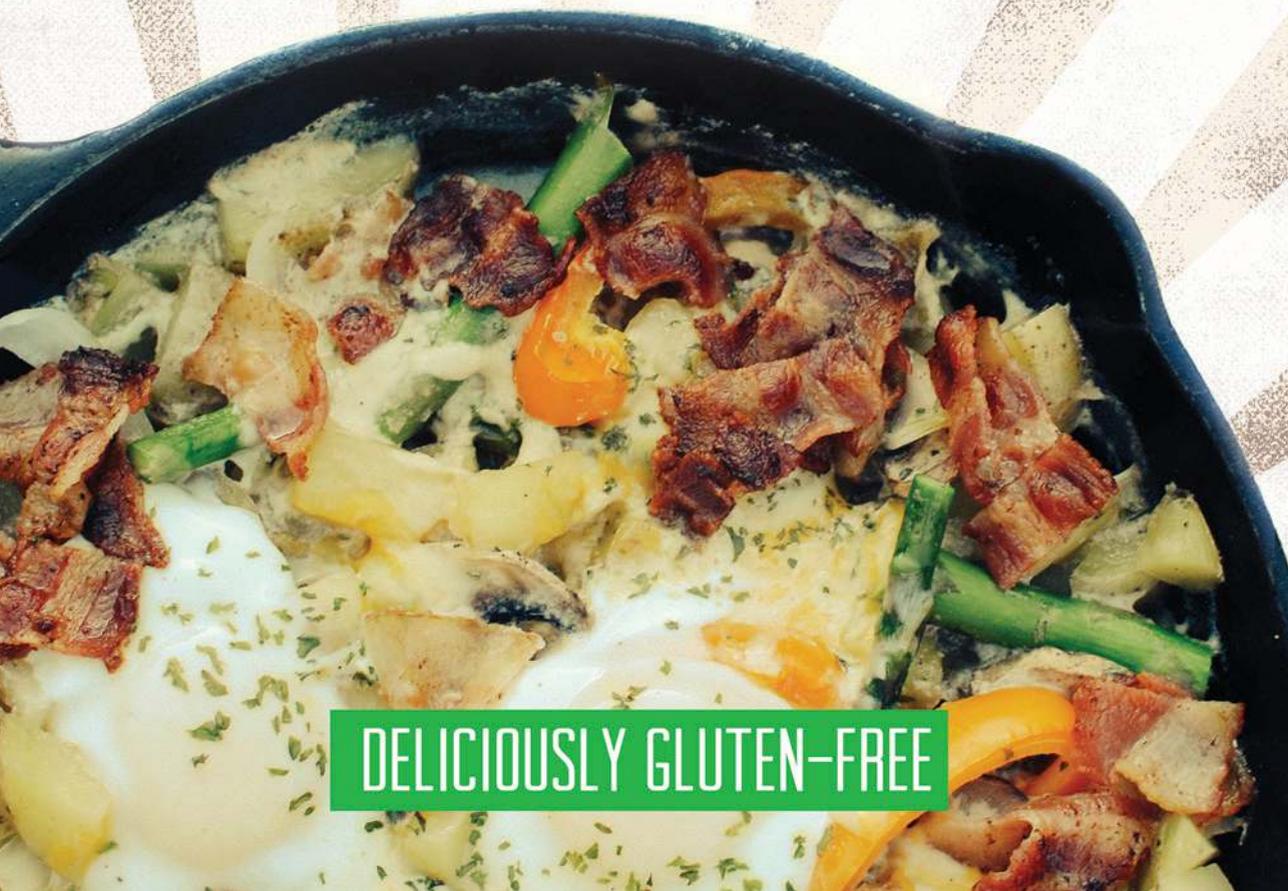


THE BREAKFAST *Revolution*

RECIPES FROM OUTSIDE
THE CEREAL BOX

BETH M. RICCI



DELICIOUSLY GLUTEN-FREE

THE BREAKFAST *Revolution*

RECIPES FROM OUTSIDE THE CEREAL BOX

Dedicated to my husband, Chris - the best sous-chef on the planet - and three kids with always-hollow legs: Isaac, Aliza, and Canaan. I love you guys.

“One cannot think well, love well, sleep well, if one has not dined well.”

- Virginia Woolf

Copyright 2013 by Beth M. Ricci. All rights reserved. Please do not reproduce or distribute this book. An ebook is meant to be the sole property of the purchaser. You may share one recipe with a friend, but sending the book or posting recipes onto a website without written permission is a violation of copyright. If you have this book and didn't pay for it, you are depriving a hard-working stay-at-home mama of rightful royalties. Be kind and be honest. This ebook can be purchased at www.redandhoney.com.

Table Of Contents

(click a recipe to flip ahead to that page)

Foreword	5	Granola & Baked Goods	48
The Breakfast Revolution	7	Maple Nut Granola	49
Why Gluten-Free?	11	Banana-Pecan Bread	50
It's All About the Baby Steps	13	Oatmeal-Raisin Breakfast Cookies	52
Ingredients & Tools	15	Strawberry Shortcake Muffins	53
Eggs	18	Almond Flour Muffins	54
Cheesy Bacon and Egg Loaf	19	Cinnamon Bun Muffins	56
Baked Ramekin Eggs (3 versions)	20	Lemon Poppyseed Muffins	58
Breakfast Burritos	23	Special Occasions	59
Southwestern Frittata	25	Maple Breakfast Custard	60
Hearty Skillet Breakfast	27	Fruit & Yogurt Salad	62
Scrambled Eggs with Feta & Herbs (Dairy-Free Option!)	29	Hash Brown Potatoes	63
The Scramlette	30	Honey-Garlic Sausage Patties	64
Bacon-Wrapped Baked Eggs	31	Apple & Brie French Toast	65
Oatmeal	32	Honey-Raspberry Yogurt	66
Soaked Oatmeal Breakfast Cake	33	Really Far Outside the Box	67
Pumpkin Oatmeal Bake	35	Ham & Egg Salad with Creamy Poppyseed Dressing	68
Apple Pie Oatmeal	36	Skillet Asparagus with Bacon	69
Quick & Creamy Stove-Top Oats	37	Breakfast Soup	70
Amazing Baked Oatmeal	38	Egg-in-a-Hole on Ginger Fried Rice	72
Homemade Instant Oat Packs	39	Chocolate Avocado Pudding	74
Slow-Cooker Apple Pie Oats	40	Beverages	75
Pancakes	41	Isaac's Mud Smoothie	76
Eggie Pancakes	42	Coconut Milk Rainbow Smoothie	77
Saturday Morning Pancakes	43	Coconut Oil Frothy Coffee	78
French Oat Pancakes	45	Grab & Go Ideas	79
Coconut-Flour Banana Pancakes	46	APPENDIX	83
Caramelized Banana Sauce	47	Recipe Contributors	84
		About the Author	85

FOREWORD

You stumble out of bed, bleary-eyed, to the sound of an irritating alarm clock or (much better) the sound of your darling children asking to be fed yet again (what exactly is up with this whole 3 meals a day, 7 days a week thing?). Breakfast time. That most rushed and overlooked of meals. Why does it always get the least of our attention?

Like Beth, I grew up a bit of a cold cereal junkie. Warm breakfasts usually looked like toast with Cheese Whiz or peanut butter (complete with hydrogenated fats, sugar, and other assorted goodies), possibly a Pop Tart, or if I was really lucky, homemade pancakes from my Dad on a Saturday morning, slathered in margarine and Aunt Jemima syrup. But similarly to Beth, I also experienced those all-too-soon hunger pangs, blood sugar drops (and there went my mood and attention), not to mention the fact that my body was still crying out for a true burst of nourishment to help it start the day off strong.

As a mom and homeschooler of four little ones, the wife of a busy entrepreneur, and being a writer and business owner myself, we don't exactly have time every morning for gourmet breakfast spreads. Some mornings I'm thankful to whip up a 5-minute skillet of scrambled eggs, chop up some fruit, pour glasses of milk (and a cup of coffee for myself), and call it done. Other days find me more prepared and with a bit of planning and forethought, I can have the beginnings of breakfast ready before I go to bed that night, or know exactly what I'll prepare (and that I have the ingredients for it) as I begin the day in that bleary-eyed state. I have made the transition from useless breakfasts to ones that provide genuine nutrition and sustaining energy, and honestly, it isn't as hard as it seems.

With a few tasty recipes under your belt, the right ingredients in your pantry and kitchen, and a determination to eat well from the get go each day, you can join in this breakfast revolution. You'll feel better, think better, function better, look better... your body and brain will

thank you. Your kids and husband will, too.

Before you jump into this book, here's the last thing you need to know. I know Beth. She's a real mom, with three young kids, she works part-time from home, and her husband keeps a crazy schedule as a pilot. In other words, she's not sitting at home twiddling her thumbs, browsing Pinterest each day for new and inspiring breakfast ideas, or making adorable muffins with little paper flags that say "Good morning!" arrayed on a fancy plate, to place on her perfectly set table. (She's laughing now, because the thought of breakfast not including at least a teensy bit of a rush, a dirty kitchen, and a whole lot of coffee to prop her eyelids is probably unthinkable). Her recipes are easy AND they taste good. Her nutrition makes sense. Anybody can do this. I hope you'll join us and revolutionize the way your own family eats every morning!

Happy eating,

Stephanie Langford

<http://www.keeperofthehome.org>

Stephanie is the creative mastermind behind the leading natural homemaking site, Keeper of the Home. She has poured out her wisdom, knowledge, and heart online for over five years now, impacting and inspiring thousands upon thousands of people toward healthier and happier homes and lives. I am blessed to call her a boss, a colleague, and a friend.

-Beth

Chapter 1:

THE BREAKFAST REVOLUTION



My past experience with breakfast is probably similar to yours. I would stumble into the kitchen (nope, I'm not a morning person, how did you guess?) and with barely-open eyes grab a box from the selection of breakfast cereals in the cupboard. Drench it in pasteurized skim milk, a heaping spoonful of white sugar on top, and inhale.

On special occasions and sometimes on weekends we would have things like pancakes or eggs, but cereal was the daily norm. I was fortunate enough to grow up in a house where the pancakes were from scratch, and the breakfast cereal was not allowed to be the “kind that rots your teeth” (never mind that those supposedly-healthier multi-grain cheerios contain just as much sugar as the sugary ‘honey’ variety).

Of course I was always famished about an hour after (right about the time I was arriving at school). In my university days I would counteract this by scarfing down a muffin or some other baked good bought on campus. I thought I was being ‘good’ by having a (commercially-made and hence sugar-filled) muffin or a bagel instead of things like Pop-Tarts or Corn Pops. Muffins and bagels are such fine, upstanding citizens in the world of breakfasting, right? I figured they'd do the trick nicely. Ahem.

Always heavy on the carbs, high in sugar, and low-fat as per politically-correct nutritional standards - these options didn't actually do a single thing to help nourish me in the way my body really needed. There was nary a thought of protein or healthy fats, no discussion about what all that sugar is doing to our health. Nobody told me that a good meal should not leave me feeling hungry so soon after.

I had swallowed the lies - hook, line, and sinker - about what kind of food was deemed healthy, as per the government's recommendations. I think at one point I even printed off the Canada Food Guide to tape to my refrigerator in order to make a dutiful effort at obeying its commands. Stuff my face with Wonderbread and carrot sticks, hold back on the dairy and meat. Bow before the low-fat gods. Butter is evil. Ok, got it.

So two pieces of toast with store-bought processed bread and peanut butter (which always includes sugar as the first or second ingredient, unless it's the “just peanuts” kind) is an excellent choice, right? Add a tall glass of pure orange juice and shazam! You've gotten a start on your fruits and vegetables intake for the day! Or, maybe a bowl of cereal with skim milk? Bonus points if there are a bunch of health claims on the box. (Or not).

By the way: a hint - if the package proclaims wondrous health benefits, it's probably not a good choice. Eggs don't have to tell you that they are chock full of Vitamin A and potassium, choline, biotin, and folic acid. The bunched carrots don't have flashy labels denoting their stellar vitamin content. The fewer ingredients listed and the least amount of packaging usually indicates a good choice.

Get Outside the Cereal Box

The typical 'healthy' breakfast fare I've described in most North American kitchens is not at all healthy. I'm not saying that store-bought bread, cereal, and orange juice on occasion are totally evil, I'm saying they do not represent healthy breakfast choices. If you want to make that your guilty pleasure and indulge every once in a while, then feel free. I get it. Cheerios with milk and sugar totally have happy childhood memories attached for me and I might sneak a bowl at my parents' house twice a year. But every day? Those things are NOT nourishing your body. There is *so much more* to the breakfast world than that -- foods that make us feel vibrant and energized, not just satiate our hunger for an hour.

So why do we eat those things? Why do we choose cop-out foods at breakfast time that don't nourish us well? Here's the real issue: more than any other meal or snacktime, we eat breakfast according to our habits. It's the meal that we typically eat while half-asleep and in a rush, so we usually do it without thinking. That's why it is absolutely critical to think about it ahead of time. You need to be able to make these recipes literally in your sleep!

My main three tips for adding new dishes to your breakfast rotation:

1. Try them out on your family at dinner time. Breakfast for dinner is a family favorite around here, and cooking new dishes when you're awake and not bleary-eyed from just having woken up is so much more enjoyable.
2. Make several big batches of things on the weekends that you can reheat and enjoy on busy weekday mornings. Many of the recipes in this book are perfect for this.
3. If you're a menu planner, be sure to plan a good mix of the easy basics with the more involved dishes. Granola with milk is a perfectly good option. Not every breakfast needs to be a gourmet spread in order for it to be nourishing and healthy.

Add Some Good Ol' Fashioned Fats

So back to our cereal, toast and juice. Woah, hold up. Um, I hate to be a downer, guys, but where's the protein? Oh, there it is, a tiny bit in the pasteurized skim milk. A wee bit of protein. Hurray. Well how about the healthy fats? Umm, the what? Unfortunately, mainstream nutritional advice seems a little bit nervous about dietary fat.

