium, peeled and cut into small cubes)
- 90 grams Baby Spinach (chopped)
- 8 Egg (whisked)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender. Add the spinach and stir until wilted.
- 3 Season the whisked eggs with salt and pepper then pour the eggs into the pan with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 4 Bake for 10 to 12 minutes or until the eggs have set and are firm to the touch in the center of the pan. Let it sit for about five minutes before cutting into wedges. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add onions, garlic, and/or fresh herbs, like chives, basil, or dill.

Additional Toppings: Salsa, hot sauce, or ketchup.

No Spinach: Use kale or swiss chard instead.



Potato Chickpea Breakfast Hash

2 servings

25 minutes

Ingredients

1 1/2 tbsps Extra Virgin Olive Oil
3 Russet Potato (medium, cut into small cubes)
40 grams Red Onion (chopped)
165 grams Chickpeas (cooked, rinsed well)
1 tsp Paprika
3/4 tsp Garlic Powder
1/2 tsp Sea Salt
60 grams Baby Spinach (chopped)

Directions

- 1 Heat the oil in a pan over medium heat. Add the potatoes and cook for 10 to 12 minutes, stirring occasionally, until the potatoes start to brown and soften. Add the onion and continue to cook for five to six minutes more.
- 2 Add the chickpeas, paprika, garlic powder, and salt and continue to cook until the potatoes are tender and chickpeas are warmed through, about three to five minutes. Add the spinach and stir until wilted. Season with additional salt if needed.
- 3 Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups.

More Flavor: Add other dried herbs and spices to taste, like cumin, chili powder, or oregano. Add bell pepper, jalapeno, or top with fresh herbs.

Potato: Three medium potatoes yield approximately three cups of potato cubes.

No Spinach: Use kale instead.



Japanese Breakfast Rice Bowl

2 servings

30 minutes

Ingredients

185 grams Brown Rice (short grain preferred, uncooked)
415 milliliters Water
2 Egg
2 tsps Tamari
1/2 Avocado (sliced)
2 tsps Sesame Seeds
2 Nori Sheets (small, sliced thin)
1 stalk Green Onion (sliced)

Directions

- 1 In a small saucepan, combine the rice with the water and bring to a low boil over medium-high heat. Reduce the heat to low and simmer uncovered, until cooked through, stirring often, about 20 minutes.
- 2 Once the rice has finished cooking, divide into serving bowls and crack the egg into each bowl, stirring vigorously with a fork or chopsticks until incorporated. The hot rice will cook the egg.
- 3 Add the tamari to the rice and stir. Top with avocado, sesame seeds, nori, and green onion. Serve and enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to two days.

Serving Size: One serving is equal to approximately 1 1/2 cup of rice and egg mixture.

More Flavor: Add chili flakes to the rice.

Additional Toppings: Top with more vegetables, such as broccoli, steamed bok choy, or sauteed spinach.

Cooking the Rice: In order to cook the egg, the rice should be freshly cooked and very hot. If using leftover rice, heat it back up until very hot and then proceed with step two.



Veggie Baked Eggs with Pesto

2 servings

30 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1 Zucchini (medium, seeds scooped out and chopped)
- 1 Red Bell Pepper (chopped)
- 80 grams Red Onion (chopped)
- 1 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 4 Egg
- 65 grams Pesto (or more to taste)

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the zucchini, bell pepper and red onion and cook for five to six minutes or until the vegetables are just tender. Add the garlic, season with salt and pepper and continue to cook for another minute.
- 3 Remove the skillet from the heat and make small wells for the eggs in the middle of the pan. Crack the eggs into the pan and season with additional salt and pepper. Transfer to the oven and bake for 10 to 13 minutes or until the eggs are cooked to your liking.
- 4 Remove the from oven and top with the pesto. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add red pepper flakes or other dried herbs and spices.