Did you know that we need to eat lots of fat in order to be healthy? In the 1950's, a researcher named Ancel Keys did a study that he claimed showed that eating lots of saturated fat leads to heart disease. The problem is that his research was totally bogus and has since been discredited in every way. He omitted data, he drew unsupported conclusions, and there have been ZERO other studies corroborating his claims ever since.

His 'research' was lauded by society anyway and with a TIME magazine cover he launched his way into the public's belief-system, tragically leading the world to the low-fat crusade.

It is just now, decades later, that people are beginning to make a ruckus about this. People are waking up to the fact that as a culture we are getting fatter and sicker instead of healthier and stronger, despite the low-fat craze reaching a fever-pitch with artificial sweeteners and chemicals and junk added to foods to make them edible after removing all traces of palatable-pleasing fat.

Traditional wisdom is now slowly regaining popularity and people are beginning to understand that certain fats are absolutely foundational to good nutrition. Generally speaking: fats that are created in a laboratory = awful, and fats that were used a century ago = nourishing. Avoid margarine and vegetable oil and soybean oil... eat liberal amounts of animal fats, butter, coconut oil (an incredible superfood that has been shown to reverse symptoms of Alzheimer's Disease), and extra-virgin olive oil.

The bottom line? Healthy fats make food taste good, they help our bodies digest nutrients better, and they keep us satiated. They are most definitely NOT the bad guys.

What's the Big Deal?

This morning for breakfast I ate bacon and eggs. One of my more boring choices, to be sure. Five years ago if you'd peeked into my house during breakfast time, you would have likely noticed the typical cereal and bagels and toast and juice. I used to buy one carton of eggs and have them languish in my fridge for weeks without using them up. These days I buy four or five dozen eggs at a time, and go through *at least* ten to twelve dozen or more every month.

I used to serve my family eggs every day but we recently started eating more oatmeal and pancakes in order to save money. Grains are cheaper, it's true, and this helps offset the cost of a real-food diet on a tight income. Still, I won't resort to serving store-bought cereal every day. I actually think it would end up being more expensive when everyone is needing extra food an hour later.

What's the big deal, you ask. Stop messing with my peanut butter toasted Wonderbread, you exclaim, while giving me the stink-eye. Guess what? If the standard North American diet breakfast choices are not worrisome to you at all then you, my friend, have been desensitized to the total garbage that masquerades as nourishment in this culture. There is so much more out there for a healthy, nourishing, and downright delicious breaking of your fast each new morning.

I read of an unpublished study in *Nourishing Traditions* years ago about an experiment where different groups of rats were given different things to eat. One of the groups got breakfast cereal. Another got the cardboard breakfast cereal box. I don't remember all of the fine details but this fact stuck in my mind like glue: the rats that ate the cardboard box were healthier and lived longer than the rats that ate the breakfast cereal. My takeaway? Eating cardboard for breakfast would be more nourishing than the cereal itself.

Seriously? Yes, seriously.

Let's Start a Breakfast Revolution

Why not dream bigger? Why not participate in a food philosophy that says that *you deserve better* than artificial this and that, sugared-up everything, and empty starches that make you feel yucky?

Just say no to unpronounceable ingredients and muffins made in a factory. Blech! Why not start a breakfast revolution of respecting our bodies and choosing to fuel them with real food that satiates, satisfies, and energizes?

As the sun rises up day after day you have a choice. Choose to take part in the breakfast revolution and treat your mind, body, and soul to a beautiful and nourishing meal that will fuel you for the day of possibilities that lies before you. *You are worth it. I am worth it.* I want to start a breakfast revolution, my friends, and I want you to join me.

Let's think outside the cereal box!

Beth

Chapter 2:

WHY GLUTEN-FREE?



There's no denying it: gluten-free is trendy right now. So are skinny jeans and lattes and charity and flash mobs and chevron-patterned everything. If I may point out the obvious: trendy does not necessarily equal bad. Some people say 'gluten-free is super trendy right now' in a demeaning tone, indicating that since it's trendy it must just be a passing fad with no value.

Sorry, folks. That's bad logic. Sometimes things are popular for good reason. Sometimes it's because they are actually good ideas. I think there's an element of this truth in the gluten-free movement, too.

I believe that as a culture we've gotten way too hooked on wheat. I don't think it's totally evil as some would say, but I also don't think it's totally innocent. It's best to be consumed in small quantities, properly prepared, and only when it's not taking the place of other more important parts of your diet, like healthy fats and proteins and vegetables.

Having the majority of your meals consist of wheat-based foods with small amounts of the other food groups is grossly unbalanced, and practically inviting health issues in, regardless of whether or not you're sensitive to gluten.

There are some people that, unfortunately, cannot tolerate wheat at all and are living with Celiac Disease. There are also those who are very clearly gluten-intolerant, but are either not Celiac or are un-diagnosed as such. Then there are others who may tolerate properly prepared wheat just fine. Read [here](#) and [here](#) for helpful information on Nourishing Traditions recommendations for properly preparing grains in order to render the grain more digestible and more nourishing.

Those folks (really, the rest of us, apart from the Celiac/gluten-intolerant/allergic population) could all stand to eat less wheat. The trouble is that it's in so very many processed foods out there, and it has also weaseled its way into a higher level of importance than it deserves in our nutritional standards. Typical North American nutritional advice wouldn't even blink at two pieces of toast for breakfast, a sandwich for lunch, and pasta for dinner. That much wheat or starch in one's diet leaves little room for much else.

Another big problem with wheat playing a starring role in your diet on a daily basis is that wheat is making so many people sick, even [those who don't necessarily realize it](#).

More and more experts now agree that wheat is problematic for an alarming number of

people in today's world. **Modern refined wheat has been modified** and changed so much from the ancient varieties that is no longer even considered the same food by many. It is less nutritious at best, and harmful at worst. Gluten sensitivities and Celiac Disease are rapidly rising thanks to the overuse and misuse of modern wheat in our food supply.

This **well-researched primal-living website** describes the effects of gluten in this way:

“The reaction can vary significantly from person to person and can manifest itself in a wide variety of initial symptoms that include: dermatitis, fatigue, joint pain, acid reflux, abnormal menses, and infertility. Some gluten sensitive people are asymptomatic, at least for a certain period of their lives.”

All of this is in addition to the usual gastrointestinal issues that most people think of first, but the GI issues aren't present in every case. This is part of the reason it's still so under-diagnosed: people simply don't connect the dots. *We are living with a “sick mentality” in our culture where people just assume that the myriad of minor health complaints we all have are normal and unavoidable, when in reality so many things are highly impacted by diet.*

That's why I'm in favor of people expanding their repertoires with a few gluten-free options.

Don't get me wrong: the processed gluten-free packaged foods that you find in the grocery store are usually full of sugar and other unhealthy ingredients. Making something gluten-free from scratch at home, however, is a whole different story.

If wheat consumption has gotten out of control in our culture, then why not simply choose to eat it less often, even if you are not particularly sensitive to it? Of course, if you suspect that you might be experiencing any gluten-related health issues, consider dropping the wheat altogether to see if you feel better.

Regardless of whether you want to commit to going 100% gluten-free or not, I would encourage you to try a few of these recipes and see how they make you feel. Furthermore, many of these recipes are naturally gluten-free (ie. they wouldn't have used wheat anyway), so they are perfect additions to anyone's menu.

Chapter 3:

IT'S ALL ABOUT THE BABY STEPS



Not everything in this book will achieve perfection according to the “Real Food Police Department”. For example: I definitely believe that microwaves should be avoided as much as possible (we got rid of ours altogether until we moved into a house that had one built in, and still we rarely use it) but I give microwave-cooking as an option for the homemade instant oatmeal. There are three reasons for these apparent contradictions that I want to address:

1) Food is not a moral issue

I believe that some real food purists go too far in their devotion to real food and end up idolizing it and obsessing over every tiny detail. I believe that **healthy eating is not a moral issue** (aside from moral food issues like factory farming, food freedom, etc.) and therefore it is not the only consideration in deciding what to feed my family. Other factors come into play also, such as stress-levels, time and priorities, convenience, and budget concerns.

If in this crazy busy season of life I can make some instant oatmeal packages for my husband to take to work that will save us money, be healthier than the store-bought version, but use a microwave for cooking... well I'm going to go ahead and use them. Avoiding microwaves is important, in my opinion, but not necessarily the number one priority in my life. To be honest, I might worry about you if you say that it's your number one!

2) It's all about the baby steps

We all have to start somewhere in our healthy living journey, and baby steps are better than nothing. I would much rather see someone take the step to make their own instant oats with real-food ingredients even if they use a microwave, than to stay stuck in the rut of fast food or store-bought sugar-laden instant oats, just because they feel they can't achieve perfection.

3) The slope gets slippery

The sheer volume of health claims and advice out there is simply staggering, let alone the stuff that's actually compelling and well-reasoned! How are we supposed to figure out who to listen to?

We all have to operate based on what we've read and learned and found convincing, while still remaining open to new information. It's a seriously tough job, but I try not to stress about it too much because if I listen to everyone I'd wind up cutting out 97% of my diet and subsisting solely on organic kale and carrot sticks. Can I get an Amen?! Besides, stress is really bad for your health...

Chapter 4: INGREDIENTS & TOOLS



Far too often I am disappointed when finding new recipes that call for strange or new ingredients that I've never used before. I sometimes buy things for just one recipe, use a little bit of it and accidentally letting the rest of it go to waste (or languish in my pantry for ages until it's stale and gross) because I don't know any other use for it. In this book you will find lots of ingredient repeats to hopefully help avoid that.

I also intentionally use real, whole food ingredients that are not processed. Most items have a range of choices that are more or less healthy. For example, raw milk is incredibly nourishing, but unfortunately it is not available to everyone (it's highly illegal in all of Canada). Because of this, I use whole, pasteurized milk. Organic would be even better, but I can't afford it right now. We also use coconut milk and almond milk sometimes in recipes where it works to minimize our cow's milk usage. We also don't drink it - it's strictly for cooking and baking (and sometimes hubby's amazing lattes...)

Ingredients I Use Often:

- Chia Seeds
- Rice Flour
- Tapioca Starch
- Coconut Flour
- Butter
- Coconut Oil
- Sea Salt
- Honey
- Coconut Palm Sugar
- Vegetables (asparagus, onions, peppers, mushrooms, etc.)
- Oats
- Eggs
- Bacon (and other meat)
- Cheese
- Fruits

Ingredients I avoid completely:

Vegetable/Canola/Soy Oils
Wheat/Gluten-based Flours
Xanthan Gum or Guar Gum
Wheat Bread
Refined Sugars (including so-called “raw sugar” as found in most coffee shops)
Food Dyes
Margarine
Soy
Skim Milk
Powdered Milk
Low-Fat Anything

My Favourite Kitchen Tools

My recommendations for kitchen tools are generally pretty simple. There are a few things I love and recommend, though!

Cast-iron frying pan

- I LOVE my cast-iron - I have three! I don't own non-stick anymore - it's toxic. I love that you can use it from stove-to-oven-to-table, and that it provides your body with a little extra iron when you cook with it.
- TIPS: Allow plenty of time for it to preheat before using, and wash with a wire scrubby and water only. Soap should be used very rarely. The grease soaks in and provides that beautiful non-stick cooking that I love!

Bamboo cutting boards

- Wooden cutting boards are better for your kitchen knives.
- Bamboo is a renewable resource, and it has natural anti-bacterial properties.
- TIPS: To deodorize your cutting board, rub with half of a lemon, and rinse clean.

A good chef's knife & a good paring knife

- I use Wusthof - a solid German brand with an excellent reputation. I think the real key here is to have the ability to sharpen it frequently. We got the knife sharpener with ours.
- I also have a set of steak knives from Target, and that's it. I don't feel the need for any of those other fancy-pants knives that are supposed to be for uber-specific kitchen tasks. When cutting something that needs a serrated blade, like a tomato, I just use one of my steak knives. I probably just broke some cookbook writer law or something. Oh well.

Cloth napkins

- Not really a tool per se, I suppose, but one of my absolute must-haves! I love my bright multi-colored set to add a splash of color to the table.

Ramekins

- These are the little dishes used to serve things like crème brûlée. They are typically round with a vertical edge. Width varies.
- Perfect for making individual servings of things that are baked, like custard or baked eggs.

9x13 glass pan

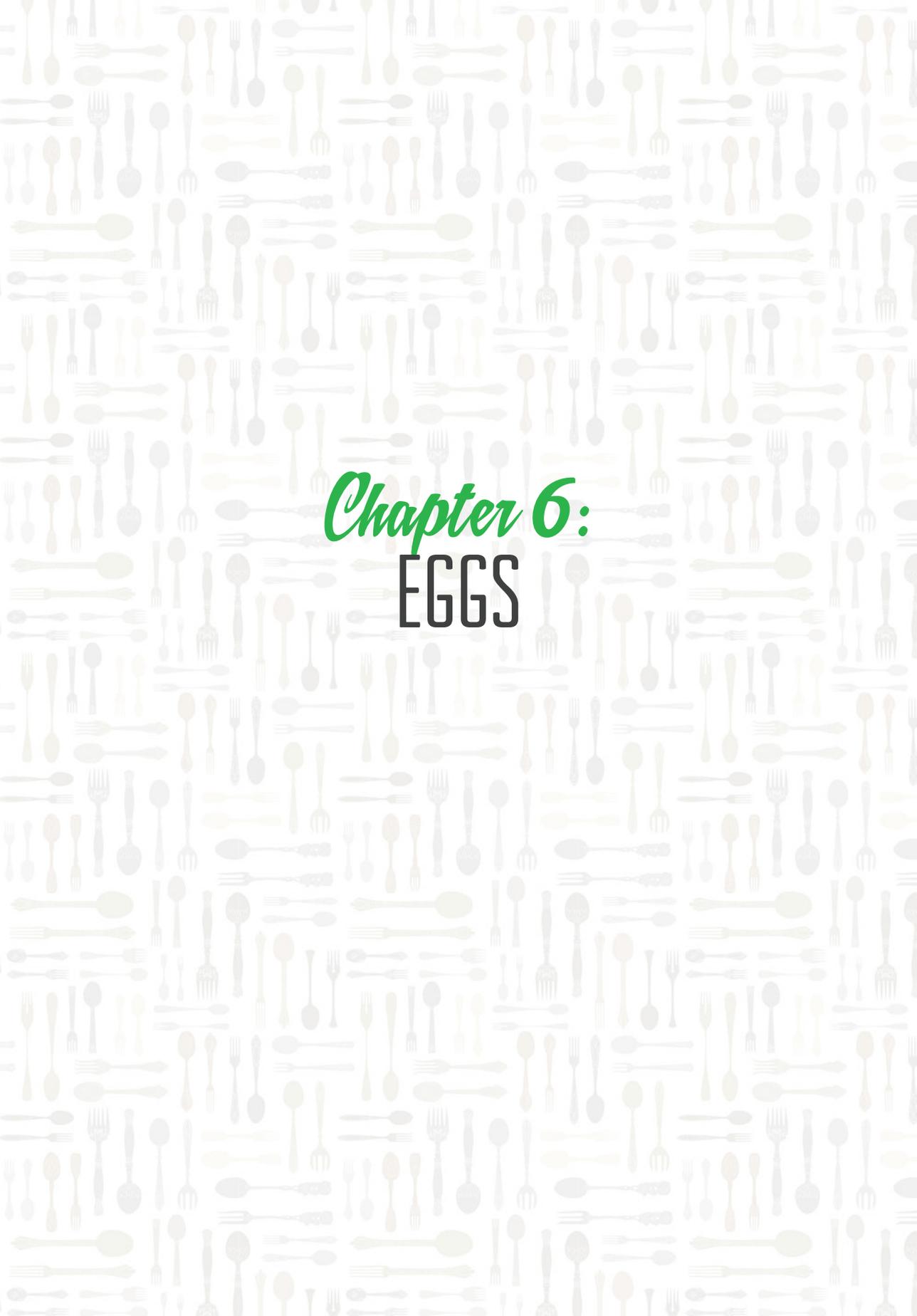
- Again, no non-stick for me! I have two of these, and they both are put to good use regularly. One of mine has a lid, which is awesome!

Vitamix

- An expensive investment, but worth it in my opinion. A good birthday or Christmas gift, perhaps? Do some googling and you will see why it is better than a typical cheaper blender.

Berkey water filter

- The only water filter that I trust. Even better than a reverse osmosis system because it leaves the natural minerals in the water. I think the usual fridge pitcher filters (like Brita) are a complete waste of money!



Chapter 6:
EGGS

CHEESY BACON AND EGG LOAF

This recipe is one of my all-time favorites. I made it on Christmas morning last year; my whole family loves it. We consider it a treat, but it's also great as an on-the-go breakfast too. It cuts up nicely into squares that are easily portable. With the bit of starch from the potatoes, eggs, bacon and gooey cheesy goodness throughout, this is total comfort-food that's good for you!

Ingredients

- 2-3 tbsp butter
- 1 ½ cups milk
- 8 eggs
- ¼ cup white rice flour
- ¼ cup brown rice flour
- ¼ cup tapioca starch
- 1 tsp baking powder
- 1 tsp salt
- 3 cups shredded cheese (we use a monterey jack blend with jalapeno peppers)
- 2-3 cups uncooked hash browns
- 12 strips of bacon, cooked and crumbled



Step 1:

Melt butter in 9x13 glass pan as the oven preheats.

Step 2:

Put a layer of hash browns in the pan, not too thick or else the loaf will taste dry.

Step 3:

Whisk the rest of the ingredients together in a bowl (minus the cheese).

Step 4:

Stir in the cheese, and pour the mixture over the potatoes.

Step 5:

Bake at 350F for 45 minutes, or until done.

BAKED RAMEKIN EGGS *(3 versions)*

This dish is a definite favorite around here. I love that they are so customizable. You could even do a different ingredient combo for each person, according to tastes. They are simple, but amazingly tasty. They taste like comfort-food and gourmet cooking all at once. You can't go wrong with that.

Tomato-Basil

- 1 medium-sized tomato, diced
- 1 medium-sized onion, diced
- 6 leaves of basil, chopped (or 1 tsp. dried)
- 1 tsp salt, a few shakes of pepper
- ¼ cup butter
- 6 tbsp cream
- 6 eggs
- ¼ cup (approximately) grated parmesan cheese



Step 1:

Grease 6 ramekins with butter.

Step 2:

Saute diced tomato and onion in butter with salt and pepper.

Step 3:

Stir in basil until it's wilted then remove from heat.

Step 4:

Divide into ramekins, then crack an egg into each one.

Step 5:

Add a tablespoon of cream on top, then sprinkle with a wee bit of basil and some shaved/grated fresh parmesan cheese.

Step 6:

Bake at 375F until egg white is white and yolk is to your desired firmness (I like mine slightly jiggly but mostly set. It's divine to poke with a fork and let the warm yolk spill out into the rest of the dish).

Cheesy **Sausage** with Spinach

1-2 cups (approximately) cooked crumbled sausage
6 eggs
½ cup of grated cheese (marble is my fave here)
1 cup baby spinach
1 ½ tsp salt & a few shakes of pepper
6 tbsp cream

Step 1:

Grease 6 ramekins with butter.

Step 2:

Divide sausage meat into ramekins.

Step 3:

Saute spinach in a bit of butter for 3 minutes in a cast-iron pan, then divide into ramekins.

Step 4:

Divide grated cheese into ramekins.

Step 5:

Crack an egg into each ramekin and add ¼ tsp of salt and a few shakes of pepper into each one.

Step 6:

Add a tablespoon of cream on top of each egg.

Step 7:

Bake at 375F until egg white is white and yolk is to your desired firmness (I like mine slightly jiggly but mostly set. It's divine to poke with a fork and let the warm yolk spill out into the rest of the dish).

Mushroom & Brie

2 cups sliced mushrooms
⅓ cup butter
6 eggs
6 tbsp of heavy whipping cream or half & half (milk works too but doesn't taste as good!)
sliced brie cheese
parsley
salt, pepper

Step 1:

Grease 6 ramekins with butter.

Step 2:

Saute mushrooms in butter, then divide into ramekins.

Step 3:

Place 2-3 slices of brie cheese over top of mushrooms, forming a layer of cheese.

Step 4:

Crack an egg into each ramekin and add ¼ tsp of salt and a few shakes of pepper into each one.

Step 5:

Add a tablespoon of cream on top of each egg.

Step 6:

Bake at 375F until egg white is white and yolk is to your desired firmness (I like mine slightly jiggle but mostly set. It's divine to poke with a fork and let the warm yolk spill out into the rest of the dish).

BREAKFAST BURRITOS

I don't know about you, but any food even remotely related to Mexican food gets top marks in my books. In my obviously expert opinion, the marriage of breakfast and burritos represents one of humanity's greatest achievements. Now all I need to do is figure out how to make sushi for breakfast (why the heck not?!).

You can use any wrap you want. Here's the filling I love:

- 5 eggs
- ¼ cup cream
- 1 tsp ground cumin
- 1 tsp salt
- ½ tsp pepper
- 6 strips cooked bacon

Optional add-ons:

- Diced tomato
- Shredded cheese
- Lettuce
- Sour cream
- Salsa
- Guacamole
- Refried beans
- Avocado, sliced



Step 1:

Whisk eggs with cream, cumin, salt and pepper and scramble on medium heat with melted butter.

Step 2:

Lay out your favourite wrap. Spread sour cream, salsa, guacamole (if desired), then add refried beans, 2 strips of bacon, and a generous portion of scrambled eggs.

Step 3:

Cover with shredded cheese, diced tomatoes, sliced avocado, and some torn lettuce. Wrap it all up and enjoy!

Optional: If your wrap is hearty enough to keep from breaking (gluten-free wraps can tend to be less pliable than their gluten counterparts, unfortunately) then you can try wrapping it tightly with plastic wrap and then sticking them in the freezer. On a busy morning simply unwrap and reheat in the microwave or toaster oven. (Make them with only meat, eggs, cheese, and/or refried beans for freezing, though, as the other add-ins don't freeze or defrost well).

SOUTHWESTERN FRITTATA

This recipe is inspired by [my own taco soup recipe](#). It turns out the flavours are perfect in a frittata too! It's a pretty easy dish to create too, with lots of room for tweaking as you desire.

Ingredients

- ¼ cup butter
- 1 medium onion, diced
- 1 medium tomato, diced
- ½ red sweet pepper, diced
- ½ orange or yellow sweet pepper, diced
- 2 cloves garlic, finely chopped (or pressed)
- 1 cup cooked black beans (canned works too)
- ½ pound ground beef
- 1 tsp salt
- ½ tsp cumin
- ½ tsp chili powder
- ½ tsp oregano
- 8 eggs
- ¼ cup cream or milk
- ½ tsp salt
- 1 cup of grated cheddar cheese



Step 1:

Warm a cast-iron pan, add butter. Toss in diced onion, garlic, and peppers.

Step 2:

Add ground beef, salt and spices.

Step 3:

Stir-fry the mixture until beef is browned and veggies are tender.

Step 4:

Distribute black beans in a layer on top of beef mixture.

Step 5:

Whisk eggs with cream in a bowl with ½ tsp salt, then pour egg mixture over top of beef and beans.

Step 6:

Sprinkle cheese over top.

Step 7:

Allow to cook for one minute on stove-top, then transfer to oven (only if you have a pan with an oven-safe handle!) at 300F for 5 minutes, then broil for 5. Watch carefully during broiling to make sure it doesn't cook too quickly and burn, as oven temperatures can vary, and broiling happens quickly.

Note: If you don't have an oven-safe pan, then use a glass pie pan and bake for 15 minutes, or until set. (After Step 3, transfer mixture to pie plate. Fry meat and veggies first as per Step 1 and 2).

HEARTY SKILLET BREAKFAST

This might just be my favourite recipe in the entire book. I'm salivating just typing it out - it's so creamy and flavorful and the definition of yummy. This is food that, as my grandmother would say, sticks to your ribs. The healthy fats, the protein, and the starch in the potato all combine to make a hearty meal that will nourish and satiate even the hungriest eater.

Ingredients

- ½ cup butter
- 3-4 potatoes, scrubbed and diced (Peel if necessary. I keep the peels on in the summer).
- 6 stalks of asparagus, chopped in 2-inch chunks
- 1 sweet pepper (yellow, orange, or red), sliced in long strips
- 1 small onion, diced
- 1 cup sliced mushrooms
- 1 cup shredded cheddar or marble cheese
- 12 strips of cooked bacon, roughly chopped into large pieces
- 1 cup whole milk
- 1 tsp salt
- ½ tsp pepper
- 4 eggs



Step 1:

Heat cast-iron pan on medium, add butter.

Step 2:

Add potatoes and onion, then stir-fry for 2-3 minutes.

Step 3:

Add ½ - ¾ cup water, cover. Steam for about 5 minutes to give them a head start in cooking.

Step 4:

Add peppers, mushrooms, asparagus, salt and pepper, and stir. Cover and steam for 5 more minutes.

Step 5:

Uncover and turn heat to medium-low, and add the milk evenly throughout the pan. Stir gently.

Step 6:

Add bacon pieces and shredded cheese. Stir gently until cheese melts.

Step 7:

When veggies are softened and cheese is melted, crack eggs separately on top of mixture. Cover and steam (add more water if necessary to prevent the bottom from sticking) until eggs are cooked.

SCRAMBLED EGGS WITH FETA & HERBS *(Dairy-Free Option!)*

Ingredients

- ¼ cup butter
- 8 eggs
- 2 tbsp cream
- ½ tsp salt
- a few shakes of pepper
- ½ - 1 cup feta cheese, crumbled
- fresh herbs of choice (I love fresh dill or parsley)



Step 1:

Preheat cast-iron pan with butter.

Step 2:

Whisk together eggs, cream, salt and pepper in a bowl.

Step 3:

Pour eggs into pan and allow to cook on medium-low heat for a minute, then begin to lift and stir gently.

Step 4:

Sprinkle feta cheese and herbs over eggs.

Step 5:

Continue to lift and fold gently until eggs are cooked through.

For dairy-free, use coconut oil for frying, almond milk or coconut milk instead of cream, and 3 tablespoons nutritional yeast instead of feta. Nutritional yeast is a deactivated yeast that will not contribute to candida overgrowth. It is a nutritional powerhouse of many vitamins and minerals, notably Vitamin B12 as well as protein, amino acids, folic acid, and more. It won't have that same feta flavor, but the nutritional yeast does actually taste cheesy! (Hint: nutritional yeast also tastes amazing sprinkled on air-popped popcorn with butter!)

THE SCRAMBLETTE

I've been married for ten years. In my first year of marriage I experimented with cooking all kinds of new meals to impress my handsome new husband. I learned many lessons and experienced many kitchen disasters, and eventually conquered most of them. I did not, however, conquer the omelette. I know, I know - people say it's easy, but it just never worked for me. It always turned into a total falling-apart disaster. Then one day I realized my disaster tasted good... and the Scramblette was born. Half scrambled eggs, half omelette. 100% yum.

Ingredients

- ¼ cup butter
- 6 eggs
- ¼ cup milk or cream
- ½ tsp salt
- ¼ tsp pepper

Optional:

- Diced peppers
- Mushrooms
- Onions
- Tomatoes
- Bacon
- Crumbled Sausage
- Ham
- Cheese
- Herbs and Spices of choice (I suggest parsley and a little onion powder, or maybe coriander. Fresh herbs like basil or dill would also be amazing).