Banana & Nut Quinoa Bowl

2 servings

5 minutes

Ingredients

50 grams Quinoa Flakes
240 milliliters Unsweetened Almond Milk
1/4 tsp Cinnamon
1/2 tsp Vanilla Extract
1 Banana (divided)
30 grams Walnuts (roughly chopped)

Directions

- 1 In a small saucepan, over medium heat, combine the quinoa flakes, almond milk, cinnamon, and vanilla. Add half the banana and mash with a fork to incorporate.
- 2 Bring to a boil and then reduce the heat to low and simmer for three minutes.
- 3 Divide into bowls and top with sliced banana and walnuts. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Likes it Sweet: Add some maple syrup.

Nut-Free: Use pumpkin seeds instead of walnuts.

More Protein: Add vanilla protein powder.



Blueberry Granola Smoothie Bowl

1 serving

5 minutes

Ingredients

155 grams Frozen Blueberries
90 grams Frozen Cauliflower
180 milliliters Oat Milk
1 1/2 tbsps Sunflower Seed Butter
30 grams Granola
1 tbsp Unsweetened Shredded Coconut

Directions

- 1 Add the blueberries, cauliflower, milk, and sunflower seed butter and blend until smooth (scraping down the sides of the blender with a spatula or adding another splash of milk if needed as the smoothie should be thick).
- 2 Transfer the smoothie to a bowl and top with the granola and coconut. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately equal to 1 1/2 cups.

Additional Toppings: Chopped nuts, seeds or sliced fruit, like strawberries or bananas.

Likes it Sweet: Add maple syrup, honey, or dates to taste.

No Oat Milk: Use another milk instead, like almond or coconut.



Sweet Potato & Pesto Egg Muffins

10 servings

35 minutes

Ingredients

- 1 Sweet Potato (large, peeled and chopped)
- 1 tbsp Avocado Oil
- 1/4 tsp Sea Salt
- 12 Egg
- 1 2/3 tbsps Pesto
- 30 grams Baby Spinach (packed, chopped)

Directions

- 1 Preheat the oven to 400°F (205°C). Grease a baking sheet and a muffin tray, or use a silicone muffin tray.
- 2 Toss the sweet potato in the oil and salt and spread the cubes on the baking sheet. Roast for 15 minutes, tossing halfway through.
- 3 Reduce the oven to 350°F (175°C).
- 4 Whisk the eggs together with the pesto in a large bowl. Add the spinach and sweet potato to the bowl and ensure the vegetables are coated in the egg mixture. Spoon the egg mixture into the muffin tray. Bake for 18 to 20 minutes or until the eggs are cooked through.
- 5 Let the muffins cool for five minutes before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days

Serving Size: One serving is one muffin.



Kale & Eggs with Pesto Potatoes

2 servings

30 minutes

Ingredients

- 1 Yellow Potato (large, cubed)
- 1/2 Sweet Potato (medium, cubed)
- 65 grams Pesto
- 1 tsp Avocado Oil
- 4 Egg
- Sea Salt & Black Pepper (to taste)
- 40 grams Kale Leaves (chopped)
- 75 grams Cherry Tomatoes

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper and add the yellow potato and sweet potato. Cover the cubes with the pesto until well-coated. Bake for 25 minutes or until fork-tender.
- 2 Add the oil to a pan. Crack the eggs in the pan and cook until the whites are set and the yolks are cooked to your liking. Season with salt and pepper. Remove from the pan and set aside.
- 3 In the same pan, add the kale and a splash of water. Cook until the kale is wilted, about three minutes. Add the tomatoes and cook for another two to three minutes.
- 4 Divide the potatoes, eggs, kale, and tomatoes evenly between bowls. Enjoy!

Notes

Leftovers: Best enjoyed immediately but can be kept in an airtight container for up to three days.

Nut-Free: Use a seed-based pesto instead. Instead of pesto, roast the potatoes with oil and top with sriracha or tzatziki once cooked.

Make it Vegan: Use tofu, tempeh, or any legume in place of eggs.