Step 1:

Heat cast-iron pan with butter (low enough heat so the butter doesn't brown).

Step 2:

Whisk first 4 ingredients together and pour into heated pan.

Step 3:

Let cook for 1-2 minutes then add optional ingredients of your choice.

Step 4:

Flip and stir a bit until eggs are cooked, and serve.

BACON-WRAPPED BAKED EGGS

This is one of those recipes that serves up beautifully and is totally the kind of thing that's all over Pinterest. Thankfully, it's also ridiculously easy. I mean, REALLY easy. You could even prep some of it the night before. Easy gourmet food for the win!

Ingredients

- 12 strips of bacon, uncooked
- 2 cups of cooked **hash browns**
- 2 cups grated cheese
- 12 eggs
- salt & pepper



Step 1:

Preheat oven to 400F.

Step 2:

Pre-cook bacon in cast-iron pan on medium heat for around 3-5 minutes. It should be only partly cooked as it will continue to cook in the oven. It should not yet be crispy.

Step 3:

Wrap bacon into muffin cups, one piece each.

Step 4:

Distribute hashbrowns equally in muffins tin cups.

Step 4:

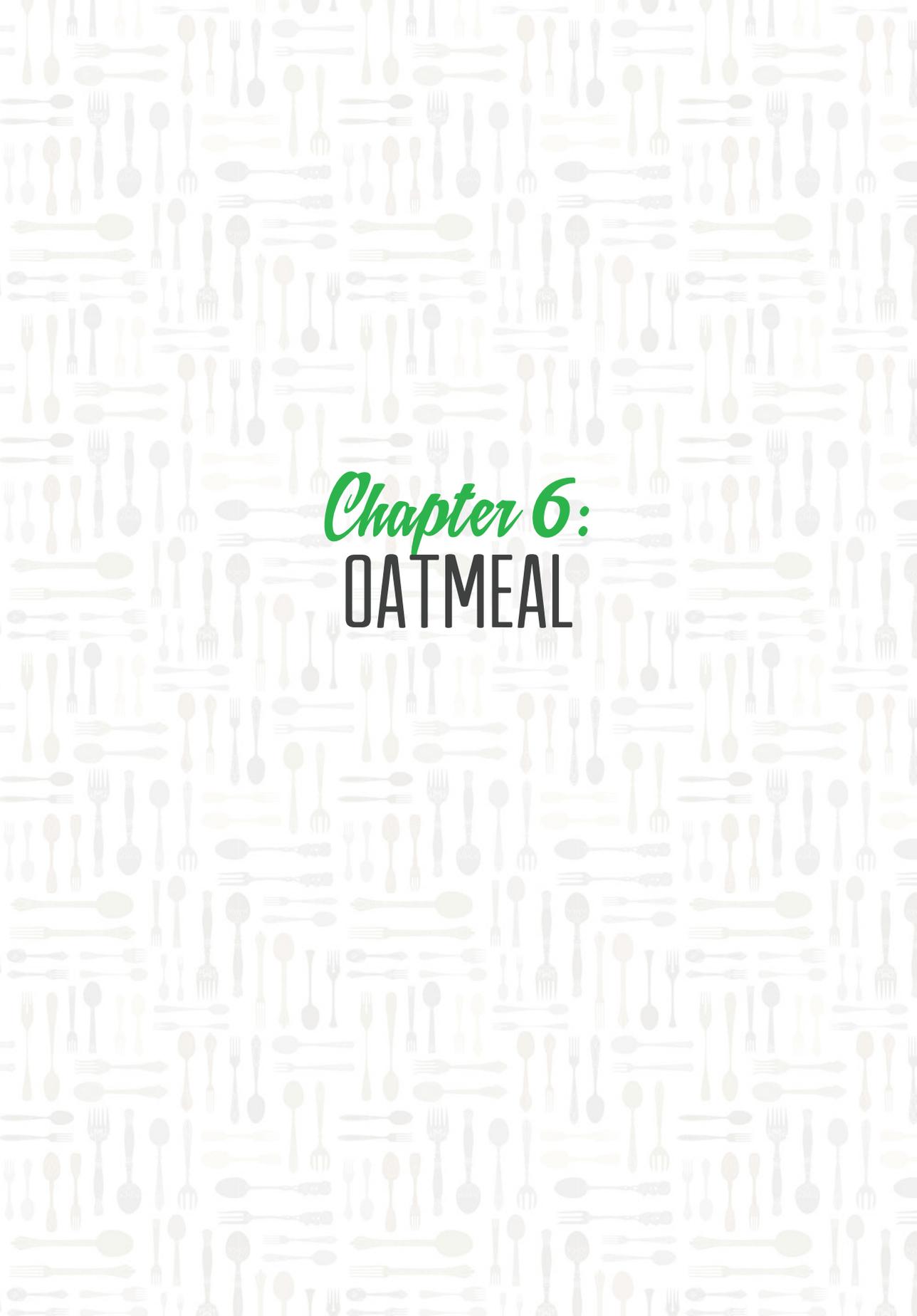
Distribute cheese equally in muffin tin cups.

Step 5:

Crack one egg into each cup, and sprinkle with a few shakes of salt and pepper.

Step 6:

Bake for 15-17 minutes, or until egg white is set. Longer or shorter depending on how cooked you like your yolk.



Chapter 6:
OATMEAL

SOAKED OATMEAL BREAKFAST CAKE

This recipe is inspired by an oatmeal cake that I used to make prior to my ‘real-food conversion’. I invented this recipe with those flavors, but with oatmeal and a bit of coconut flour as the base instead of wheat flour. I also used healthy fat (butter) and unrefined sweeteners (honey and coconut palm sugar). It’s also soaked to improve digestibility, as per Nourishing Traditions recommendations. Incidentally, soaking also greatly improves the texture. This recipe actually looks and tastes like cake, but it’s not really any different, ingredient-wise, than something like pancakes. Hurray! Cake for breakfast - guilt-free!

Ingredients

- 4 cups regular oats
- 6 cups water
- 1 tsp apple cider vinegar
- 2 tsp baking powder
- ½ cup honey
- ½ cup coconut palm sugar
- ¼ cup butter
- 2 eggs
- ¾ cup coconut flour
- 1 tsp vanilla
- ½ tsp salt
- 2 tsp cinnamon



Topping

- ¼ cup honey
- 2 tbsp coconut palm sugar
- ¼ cup butter
- ¼ cup cream
- ¼ cup chopped pecans
- 1 cup coconut flakes

Step 1:

Put oats, water, and apple cider vinegar in a large bowl and leave to soak for 24 hours.

Step 2:

After soaking time is complete, preheat oven to 350F.

Step 3:

Melt honey, coconut palm sugar, and butter on low, then remove from heat.

Step 4:

Whisk eggs into honey mixture once it has cooled down for a few minutes.

Step 5:

Mix in baking powder, coconut flour, vanilla, salt, and cinnamon.

Step 6:

Add everything to the oats and mix well to combine.

Step 7:

Bake for 40 minutes, or until a knife inserted comes out clean.

Step 8:

While the cake is baking, combine topping ingredients in a small pot on the stove top on low heat, starting with the honey and butter.

Step 9:

Spread topping on warm cake just out of the oven, put under the broiler for 3 minutes.

Step 10:

Serve with lightly-sweetened whipped cream (I use plain whipping cream with a splash of maple syrup).

PUMPKIN OATMEAL BAKE

This simple twist on oatmeal is sure to please both young and old! It is autumn in a bowl! (Recipe and photo by [Katie Mae Stanley](#)).

Ingredients

- 4 cups rolled oats
- 3 cups yogurt
- ¼ cup coconut oil, melted
- ½ cup raw honey
- 1 ½ cups pumpkin (or other squash), pureed
- 4 eggs
- ½ cup chopped walnuts (optional)
- 1 ½ tbsp ground cinnamon
- 3 tsp ground ginger
- ½ tsp salt
- 1 tsp baking soda



Step 1:

The day before you bake it, mix the oats, yogurt, coconut oil and honey together in a bowl. Cover with a lid or plastic wrap. Allow soaking for 8-24 hours on the countertop.

Step 2:

In the morning preheat the oven to 350F. Add the pumpkin puree, eggs, cinnamon, ginger salt and baking soda. Stir well until everything is well incorporated.

Step 3:

Pour the oatmeal mixture into greased (with coconut oil or butter) 9 x 13 baking dish.

Step 4:

Bake uncovered for 45 minutes.

Step 5:

Optional: Pour maple syrup and/or milk over each serving.

APPLE PIE OATMEAL

The flavors of apple pie combined with a warm bowl of creamy oats is an excellent way to start a day. (Recipe and photo by [Debra Worth](#))

Ingredients

- 7 cups water
- 1 tsp salt
- 3 cups of old fashioned rolled oats
- 1 tbsp molasses
- 2 tsp cinnamon
- ¼ tsp ginger
- 1 pinch cloves
- 1 pinch nutmeg
- 2 cups diced dried apples
- 2 tsp vanilla
- 2 tbsp butter or coconut oil
- ¼ cup honey, or other sweetener to taste (maple syrup, sucanat, stevia)
- Cream, coconut milk, or additional water.



Step 1:

Bring the water and salt to a boil.

Step 2:

Add the oats and simmer until cooked (5-10 minutes).

Step 3:

Add the spices and dried apples, and cook another minute just to barely soften the apple.

Step 4:

Stir in the vanilla and coconut oil or butter.

Step 5:

Sweeten to taste. Add more water, coconut milk, or cream until it is the consistency you like.

QUICK & CREAMY STOVE-TOP OATS

This is just a slight creative twist on the usual stove-top cooked oats. Some days we wake up and just throw the dry oats in a pot with some water and stumble over to the coffee maker, and that's as creative as it gets. On those days, however, we still want to make sure we are giving our tired bodies some good fuel for the day. That's why I thought of adding the eggs and chia seeds for a little nutritional boost. I was gonna call this "Pimped Out Oatmeal". But I didn't. You're welcome.

(Note: I use quick oats in this one. I have read conflicting advice on the nutrition of the various types and cuts of oats. Quick oats are cut smaller and rolled thinner to allow for faster cook times. This may compromise a bit of the nutrition, but it's not a deal-breaker to me. I still use them when it works best for us. You could certainly alter this recipe to use regular rolled oats if you'd like by adjusting the liquid and the cooking time.)

Ingredients

- 2 cups quick oats
- 2 cups water
- 2 cups milk
- 2 eggs
- 1 tsp cinnamon
- 1 tbsp honey
- 1 tsp chia seeds (unground)



Step 1:

Combine all ingredients except oats and chia seeds in a pot and whisk well to combine.

Step 2:

Add oats and bring to a rolling simmer on medium heat. Simmer until oats liquid is reduced and oats are creamy.

Step 3:

Remove from heat and add chia seeds.

Step 4:

Serve warm, with your choice of toppings (I suggest butter, milk, maple syrup, and a sprinkle of cinnamon).

AMAZING BAKED OATMEAL

A warm and hearty breakfast that tastes like a treat - that's baked oatmeal. It's simple and nourishing. Always a crowd-pleaser. You can make it in one large baking dish or make ahead in ramekins to reheat and serve as needed. This batch makes a 9x12-inch pan and serves at least 8. (Recipe and photo by [Trina Holden](#))

Ingredients

- 6 cups oats
- 2 cups water
- 2 cups buttermilk, yogurt, or kefir

- 5-6 eggs
- 1 cup applesauce (or fresh berries, or finely chopped fruit of your choice)
- ½ cup coconut oil, melted
- ½ cup maple syrup
- 4 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 2 tsp cinnamon



Step 1:

Combine oats, water, and buttermilk (or yogurt or kefir) in a large bowl.

Step 2:

Cover and soak 12-24 hours.

Step 3:

When you're ready to bake, mix the rest of the ingredients together with the oats. Beat well.

Step 4:

Pour into greased 9x12-inch baking dish. Bake at 350F for 45-60 minutes, or until set in the middle. Serve with milk and more maple syrup poured over top.

HOMEMADE INSTANT OAT PACKS

Ingredients

- 5 cups of quick oats
- ½ cup coconut palm sugar
- 3 tsp cinnamon
- Optional: 1 cup add-ins (raisins, nuts, dried fruit, coconut flakes, etc.)



Step 1:

Using a blender or food processor, grind 3 cups of the oats to a powdery consistency. Add back to unground oats. According to [this post](#) that I found online, grinding some of the oats is the secret to getting them to that nice, creamy consistency like the store-bought stuff.

Mix oats, palm sugar, and cinnamon together in a bowl.

Step 2:

Portion out into small zip-lock baggies, ½ cup each. (You can also store it all together in an airtight container if you'll only be using it at home).

Step 3:

To cook oats you have 2 options:

- 1) In a bowl, stir in ½ cup boiling water with the contents of a package (or ½ cup of oat mix). Cover and let sit for 5 minutes.
- 2) Combine oats with 1 cup water in a microwave safe bowl and heat on high for 2 minutes. Stir, and enjoy.

Note: Many instant oat recipes online call for powdered milk, which I avoid completely due to the many controversies swirling around it. Many claim that the manufacturing process causes it to contain oxidized cholesterol, which is a contributing cause to heart disease. Regardless, it is too far from a natural, whole food for me to consider it okay for our family. If you have no qualms about using it, then by all means, add it in. I prefer to just pour a dash of cream from the fridge once the oats are cooked. It wouldn't even be a problem in an office environment so long as there's coffee cream around!

SLOW-COOKER APPLE PIE OATS

Another apple cinnamon recipe, but this time using steel cut oats and the wonders of a crockpot. Get this one started the night before, and wake up to a hot breakfast! How great is that?! (Recipe by [Carissa Bonham](#)).