Kimchi, Egg & Rice Bowl

1 serving
15 minutes

Ingredients

100 grams Basmati Rice (uncooked)
2 tsps Extra Virgin Olive Oil
4 Cremini Mushrooms (quartered)
2 Egg
65 grams Bean Sprouts
30 grams Matchstick Carrots
2 tsps Kimchi
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook rice according to package instructions.
- 2 Heat the oil in a pan. Add the mushrooms and cook until golden brown, about five minutes. Remove from pan.
- 3 Add the eggs to the pan and cook until the whites are set and the yolks are cooked to your liking. Remove from pan.
- 4 Divide the rice evenly between bowls. Top with mushrooms, bean sprouts, carrots, kimchi, and eggs. Season with salt and pepper and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Cook the eggs in sesame oil. Serve with soy sauce.



Black Bean & Spinach Egg Muffins

6 servings

30 minutes

Ingredients

3 Egg
115 grams Black Beans
40 grams Frozen Spinach (thawed,
drained)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 400°F (205°C) and lightly grease a muffin tray or use a silicone muffin tray.
- 2 In a bowl, whisk the eggs. Stir in the black beans, spinach, salt, and pepper.
- 3 Divide the egg mixture into each muffin cup, filling about 3/4 of the way full. Bake for 15 to 18 minutes or until they are set and browned on the sides. Let them cool for about five minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is one egg muffin.

More Flavor: Add cheese, oregano, bell pepper, cilantro, and/or corn.

Freezer Meal: After the muffins have completely cooled, line a baking sheet with parchment paper and spread the muffins out on it. Freeze them for two to three hours then place them in a large freezer bag or airtight container for up to two months. You can reheat them from frozen by heating them in the oven or microwave.



Harissa Scrambled Egg with Avocado

1 serving

10 minutes

Ingredients

- 1 Egg
- 1 tsp Harissa
- 1/4 tsp Sea Salt (divided)
- 1 tsp Avocado Oil
- 1/2 Avocado (medium, cubed)
- 1/4 Lime (juiced)
- 1 1/2 tsps Cilantro (chopped)

Directions

- 1 In a small bowl, whisk together the egg, harissa, and half of the salt. Warm the oil in a pan over medium heat. Add the whisked egg to the pan and scramble until the eggs are cooked to your liking.
- 2 In a bowl, mix together the avocado, lime juice, and cilantro. Season it with the remaining salt.
- 3 Add the egg and avocado mixture to a plate and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size: One serving is one egg and half of an avocado.

More Flavor: Add jalapeño and cheese.



Almond & Oat Breakfast Cookies

12 servings

20 minutes

Ingredients

- 1 Banana (mashed)
- 1 Egg
- 125 grams Almond Butter (runny)
- 105 grams Maple Syrup
- 1 tsp Vanilla Extract
- 120 grams Oats (rolled)
- 1 tsp Baking Powder
- 40 grams Hemp Seeds
- 2 tbsps Chia Seeds
- 1/4 tsp Sea Salt

Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2 Add the banana, egg(s), almond butter, maple syrup, and vanilla to a large bowl. Whisk until well combined.
- 3 Add the oats, baking powder, hemp seeds, chia seeds, and salt. Mix with a spatula until combined.
- 4 Using clean and slightly damp hands, or a cookie scoop, form the dough into large cookies, about two tablespoons per cookie. Place on the baking sheet. Bake in the oven for 14 minutes, or until cookies are golden brown.
- 5 Allow them to cool on the baking sheet for five minutes before moving them to a cooling rack. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for up to two days. Refrigerate or freeze if longer.

Serving Size: One serving is one cookie.

Make it Vegan: Replace the egg with a flax egg.

More Flavor: Add cinnamon.

Cookie Scoop: Using a medium-sized cookie scoop, or a small ice cream scoop, is easier to work with sticky dough.



Chocolate Peanut Butter Chickpea Cookies

8 servings

35 minutes

Ingredients

2 Banana (medium)
130 grams All Natural Peanut Butter
245 grams Chickpeas (drained, rinsed)
50 grams Coconut Sugar
20 grams Cacao Powder
40 grams Hemp Seeds
1 tbsp Chia Seeds
30 grams Sunflower Seeds

Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2 Add the banana, peanut butter, chickpeas, coconut sugar, and cacao powder to the bowl of a food processor. Process until smooth.
- 3 Gently fold in the hemp seeds, chia seeds, and sunflower seeds. Mix until well combined.
- 4 Evenly divide the batter onto the baking sheet, approximately 1/3 cup per cookie. Bake in the oven for 20 to 25 minutes or until the tops are firm to the touch.
- 5 Remove from the oven and allow to cool for 10 minutes. Enjoy!

Notes

Leftovers: Keep in an airtight container on the counter for up to five days, then transfer to the fridge for up to two more days. Freeze for up to six months.

Serving Size: One serving is equal to one cookie.

More Flavor: Add cinnamon, vanilla, and salt.



Blueberry Tofu Pudding

2 servings

2 hours 10 minutes

Ingredients

225 grams Silken Tofu
150 grams Blueberries (plus more for garnish)
1 1/2 tbsps Chia Seeds
2 1/2 tbsps Maple Syrup
2 tpsps Lemon Juice
1 tsp Vanilla Extract

Directions

- 1 Combine all ingredients in a blender and blend for at least one minute, until a very smooth texture is achieved.
- 2 Scoop into a container. Top with additional blueberries if desired. Seal the container and transfer it to the fridge to set for at least two hours or overnight. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup.

Additional Toppings: Raspberries, strawberries, cacao nibs, shredded coconut, and/or chocolate chips.



Strawberry Crumble with Coconut Yogurt

2 servings

35 minutes

Ingredients

290 grams Strawberries (halved)
1 tsp Vanilla Extract
1 1/2 tsps Lemon Juice
2 tbsps Maple Syrup (divided)
55 grams Almond Flour
1/4 tsp Sea Salt
1 1/2 tbsps Coconut Oil (melted)
1 tbsp Slivered Almonds
225 grams Unsweetened Coconut Yogurt

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 In a mixing bowl, toss together the strawberries, vanilla extract, lemon juice, and 1/3 of the maple syrup. Transfer to a baking dish.
- 3 In a bowl combine the flour, salt, oil, and the remaining syrup. Spread evenly over the strawberries and sprinkle with slivered almonds. Bake in the oven for 25 minutes, or until the strawberries are juicy, and bubbly and the topping is golden-brown.
- 4 Let stand for five minutes before serving with the yogurt. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: An 8-inch diameter baking dish was used to make two servings. One serving is approximately two cups.

More Flavor: Add other berries and chia seeds to the strawberries.

Additional Toppings: Fresh mint.



Apple Cinnamon Sheet Pan Pancakes

4 servings

30 minutes

Ingredients

320 grams All Purpose Gluten-Free Flour
2 tsp Baking Powder
1 tsp Baking Soda
1/4 tsp Sea Salt
35 grams Coconut Sugar
2 tsp Cinnamon (divided)
2 Egg
2 tbsps Coconut Oil (melted)
1 tsp Vanilla Extract
660 milliliters Oat Milk
1 Apple (thinly sliced)

Directions

- 1 Preheat the oven to 400°F (205°C). Line a deep baking pan or jelly pan with parchment paper.
- 2 In a large mixing bowl, combine the flour, baking powder, baking soda, salt, coconut sugar, and half of the cinnamon. Mix well to combine.
- 3 In a smaller mixing bowl, whisk together the eggs, oil, vanilla, and oat milk.
- 4 Slowly pour the wet ingredients into the dry, whisking as you go until well combined and a thick yet pourable batter has formed.
- 5 Pour the batter onto the pan and spread out evenly with a spatula. Add the apple slices on top, then sprinkle with the remaining cinnamon.
- 6 Bake in the oven for 20 minutes, until the pancakes have risen and are starting to brown. Slice, serve, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: A 10 x 15-inch baking pan with deep sides was used for this recipe. One serving is equal to approximately two pancakes.

Make it Vegan: Use flax eggs instead of eggs.

Additional Toppings: Maple syrup, whipped cream, or yogurt.

No Oat Milk: Use any type of milk.