Ingredients:

- 3 cups steel cut oats
- 9 cups water
- 1 tsp sea salt
- 3 granny smith apples, peeled and chopped
- 1 tbsp cinnamon
- 1 tsp nutmeg



Step 1:

Combine all ingredients in a slow cooker and stir.

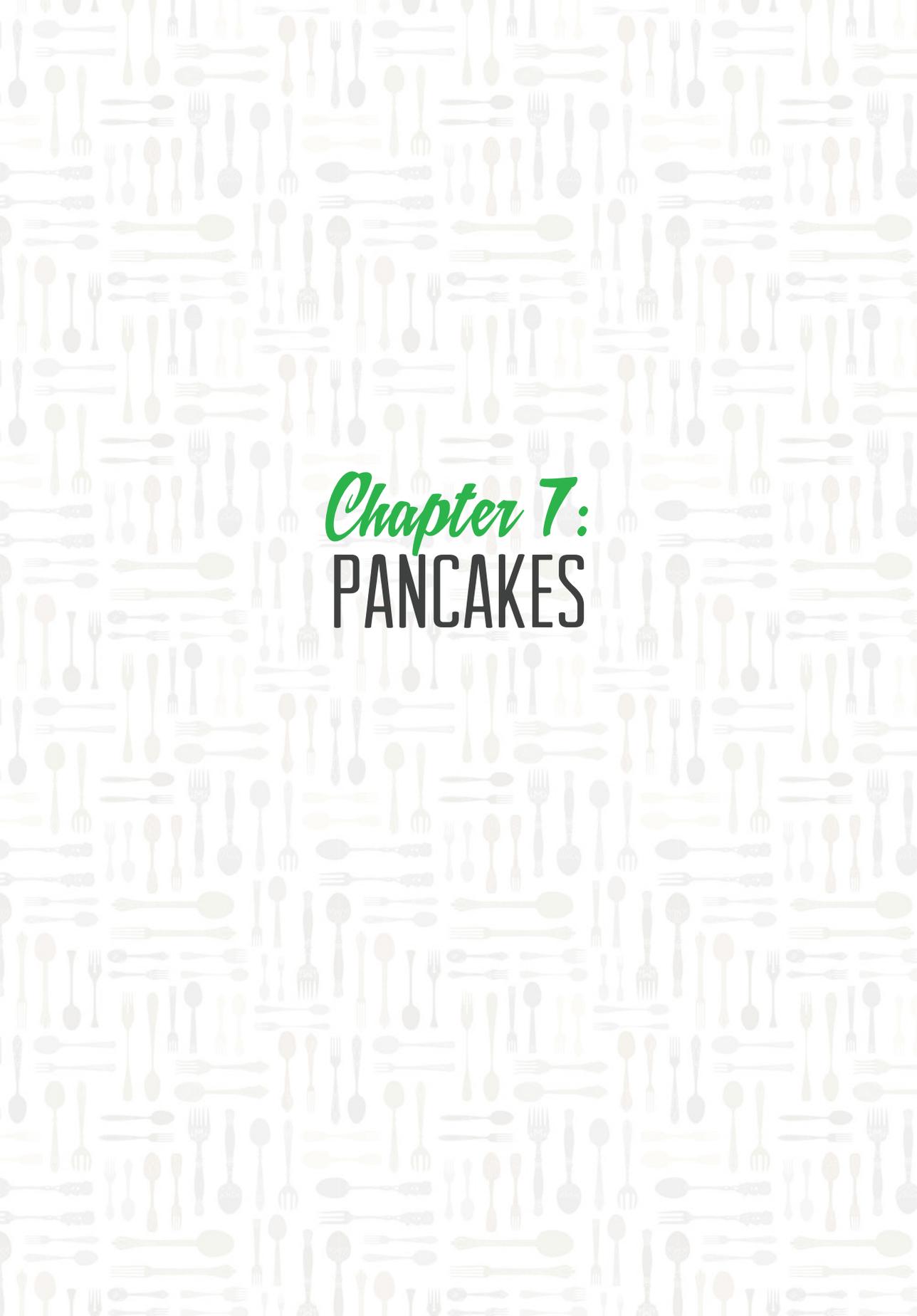
Step 2:

Cover and cook on low for 6-8 hours.

Step 3:

Serve warm with your favorite toppings. I like maple syrup and raisins.

Note: want it sooner? You can make this recipe on your stovetop by boiling the water and then adding the other ingredients. Stir well and cook, uncovered, on low for about 30-40 minutes.



Chapter 7:
PANCAKES

EGGIE PANCAKES

Here on our little farm we have 25 laying hens and so we always have plenty of eggs to cook with. My little daughters at times get tired of eggs fried, boiled, and scrambled so I have to get a little bit creative in how I get them to cheerfully eat eggs every morning. Their absolute favorite is what we have named Eggie Pancakes. There is a dozen eggs in this recipe and with a little help from a few other ingredients, it's an easy, kid pleasing breakfast that I feel good about feeding to my girls. These pancakes are just a little thicker than crepes in texture and really, they taste great with syrup, bananas, fruit sauce, or on special days - whipped cream. (Recipe by [Marissa Froese](#)).

Ingredients

- 12 eggs
- ¾ cup milk
- ½ cup white rice flour
- 2 tbsp butter (melted)
- 1 tbsp honey
- ½ tsp salt
- 1 tsp real vanilla extract



Step 1:

Preheat cast-iron skillet with butter.

Step 2:

Beat eggs together, and mix in the other ingredients.

Step 3:

Pour about ¼ of batter onto hot skillet and swirl in a circular motion until it is the desired size.

Step 4:

Cook for about 30-40 seconds or till golden on one side, turn and cook for about the same on the other side.

SATURDAY MORNING PANCAKES

Since transitioning our family to being gluten-free over three years ago, pancakes have been my nemesis. I've made some horrible, inedible, truly awful pancake flops in my search for 'The Awesomest Pancake Recipe'. You know - the ones you want to make for a treat on a Saturday morning. The ones that you may (unofficially, of course) authorize the adding to of chocolate chips. I've tried pancakes made from squash, nut butter, coconut flour, almond flour, rice flour, sorghum, amaranth, tapioca, and other attempts that I've probably blocked from my memory. I've had a few other successes (the [Coconut-Flour Banana Pancakes](#) in this book are an example), but at the end of the day, sometimes you just want a pancake that tastes... 'normal'. Ya know? This one hits the spot for me. They have great flavor, they're fluffy, and they flip easily. Covered in butter and dripping with maple syrup, they are perfection on a plate.

Ingredients

- 1 cup white rice flour
- ½ cup tapioca starch
- ¼ cup arrowroot powder
- 1 tbsp coconut flour
- 1 tbsp ground chia seeds
- 2 tsp baking powder
- pinch of salt
- 2 eggs
- 1 cup milk
- 2 tbsp coconut oil
- 2 tbsp honey
- 1 tsp vanilla



Step 1:

Mix together dry ingredients.

Step 2:

Melt coconut oil and honey in a small pot over very low heat, remove from heat.

Step 3:

Whisk in eggs, milk, and vanilla.

Step 4:

Add liquid mixture to dry ingredients and whisk together. Let sit for 5 minutes as the coconut flour and chia seeds absorb moisture (this will thicken the batter and make the end result fluffier).

Step 5:

Cook in a well-seasoned cast-iron pan with a light layer of melted butter, on medium-low heat. Drench with butter, drizzle with real maple syrup, and savor slowly. Always good with berries and whipped cream on top.

Note: You can substitute brown rice flour, but they won't be as fluffy. Still yummy, though!

FRENCH OAT PANCAKES

This recipe was created by my good friend, [Dea Daniels](#). She was brilliant enough to think of using cooked oatmeal and eggs as the base for pancakes. She came up with the basic recipe, and I added my good ol' chia seeds to help them hold together. The result is a pancake that tastes like oatmeal on the inside, and golden french toast on the outside. It's french toast + oatmeal + pancakes, all in one. And it's totally awesome.

Ingredients

- 4 cups of cooked oatmeal (approximate)
- 4 eggs
- 1 tbsp cinnamon
- 1 tsp real vanilla extract
- ½ tsp salt
- 4 tsp chia seeds
- 2 tbsp honey



Step 1:

Preheat frying pan to medium heat (or whatever heat is low enough to not burn the butter). Add enough butter to coat the whole pan (and reapply between rounds as needed).

Step 2:

Mix all ingredients together well (you can use an electric mixer but a whisk/spoon/fork works well too).

Step 3:

Spoon blobs of batter into the pan. Make them a little smaller than regular pancake size, and keep the heat on medium or medium-low, depending on your stove. Flip to cook both sides.

Note: You don't want them to burn before the inside is cooked. The inside should be hot so as to cook the egg, but still soft so as to still resemble oatmeal. They are done when the inside is hot and the outside is golden brown and crisp. They should flip easily. Serve with lots of real butter and maple syrup, or with [Caramelized Fruit Sauce](#).

COCONUT-FLOUR BANANA PANCAKES

I have tried quite a number of coconut flour recipes but many of them have left me disappointed. The very strong coconut flavor is not my personal favorite (though my kids didn't mind it), and they can be beastly things to flip properly. I ended up with mangled blob messes in the pan way too many times to count. This recipe adds a sweet touch with the banana which balances out the coconut flavor nicely. They also flip well, which prevents me from wanting to throw my cast-iron pan out the window. Ahem.

Ingredients

- 3 eggs
- 2 bananas, mashed with a fork
- 1/3 cup coconut flour
- 1 tsp vanilla
- 1/2 tsp salt
- 1 tsp ground chia seeds
- 1 tbspc coconut oil



Step 1:

Preheat cast-iron pan with butter or coconut oil.

Step 2:

Mix eggs, bananas, vanilla, and coconut oil in a bowl.

Step 3:

Add coconut flour, salt, and ground chia seeds, and mix well. Add water to thin to desired consistency. If you are experienced with pancakes you will be familiar with the thickness of a typical pancake batter. If not, start with half of the water and fry up a batch to see how they go. You can add more water if they're too thick.

Step 4:

Drop palm-sized (or smaller) pancakes into the pan, and fry until golden on both sides. Serve with lots of butter and real maple syrup, or your favorite pancake toppings (such as the Caramelized Banana Sauce, found on the next page!).

CARAMELIZED BANANA SAUCE

This easy fruit sauce is perfect on top of pancakes or waffles. It's truly a decadent treat and doesn't even have any refined sugars!

Ingredients

- 2 bananas, mashed with a fork
- 2 tbsp butter
- 2 tbsp coconut palm sugar
- ¼ tsp vanilla
- ¼ tsp salt

Step 1:

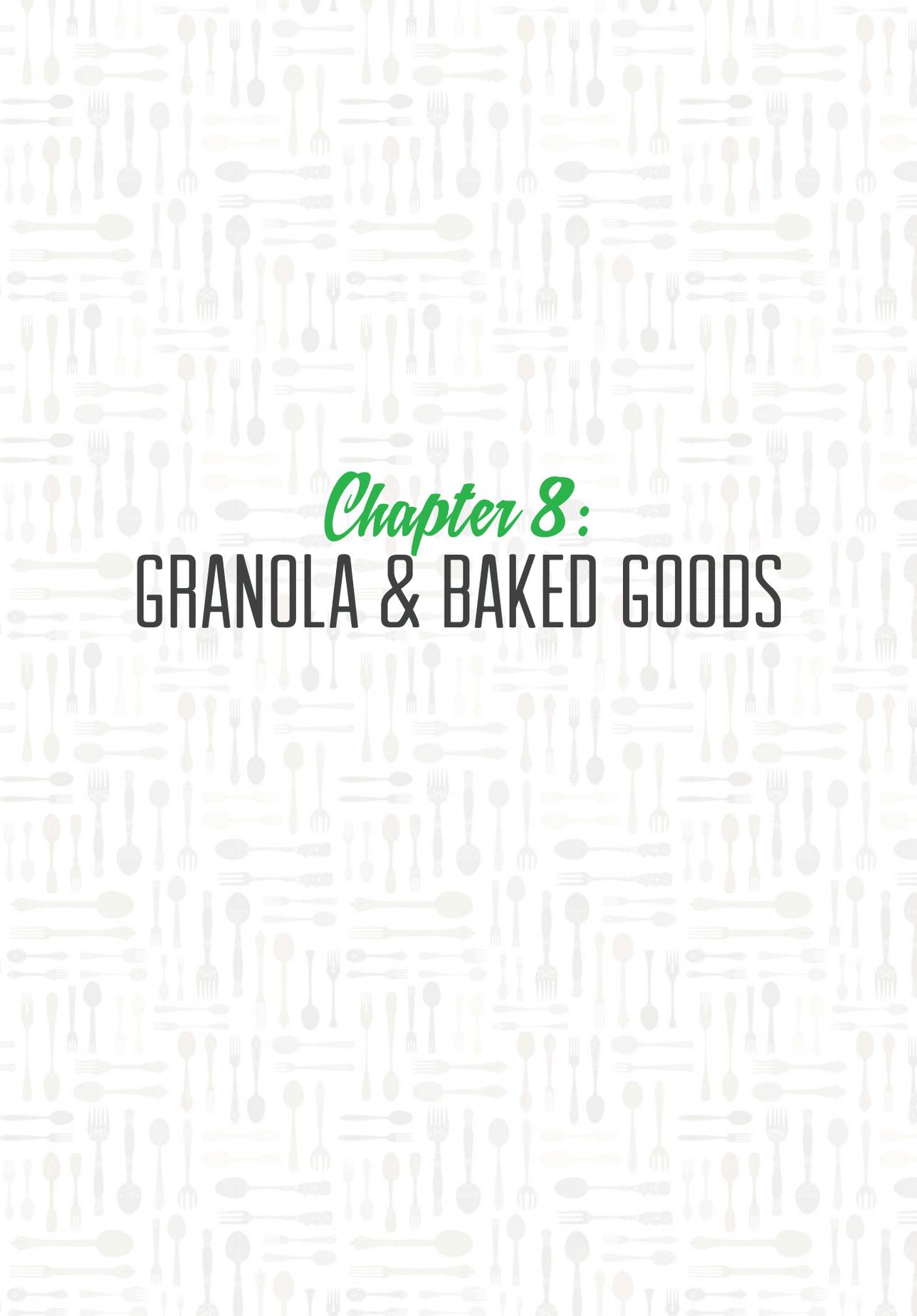
Melt butter in a cast-iron pan on medium-low heat.