Eggplant Shakshuka

1 serving
25 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Eggplant (small, chopped)
- 1 Tomato (large, diced)
- 1/2 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 1 Egg
- 1 tbsp Parsley (chopped)

Directions

- 1 Heat the oil in a small pan over medium heat. Add the eggplant and sauté for four to five minutes until golden brown.
- 2 Add the tomato and paprika. Cook for about 10 minutes or until tomato is cooked and soft, stir frequently.
- 3 Season the mixture with salt and pepper. Create a pocket in the middle and crack the egg into the pocket. Cover the pan and cook until the whites are set and the yolk is cooked to your liking, about five to six minutes for a runny yolk.
- 4 Adjust the seasoning to your taste. Top with parsley and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add spinach, chili flakes, and cumin.



Chickpea Shakshuka

1 serving
15 minutes

Ingredients

165 grams Chickpeas (cooked)
65 grams Tomato Purée
1 tsp Harissa
15 grams Baby Spinach
1 Egg
Sea Salt & Black Pepper (to taste)

Directions

- 1 In a small pan over medium heat add the chickpeas, tomato purée, and harissa. Bring to boil, reduce the heat down to simmer, and let cook for about 10 minutes.
- 2 Add the spinach and cook for another two minutes. Create a pocket in the middle and crack the egg into the pocket. Cover the pan and cook until the egg is set, about five to six minutes.
- 3 Season with salt and pepper and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 1 1/2 cups.

More Flavor: Add onion and bell pepper.

Additional Toppings: Add feta cheese and fresh herbs.



Chickpea Crepes with Smashed Avocado

1 serving
30 minutes

Ingredients

25 grams Chickpea Flour
60 milliliters Water
1/4 tsp Sea Salt (divided)
1/2 Avocado (medium)
1 tbsp Hemp Seeds
1 tsp Nutritional Yeast
1/2 tsp Extra Virgin Olive Oil

Directions

- 1 In a medium-sized bowl, whisk together the flour, water, and half the salt until well combined. Let sit for 20 minutes.
- 2 In a small bowl, mash the avocado. Add the hemp seeds, nutritional yeast, and the remaining salt. Set aside.
- 3 Heat the oil in a large nonstick skillet over medium heat. Once hot, add the chickpea batter and swirl the pan to create an even layer. Cook for three to four minutes, until set. The sides will pull away from the pan and you will be able to flip the crepe over with a spatula. Once flipped, cook for three minutes longer.
- 4 Remove the crepe and transfer to a plate. Add the avocado mixture to half the crepe and fold the other half over. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is one crepe.

More Flavor: Add turmeric and/or nutritional yeast to the batter.

Additional Toppings: Add cooked veggies, microgreens, fresh herbs, or chili flakes on top.



Savory Chickpea & Spinach Muffins

12 servings

1 hour 10 minutes

Ingredients

160 grams Chickpea Flour
35 grams Nutritional Yeast
1 tsp Baking Powder
1 1/4 tsps Sea Salt
1 tsp Smoked Paprika
475 milliliters Water
1 Orange Bell Pepper (chopped)
60 grams Baby Spinach (chopped)

Directions

- 1 Preheat the oven to 375°F (190°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl, whisk together the flour, nutritional yeast, baking powder, salt, and smoked paprika.
- 3 Add the water and whisk to combine until smooth. Fold in the peppers and spinach. Let the batter sit at room temperature for 15 to 20 minutes.
- 4 Divide the batter evenly between muffin cups, approximately 1/3 cup per muffin. Transfer to the oven and bake for 35 to 45 minutes, or until the muffins are cooked through and golden brown. Let them cool in the tray for ten minutes before removing.
- 5 Serve warm and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Reheat in the oven or microwave until warm.

Serving Size: One serving is one muffin.

More Flavor: Add black salt for an egg-like taste. Add garlic powder or finely minced garlic. Use different vegetables such as corn, finely chopped broccoli, carrots, peas, and/or baby kale.

Additional Toppings: Cheese and/or fresh herbs.

Doneness: When testing the cups to see if they are cooked through, use a toothpick to insert and test for doneness. Allow the cups to cool in the pan for ten minutes as they will continue baking and then remove.



Spinach & Potato Tofu Frittata

6 servings

1 hour 10 minutes

Ingredients

440 grams Tofu (firm)
300 milliliters Unsweetened Cashew Milk
50 grams Nutritional Yeast
1 tbsp Arrowroot Powder
Sea Salt & Black Pepper (to taste)
3 Red Potato (cubed)
1/2 Yellow Onion (diced)
90 grams Baby Spinach

Directions

- 1 Preheat the oven to 400°F (205°C). Line a springform pan, baking dish, or loaf pan with parchment paper.
- 2 To a blender or food processor, add the tofu, cashew milk, nutritional yeast, arrowroot powder, salt, and pepper. Blend or process on high until a smooth consistency is achieved, at least one minute.
- 3 Add the tofu mixture to a large bowl, then add the potato, onion, and spinach. Mix well to combine. Pour into the baking dish or loaf pan and bake in the oven for 60 minutes, or until it is browning on top and cooked in the middle.
- 4 Slice, serve, and enjoy!

Notes

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

Serving Size: A 9-inch springform pan was used to make six servings. One serving is equal to one slice.

More Flavor: Add garlic and smoked paprika.

Additional Toppings: Bell peppers, mushrooms, and vegan cheese.



Salsa & Avocado Chickpea Omelette

1 serving
10 minutes

Ingredients

2 grams Avocado Oil Spray
45 grams Chickpea Flour
120 milliliters Water
1/4 tsp Garlic Powder
2 tbsps Salsa
1/2 Avocado (medium, sliced)
1 tbsp Cilantro (chopped)
1/4 Lime (juiced)

Directions

- 1 Heat a cast iron skillet over medium heat. Spray it with avocado oil.
- 2 Mix the chickpea flour, water, and garlic powder in a bowl. Pour the mixture into the skillet and cook for three minutes. Fold the omelette in half and remove it from the pan.
- 3 Top the chickpea omelette with salsa, avocado, and cilantro. Squeeze the lime over top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is one omelette.

More Flavor: Add sea salt and/or cheese to the mixture before cooking.

Additional Toppings: Cheese, green onions, hot sauce, and/or protein of choice.

Avocado Oil Spray: One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.



Chickpea & Tofu Taco Scramble

1 serving
10 minutes

Ingredients

1 tsp Extra Virgin Olive Oil
40 grams Shallot (minced)
35 grams Cherry Tomatoes (chopped)
310 grams Tofu (extra firm, drained, pressed and crumbled)
80 grams Chickpeas (cooked)
1/2 tsp Taco Seasoning
1/2 Lime (juiced)

Directions

- 1 Warm the oil in a pan over medium heat. Sauté the shallot and tomatoes until softened, about two to three minutes.
- 2 Add the tofu, chickpeas, and taco seasoning and mix well. Cook for three minutes to heat through.
- 3 Divide the scramble evenly between plates and squeeze the lime over top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add nutritional yeast, salsa, and/or hot sauce.

Additional Toppings: Chopped green onions, cilantro, and/or red chili flakes.



Tofu Scramble with Lentils & Spinach

2 servings

15 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 2 stalks Green Onion (chopped)
- 2 Garlic (clove, minced)
- 395 grams Tofu (crumbled)
- 1 tbsp Nutritional Yeast
- 1 tsp Turmeric
- 1/2 tsp Cumin
- Sea Salt & Black Pepper (to taste)
- 395 grams Lentils (cooked)
- 60 grams Baby Spinach (chopped)

Directions

- 1 Heat the oil in a skillet over medium heat. Add the onion and garlic and sauté for one minute.
- 2 Add the tofu, nutritional yeast, turmeric, and cumin to the skillet. Season with salt and pepper. Cook for five minutes, stirring occasionally.
- 3 Add the lentils and spinach to the skillet. Cook for another three to four minutes or until the spinach wilts. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately two cups.

More Flavor: Add mushrooms or fresh herbs to the dish. Serve on a slice of sourdough bread.