Step 2:

Add everything else. Stir and cook slowly on low heat until fruit is saucy.

Note: Try other fruits in place of the banana. Peaches, pears, berries would all work well. We used raspberries the other day and it was amazing!



Chapter 8:
GRANOLA & BAKED GOODS

MAPLE NUT GRANOLA

This is a recipe for the cereal-lovers. It's like those expensive cereals from the organics aisle at the store that cost ten bucks a bag, except that it's better for you and cheaper! It's a great snack on the go, and it's also fabulous with milk. My kids eyes lit up like Christmas the first time I made this and I totally got the Mom-of-the-Year award.

Ingredients

- ½ cup maple syrup
- ¼ cup coconut oil
- ½ tsp salt
- 1 tsp vanilla
- 3 cups regular rolled oats
- 1 cup chopped pecans
- ¼ cup unground chia seeds



Step 1:

Preheat oven to 325F.

Step 2:

Warm maple syrup, coconut oil, salt, and vanilla on the stove-top on low.

Step 3:

Stir in oats, pecans, and chia seeds until everything is coated and sticky.

Step 4:

Spread mixture on baking sheet lined with parchment paper.

Step 5:

Bake for 25-30 minutes, or until granola is crisp. Watch carefully at the end - it can burn quickly. (Actually - the granola in this photo is a little overdone - it was a close call!).

BANANA-PECAN BREAD

This bread uses rice flour and tapioca starch as the base. I am currently loving tapioca starch in my baking – it’s magical. I also decided to add ground chia seeds to see if it would give it a nice non-crumblly texture, as so many gluten-free baked goods are prone to do. It worked perfectly. The texture is amazing – non-crumblly, moist (but not eggy like with coconut flour), and remarkably “normal” tasting if you’re used to the wheat-based baked goods. The spices and ratios I used gave it a fabulous overall flavour, and, well let’s just say this recipe makes two loaves because loaf #1 disappeared in less than 24 hours.

Ingredients

- 2 ¼ cups mashed very ripe banana
- 4 eggs
- ⅓ cup honey (softened/melted if not already liquid)
- ⅓ cup coconut oil (melted)
- 2 tsp vanilla extract
- ½ cup coconut palm sugar
- 2 cups white rice flour
- 1 cup tapioca starch
- 2 tsp ground chia seeds (I use my Vitamix to grind them. You could also use a food processor or a coffee grinder.)
- 1 tsp baking soda
- 1 tsp sea salt
- 2 tsp cinnamon (ground)
- ½ tsp nutmeg (ground)
- ½ tsp cloves (ground)
- 1 cup pecans (chopped)



Step 1:

Preheat oven to 350F and grease two loaf pans with coconut oil.

Step 2:

Add first five ingredients to a large bowl and mix well (bananas, eggs, coconut oil, honey, vanilla). I use an electric mixer.

Step 3:

Add the rest of the ingredients (minus the pecans) to another bowl, then stir well to combine.

Step 4:

Add dry ingredients to wet gradually, mixing well to combine.

Step 5:

Stir in pecans.

Step 6:

Pour batter equally into prepared loaf pans (I use glass pans. I recommend that or stoneware, but not non-stick/teflon because it's toxic).

Step 7:

Bake at 350F for 40-45 minutes, until an inserted knife comes out clean.

Step 8:

Let cool for 10 minutes before slicing. Enjoy with a nice slathering of butter.

OATMEAL-RAISIN BREAKFAST COOKIES

This recipe is based from my chocolate-chip oatmeal cookie recipe. I love making healthy recipes that are guilt-free because then you can eat them for breakfast! I decreased the amount of sweetener and subbed in raisins instead of chocolate chips, and BAM! Perfect breakfast on-the-go.

Ingredients

- ½ cup honey
- ½ cup coconut palm sugar
- ¼ cup butter at room temperature
- 1 cup natural peanut butter
- 2 eggs
- 1 ½ tsp baking soda
- 3 ½ cups quick oats
- 1 tsp whole chia seeds
- 1 cup raisins



Step 1:

Preheat oven to 350F.

Step 2:

Combine honey, coconut palm sugar, and butter in a bowl and beat until smooth.

Step 3:

Add peanut butter, baking soda, eggs, and chia seeds. Mix well with electric mixer.

Step 4:

Mix in oats.

Step 5:

Stir in raisins.

Step 6:

Drop by spoonful onto parchment paper lined baking sheet.

STRAWBERRY SHORTCAKE MUFFINS

These muffins are made with just oats as the base - no flour at all! With the sweetness of the strawberries and the slight tanginess from the yogurt, they are the perfect flavor combo. They taste like strawberry shortcake in muffin form!

Ingredients

- 3 cups regular rolled oats
- 1 1/3 cups yogurt
- 3 eggs
- 2/3 cup coconut palm sugar
- 2 tsp baking powder
- 1/4 tsp baking soda
- 1 1/2 cups chopped strawberries



Step 1:

Preheat the oven to 350F. Grease muffin tins with butter (or use silicone muffin cups).

Step 2:

Combine all ingredients (except strawberries) in a blender.

Step 3:

Stir in strawberry pieces.

Step 4:

Bake for 20-25 minutes at 350F (until a toothpick comes out clean).

ALMOND FLOUR MUFFINS

When I came up with this recipe it was because I had been trying with varied success to make a good gluten-free biscuit. After a few rather disappointing batches, I decided to take a break from biscuits and try an almond meal based muffin instead. Rather than searching for the perfect recipe, I just decided to make up my own. To my delight they turned out perfectly from the first try and are definitely my go-to muffin recipe. They are quick to put together, use only two flours, and are a good base for savory and fruity additions. I must also mention that they hold together beautifully, even for spreading not-so-soft butter. (Recipe by [Marissa Froese](#)).

Ingredients

- 2 cups almond meal
- 1 cup tapioca flour
- 2 tsp baking powder
- 1 tsp sea salt
- ¼ cup honey
- ⅓ cup milk
- ¼ cup butter (melted)
- 3 eggs



Step 1:

Preheat oven to 375F. Grease or line 12 muffin cups.

Step 2:

In a large bowl, combine dry ingredients.

Step 3:

Mix together butter, milk, honey, and eggs. Add liquid ingredients to the flour mix and blend thoroughly. Pour or spoon batter into prepared muffin cups.

Step 4:

Bake in preheated oven for 10 minutes, or until a toothpick inserted into the center comes out clean. Makes 12 muffins.

Variations:

Blueberry muffins: Mix ½ cup of fresh or frozen blueberries and the zest of one lemon to the dry ingredients.

Cheese Muffins: mix $\frac{1}{2}$ - $\frac{3}{4}$ cup grated cheddar cheese in with the dry ingredients

Savory Muffins: Mix $\frac{1}{4}$ cup cooked, crumbled bacon or finely diced ham, $\frac{1}{4}$ cup finely chopped green onions, 2 tsp. dried basil and $\frac{1}{4}$ cup grated cheese to dry ingredients.

CINNAMON BUN MUFFINS

Cinnamon buns in muffin form. All healthy ingredients. What more could you ask for, really? They taste amazing fresh from the oven and slathered with butter. I thank the Lord Almighty that butter is a healthy fat. Yum!

Batter:

- 2 cups white rice flour
- 1 cup tapioca starch
- salt
- 1 tsp ground chia seeds
- 1 tsp baking soda
- ½ cup milk
- ¼ cup plain yogurt
- 2 eggs
- 1 tsp pure vanilla extract
- ¾ cup honey
- ½ cup butter



Filling:

- ⅔ cup butter, very softened
- ½ cup coconut palm sugar
- 2 tsp cinnamon

Step 1:

Preheat oven to 350F. Grease muffin tin with butter.

Step 2:

Mix together rice flour, tapioca starch, salt, baking soda, and ground chia seeds in a mixing bowl.

Step 3:

In a small pot on very low heat, melt honey and butter and whisk together. Remove from heat and let cool for a minute.

Step 4:

Whisk in milk, yogurt, eggs, vanilla.

Step 5:

Add egg mixture to dry mixture and stir all together.

Step 6:

In a separate bowl place softened butter, coconut palm sugar, and cinnamon. Whisk together with a fork.

Step 7:

Fill muffin tin cups about half full, then add a good-sized blob (approximately 2-3 tsp worth) of the filling on top of the batter. You can spread it out a bit with a fork or your finger if you want. Then add another bit of batter on top to cover. Don't fill all the way as the muffins will rise.

Step 8:

Bake for 15 minutes or until toothpick inserted comes out clean.

Notes: These would also be amazing topped with a honey-cream cheese icing. Try [this recipe](#) that uses just cream cheese, honey, butter, and vanilla. Yum.

LEMON POPPYSEED MUFFINS

Just as soon as I had fallen in love with almond flour for gluten-free baking, I started reading articles about its pitfalls. In my opinion, you can find something negative to say about pretty well anything, so a little bit of common sense is prudent. I don't always love the texture of baked goods with only coconut flour so I like to use several different types of flours together in most of my recipes. I prefer to use almond flour sparingly, but I love the light texture that it provides. These muffins are a perfect example!

Ingredients

- ¼ cup + 2 tbsp coconut flour
- ¼ cup almond flour
- ½ tsp salt
- 1 tsp baking powder
- 4 eggs
- ⅓ cup honey
- ¼ cup melted butter
- 2 tbsp lemon zest
- 1 ½ tbsp freshly-squeezed lemon juice
- 1 tbsp poppyseeds



Step 1:

Preheat oven to 350F. Grease muffin tins with butter.

Step 2:

Mix together coconut flour, almond flour, salt, baking powder, and poppyseeds.

Step 3:

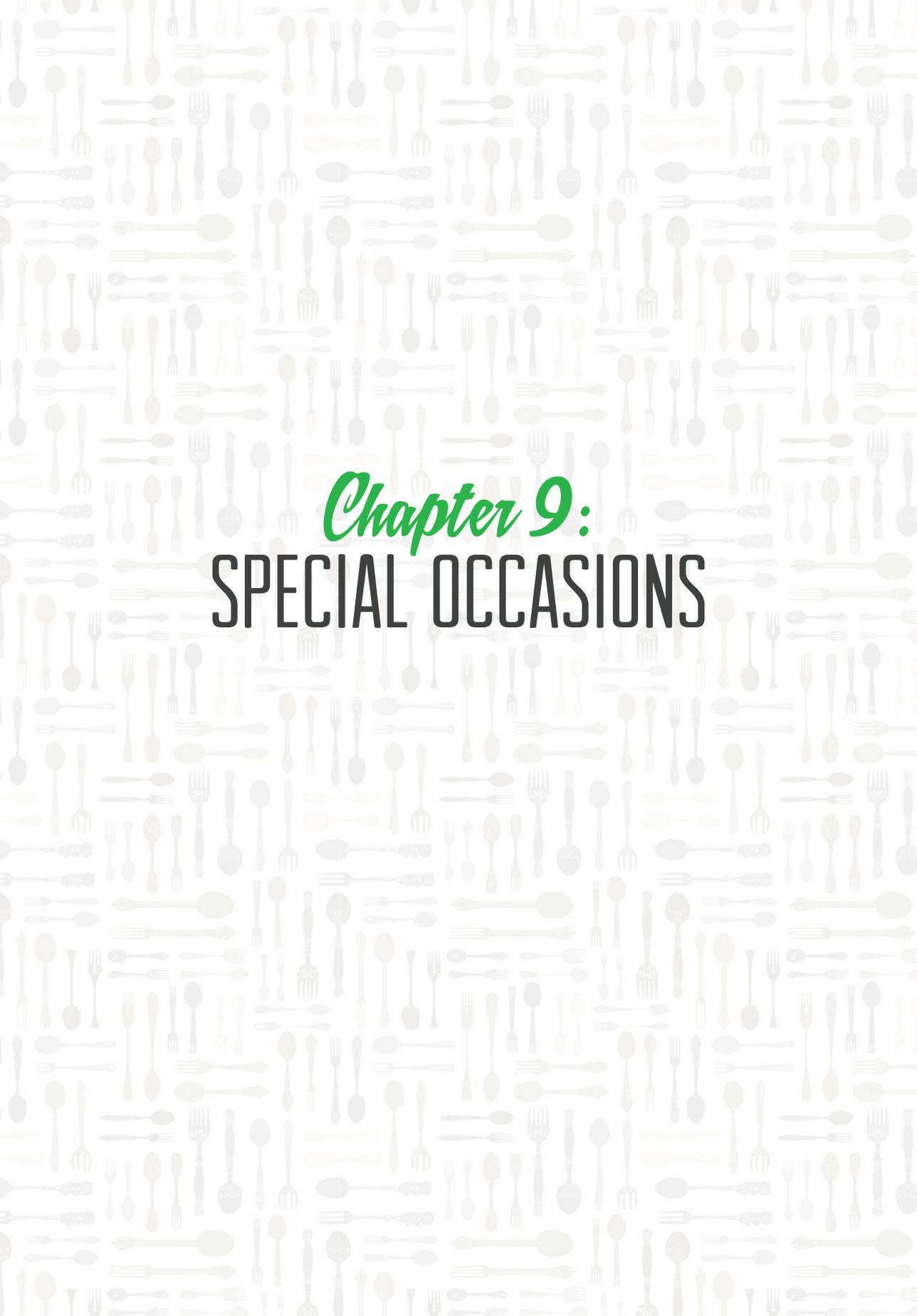
In a separate bowl, beat together the eggs, honey, melted butter, lemon zest, and lemon juice.

Step 4:

Combine all ingredients and stir to combine.

Step 5:

Bake at 350F for 17-20 minutes.



Chapter 9:
SPECIAL OCCASIONS

MAPLE BREAKFAST CUSTARD

Usually custard would be considered a dessert. This version is slightly less sweet than usual, and made out of nourishing ingredients that you'd find in any breakfast menu: milk, eggs, etc. Custard often frightens cooks away because no one enjoys the cooked bits of eggs that come from overheating. One option is to strain the custard after cooking to rid it egg bits but I have found that with a medium low heat and gentle whisking I am able achieve a consistently creamy and smooth custard with all part of the egg offering nourishment. Depending on what thickness of custard you prefer, you can omit the starch for a thinner version or add it for a thicker version. (Recipe by [Marissa Froese](#)).

Ingredients

- 6 cups milk
- 6 eggs
- ½ cup maple syrup
- 2 tsp vanilla
- ½ tsp nutmeg
- ½ tsp sea salt
- 2 tbsp starch (white rice flour, tapioca, or corn starch)
- 2 tbsp butter



Step 1:

Combine the milk, maple syrup, vanilla, and salt in a large saucepan and heat on medium heat until small bubbles are forming at the edges of pot, but not boiling. Turn to medium low heat.

Step 2:

Whisk the eggs in a separate bowl.

Step 3:

To temper the eggs, slowly pour 2-3 cups of hot milk into the bowl of eggs while whisking continually.

Step 4:

Slowly pour the milk and egg mixture back into the saucepan, whisking continually, but gently.

Step 5:

To add the starch as a thickener, reserve a little of the milk and egg mixture ($\frac{1}{2}$ cup or so) and whisk the starch in it until smooth. Pour back into the pot and continue to whisk gently.

Step 6:

Whisk the custard until it just begins to thicken (about 5-7 minutes), remove from heat and stir in the butter and nutmeg.

Step 7:

Serve warm or cold.

Note: Delicious paired with fresh berries or a mixed fruit sauce.

FRUIT & YOGURT SALAD

I've typically enjoyed fruit salad as simply cut-up fruit mixed together in a bowl. This recipe just takes it up a notch and is a beautiful presentation for a fancy brunch or special occasion.

Ingredients

5 cups of cut up fruit (suggest: peaches, blueberries, grapes, apples)

¼ cup plain yogurt

2 tbsp honey, melted if necessary

1 tsp vanilla

1 tsp lemon juice

1 tsp ground chia seeds

¼ tsp cinnamon

Optional: Sprinkle with **grainola**



Step 1:

Mix all ingredients except for fruit to make the honey-yogurt dressing.

Step 2:

Pour honey-yogurt dressing over fruit. Stir to combine.

HASH BROWN POTATOES

This is a recipe that I've been making for years and never really bothered to write down the specifics. It's so easy to customize I almost felt silly including it here as a 'recipe'. Everyone that has tried it, however, has loved it and asked how to make it! So, here's my basic hash brown recipe: basic, customizable, and delicious. Sometimes keeping it ridiculously simple produces the best results of all.

Ingredients

- 5 potatoes, peeled and diced into small pieces
- 1 tsp each of parsley, garlic powder, chili powder
- ½ - ¾ cup coconut oil for frying



Step 1:

Melt coconut oil in a cast-iron pan on medium-high heat.

Step 2:

Toss finely diced potatoes in a bowl and mix in spices.

Step 3:

Pour potatoes into the prepared pan - it should be nice and sizzly. Careful! It may splatter! If it's not nice and sizzly then you need to turn up the heat a little. There should be lots of oil - they should be bathed in it. Not drowning, and not just wading either. Stir and flip as they cook and crisp up, soaking in that glorious coconut oil.

Step 4:

Remove from heat into a serving dish once they are beautifully browned and crispy. Enjoy your hashbrowns knowing they are drenched in one of the world's most amazing super-foods!

Note: I use organic, virgin coconut oil. It does have a coconut taste to it, BUT I don't really notice it in these hash browns. Usually the coconut flavor is not my favorite, but in this recipe it really works. You can use non-virgin (no coconut taste) coconut oil as well but the virgin stuff is healthier!

HONEY-GARLIC SAUSAGE PATTIES

These sausage patties are bursting with flavor. I absolutely love the honey and garlic combo - It pairs beautifully with fried eggs and hash browns. I love making a double batch and freezing them in individual patties so that I can just grab a couple and throw them in the pan alongside my eggs in the morning.

Ingredients

- 2 lbs ground pork
- 2/3 cup raw creamed honey
- 4 eggs
- 1 tbsp coconut flour
- 12-15 cloves of garlic, crushed
- 2 tsp salt
- 1 tsp onion flakes
- 2 tsp ginger
- 1 tsp sage
- 1 tsp basil
- 1 tsp oregano



Step 1:

Mix all ingredients together well. You can use an electric mixer if you have a good one. Form into small patties, and fry in coconut oil. Serve hot.

Note: These are perfect for freezing! Form into patties, freeze on a parchment paper covered pan for 4 hours, then remove and store in sealed container or bag. Can be cooked from frozen (on lower heat to ensure the outside doesn't burn before the inside is cooked).

APPLE & BRIE FRENCH TOAST

This recipe is the only one in this book that calls for bread. We currently use a store-bought gluten-free kind. We enjoy the taste and texture of Udi's. The ingredients aren't stellar but we are hoping to figure out a homemade alternative at some point. In the meantime we keep a loaf in the freezer but limit it to only occasional use. Bread is not a part of our typical daily fare, but this recipe is definitely a special occasion treat that we enjoy a few times a year.

Ingredients

- 5 eggs
- ¼ cup milk
- ⅛ tsp nutmeg
- ⅛ tsp cinnamon
- ½ teaspoon vanilla
- 12 slices of your favourite bread
- 1 apple cut into thin slices
- small slices of brie cheese
- maple syrup for garnish



Step 1:

Pre-heat cast-iron pan with butter & Pre-heat oven to 400F.

Step 2:

Whisk together eggs, milk, nutmeg, cinnamon, and vanilla.

Step 2:

Dip each slice of bread into the egg mixture and make sure it gets completely coated. Let the bread hang out in the egg mixture for around 30 seconds, but no longer than that or it gets soggy.

Step 3:

Fry coated bread on both sides until golden brown. Place cooked french toast pieces on a baking sheet.

Step 4:

Layer sliced apple and sliced brie on each piece of toast, then drizzle with real maple syrup.

Step 5:

Bake for 5 minutes, or until cheese is melted.

HONEY-RASPBERRY YOGURT

This is another one of those ‘too simple to be a recipe’ recipes, but one that I’ve been asked for several times by those who have had it at my house. It’s basically just a real, whole food method for flavoring plain yogurt instead of buying the flavored stuff at the store with all kinds of junky ingredients like high-fructose corn syrup, sugar, various preservatives, artificial thickeners, stabilizers, and food dyes. Furthermore - dare I say - this recipe tastes a thousand times better. We often eat it for dessert! Affectionately known as ‘pink yogurt’ at our house.

Ingredients

3 cups of plain yogurt (we make our own, but if you buy it at the store look for ‘plain’ (not vanilla), and look for the highest fat content available (I usually find 6%).

½ cup frozen raspberries

¼ cup - ½ cup honey (depending on how sweet and ‘dessert-like’ you want it to be)



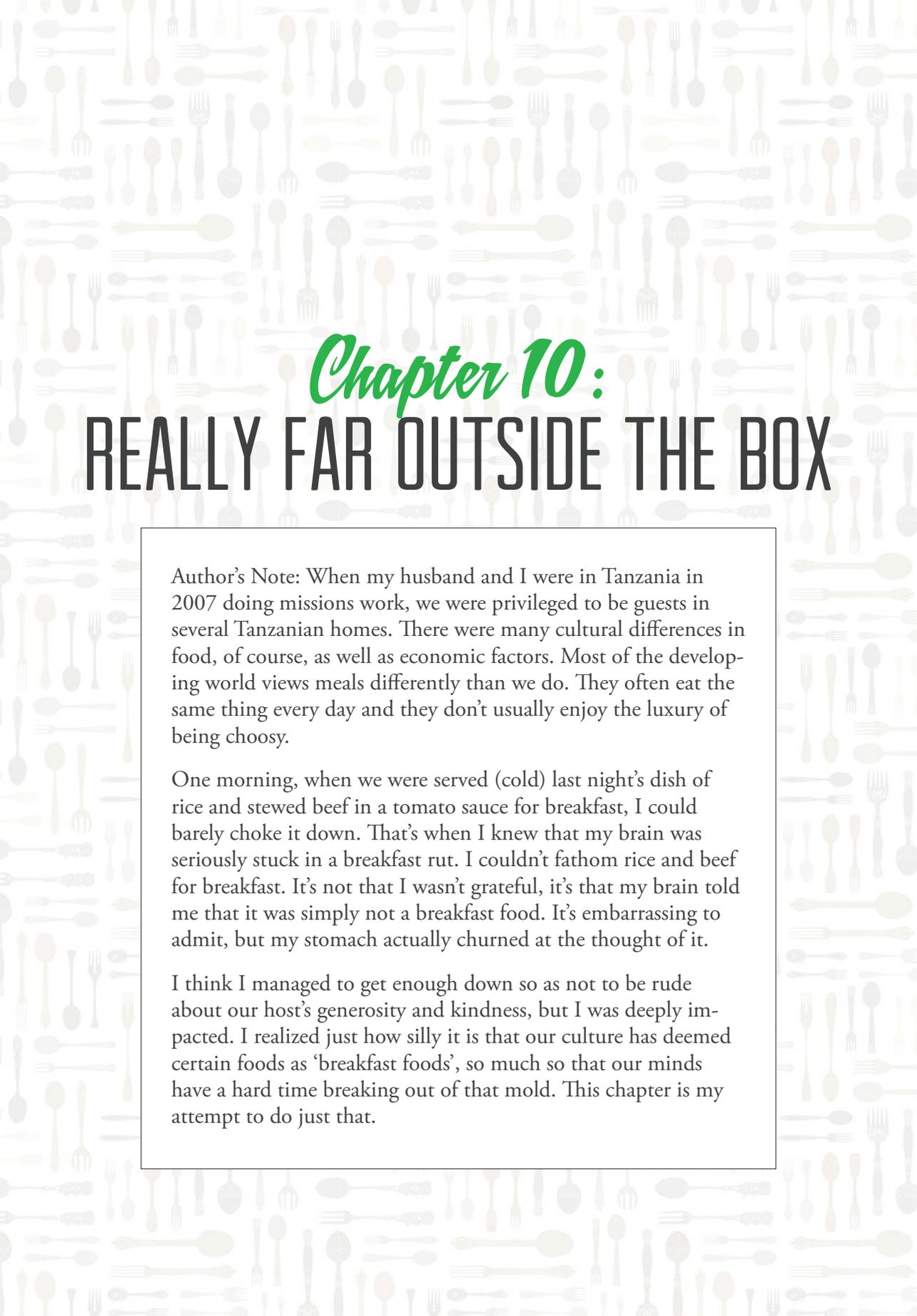
Step 1:

Heat frozen raspberries and honey on low heat on the stove-top until raspberries are no longer frozen and bubbles are starting to appear in the mixture.

Step 2:

Let cool for 2-5 minutes. Stir the raspberries into the yogurt until well combined.

Note: Quantities can be adjusted according to your preferences. For variation, try honey with 2 tsp real vanilla extract, or a different type of berry in place of the raspberries.



Chapter 10: REALLY FAR OUTSIDE THE BOX

Author's Note: When my husband and I were in Tanzania in 2007 doing missions work, we were privileged to be guests in several Tanzanian homes. There were many cultural differences in food, of course, as well as economic factors. Most of the developing world views meals differently than we do. They often eat the same thing every day and they don't usually enjoy the luxury of being choosy.

One morning, when we were served (cold) last night's dish of rice and stewed beef in a tomato sauce for breakfast, I could barely choke it down. That's when I knew that my brain was seriously stuck in a breakfast rut. I couldn't fathom rice and beef for breakfast. It's not that I wasn't grateful, it's that my brain told me that it was simply not a breakfast food. It's embarrassing to admit, but my stomach actually churned at the thought of it.

I think I managed to get enough down so as not to be rude about our host's generosity and kindness, but I was deeply impacted. I realized just how silly it is that our culture has deemed certain foods as 'breakfast foods', so much so that our minds have a hard time breaking out of that mold. This chapter is my attempt to do just that.

HAM & EGG SALAD WITH CREAMY POPPYSEED DRESSING

A few classic breakfast ingredients together on a fresh, green salad is a great way to start the day with a burst of energy and vitality! Customize it with your own favorite toppings, and take it on the go.

Salad:

Your favorite lettuce or spring mix

Hard boiled eggs, sliced

Ham, diced in bite-sized chunks, or crumbled bacon

Grated cheddar cheese

Diced tomato

Boiled potatoes, cut in chunks

Any other salad toppings that you enjoy such as sweet peppers, avocado, mushrooms, dried cranberries, etc.



Creamy Poppyseed Dressing:

¼ cup apple cider vinegar

¼ cup honey

½ cup olive oil

½ medium onion

1 tsp dijon mustard

2 tsp poppyseeds

½ tsp salt

Step 1:

Combine all dressing ingredients together and blend. I use my Vitamix, but a bowl and an immersion blender or a food processor would probably both work as well.

Step 2:

Layer salad ingredients on top of lettuce base, and drizzle with dressing. Enjoy at home or in a sealed container to-go (Easy to take in a mason jar - layer dressing in first, then wettest ingredients and lettuce at the end).

SKILLET ASPARAGUS WITH BACON

Vegetables for breakfast? Not a typical addition to a North American breakfast, and to be honest with you - I have no idea why. This method of preparing asparagus is pure perfection alongside some pancakes and bacon. You've gotta try it!

Ingredients

6 stalks asparagus
Grease left in the pan from
frying up bacon
½ tsp salt
¼ tsp pepper

Step 1:

Wash, and trim asparagus ends.
Chop in 2-3 pieces per stalk.



Step 2:

After frying up bacon in a cast-iron pan on medium heat, use the leftover grease to fry the asparagus. Add a couple of tablespoons of water and a lid to steam for 2-3 minutes, then continue stirring and frying in the grease, until tender but not mushy. Add salt and pepper. You can just shake on however much you want (I always do), but I did note precise amounts for the measurement-obsessed among us.

Step 3:

Serve with breakfast. Pairs beautifully with pancakes, cantaloupe, and bacon.

BREAKFAST SOUP

I love playing around in the kitchen. I tweak and modify, and sometimes even invent recipes from scratch. This soup is one of those. Soup is one of the easiest things to make without messing up – it's so versatile and forgiving! I call this one "breakfast soup" because it has eggs and sausage as the main ingredients. Of course I make it with homemade bone broth, which makes it even more nourishing and healthy. It's a great way to start or end the day!

Ingredients

10-12 cups homemade chicken bone broth
2-ish cups chopped up farmer's sausage (nitrate-free and organic is best!)
scant 1/2 tsp ginger powder
scant 1/2 tsp cumin powder
1 tbsp of sea salt*
1/4 tsp pepper
4 cloves crushed garlic
1 tsp organic tamari (fermented wheat-free soy sauce)
2 cups frozen peas
12 large eggs



Step 1:

Pour the broth into a large stock pot. I used my 9-qt pot and it was about half filled.

Step 2:

Add chopped sausage, and bring to a boil then turn down to a bubbling simmer. Add ginger, cumin, garlic, tamari, salt, and peas.

Step 3:

Simmer for 15 minutes or so until sausage is cooked through.

Step 4:

While it's simmering, crack your dozen eggs into a small bowl and whisk them with a fork.

Step 5:

Turn the heat down to low, then slowly pour the eggs in a steady stream into the soup while stirring constantly. Continue stirring until eggs are cooked (they cook pretty well instantly).

Step 6:

Turn off heat and serve!

Note: That may sound like a lot of salt, but bear in mind that real sea salt is not bad for you – it is full of important minerals that your body requires to function properly. If you eat a real/traditional food diet you don't have to worry about massive amounts of processed sodium in the boxed junk, so salt your food to taste and enjoy it! Also – homemade broth is massively bland without the salt. It is definitely necessary to taste good!

EGG-IN-A-HOLE ON GINGER FRIED RICE

A definite step outside the cereal box here, this recipe includes some unusual flavor combos that work well together. I was inspired by the typical 'egg-in-a-hole' (a hole cut from a piece of bread and fried with an egg in it) and came up with the idea for a sweet pepper ring instead. If you're in the mood for something totally unique, this one will be right up your alley.

Ingredients

1 cup cooked rice (don't worry about the exact amount - you can be approximate here.

If you're starting with uncooked rice, I'd estimate about ½ cup)

2 eggs

½ tsp salt

¼ cup half and half cream (or similar)

1 cup mushrooms

3 tbsp butter

1 cup cooked, chopped ham

¼ tsp ginger

¼ tsp garlic

one sweet pepper ring, approximately ½ inch thick (a slice that creates a circle, cut from around the middle)



Step 1:

Preheat cast-iron pan on medium heat with butter.

Step 2:

Turn heat down and slowly fry mushrooms, and sweet pepper ring, adding ham after a few minutes.

Step 3:

Whisk eggs, cream, and salt in a bowl. Stir in ginger and garlic.

Step 4:

Push the sweet pepper ring to the side, and add cooked rice to skillet, then add egg mixture, stir-frying as it cooks.

Step 5:

Crack an egg into the sweet pepper ring and season with a few shakes of salt and pepper.

Step 6:

Cover pan to steam egg until egg white is set and yolk is desired tenderness.

Step 7:

Spoon rice mixture onto a plate and top with fried pepper and egg.

CHOCOLATE AVOCADO PUDDING

Guilt-free pudding for breakfast? Sign me up, baby! This pudding's nutritional profile is absolutely stellar, and I encourage my kids to eat as much as they want. The healthy fats from the avocado and the coconut oil are perfect for satisfying those always-hungry little kiddos, and raw honey and raw cocoa powder also have great health benefits. Also, it's just plain fun to eat pudding for breakfast!

Ingredients

- 3 ripe avocados
- $\frac{3}{4}$ cup cocoa
- $\frac{1}{4}$ cup coconut oil
- $\frac{3}{4}$ cup honey (or more to taste)
- 2 tsp vanilla

Step 1:

Peel avocados and remove pits.



Step 2:

Combine all ingredients and blend together until smooth and creamy (I used an immersion blender).

Note: This pudding is extremely rich - a little bit goes a long way!



Chapter 11:
BEVERAGES

ISAAC'S MUD SMOOTHIE

This is our old standard in smoothie-making. It's the first green smoothie I ever made, and because of the strong colors of both the spinach and the raspberries, the result is neither pink nor green - it's more mud-colored than anything. So, in honor of my mud-loving five-year-old son, this is hereby dubbed 'Isaac's Mud Smoothie'. Good for you, and good tasting, too! If you've never added greens to your smoothie before, you really must try it ASAP. I swear you cannot taste the spinach at all!

Ingredients

- 4 cups of baby spinach leaves
- 2 cups frozen raspberries
- 1 frozen banana
- $\frac{3}{4}$ cup yogurt
- water as needed, to thin

Step 1:

Blend everything together and thin to desired consistency with water. Leftovers make great popsicles in popsicle molds!



COCONUT MILK RAINBOW SMOOTHIE

This discovery was somewhat accidental as I was experimenting with being dairy-free for a while. With a simple base of coconut milk and banana, these smoothies are pretty well neutral in color, so depending on what else you add you can produce quite a rainbow!

Ingredients

- 1 can full-fat coconut milk
(not 'light' - it must have that thick layer of cream when you open it)
- 3 frozen bananas
- ½ cup other frozen fruit,
according to desired color/
flavor
- Water to thin if necessary



Pink: raspberry

Purple: blueberry

Orange: peach, orange

Green: spinach, kale

Yellow: pineapple, mango

Step 1:

Add all ingredients together and blend.

Note: Smoothies always taste better from a straw, from a mason jar, or from a champagne glass. That's a fact.

COCONUT OIL FROTHY COFFEE

Coffee is kind of the ‘untouchable’ real foodie topic. Many avoid coffee altogether because of its negative effects on the adrenals, and other issues. On the other hand, many clutch it close as the last of the guilty pleasures, the one last indulgence they are not willing to let go. This recipe takes a regular cup of black coffee and doctors it up with an awesome superfood. It has a beautifully smooth texture that is almost (almost!) latte-like, while also claiming the title ‘dairy-free’.

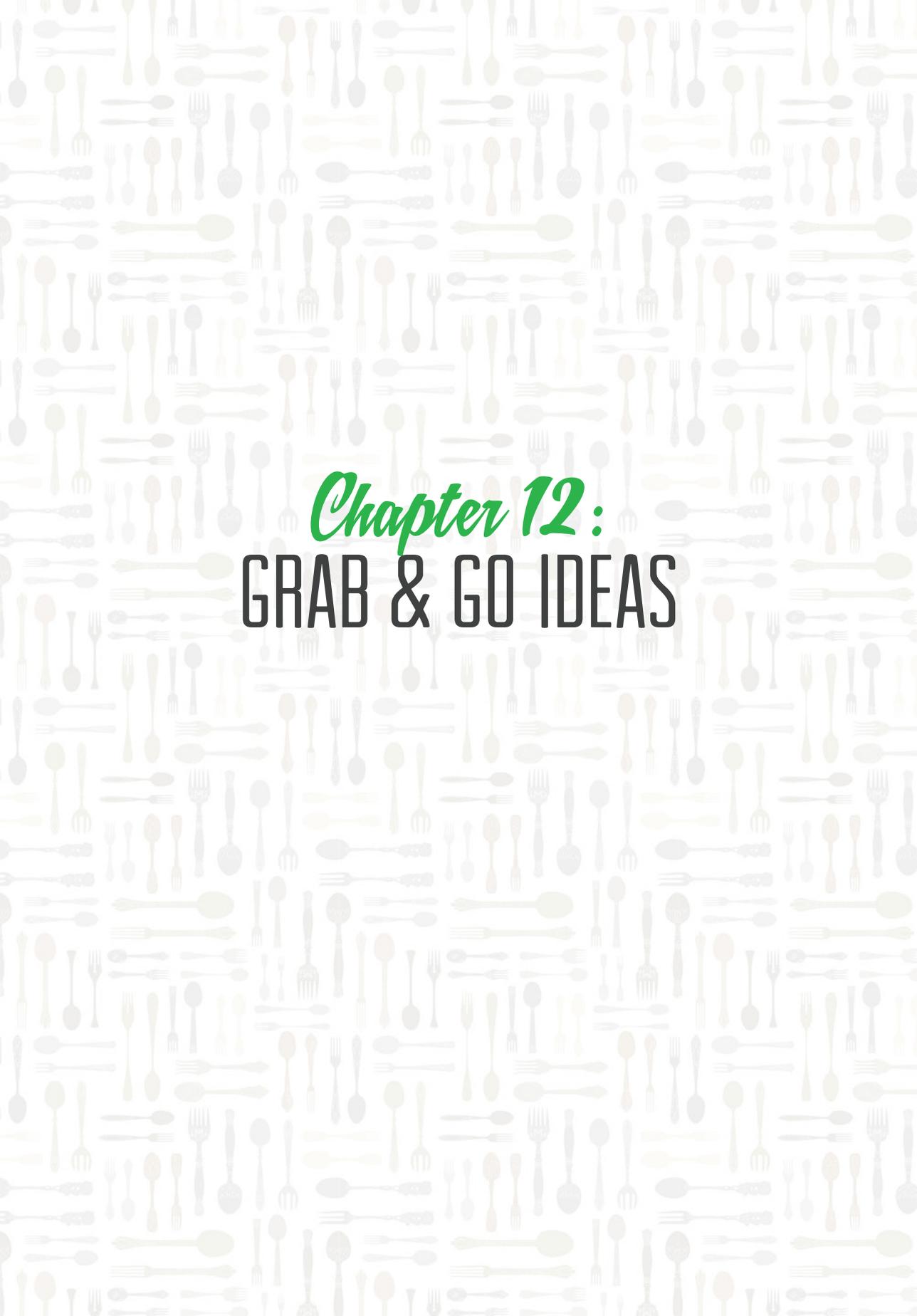
Ingredients

- 1 cup of brewed coffee, hot
- 1.5 tbsp coconut oil
- 1.5 tbsp creamy honey
- 1/2 tsp vanilla

Step 1:

Combine in a high-powered blender and blend until white and frothy. The oil will emulsify with the coffee, creating a creamy froth that actually tastes amazing and satiates your hunger like no other cup of coffee you’ve ever had.





Chapter 12:
GRAB & GO IDEAS

Planning for a healthy breakfast is all well and good, but sometimes you really just need a fast option. Maybe you don't even have time to fry an egg. Here are a few options that you can try without resorting to a drive-through.



Bacon & Egg Loaf

Take individually-wrapped squares as you're running out the door.



Breakfast Burritos

Note the option for freezing and reheating.



Oatmeal Cake

Perfect for a packed breakfast. Eat at your desk or wherever you may be.



Instant Oats

A whole foods take on a perpetual favorite among the 'fast breakfast' crowd.



Eggie Pancakes or Comfort-Food Pancakes

Eat them plain and cold or slap some PB & J inside and make them into a sandwich. Get creative!

Baked goods are perfect options for a quick breakfast on busy mornings. Choose from anything in [Chapter 9: Baked Goods](#) and consider making a few batches and freezing them so they're ready to go when you need them.



PB Apple Sandwiches

Slice apples lengthwise (as opposed to up and down through the core) and cut the core out of the middle of the ring. They should be donut-shaped instead of the typical half-moon shape. Use the rings as two sides of a 'sandwich' and stick them together with peanut butter. A great snack or breakfast on the run.

Smoothies

Take a smoothie in a to-go mug. There are some great smoothie recipes out there, including this [Peanut Butter Oatmeal Smoothie](#) from The Greenbacks Gal that packs a hefty nutritional punch.



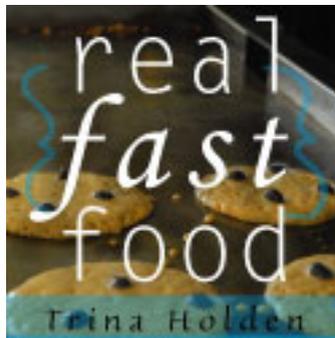
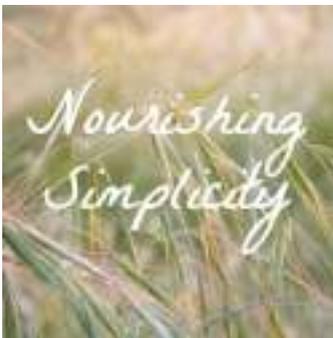
- One note for all of you who aren't quite ready to give up your morning toast (or those who are fortunate enough to have high-quality sprouted or sourdough homemade bread), here's a recipe for [Homemade Strawberry Chia Seed Jam](#). Seriously easy and delicious!
- Try this [Apple Crisp Recipe](#) that I posted on my site last fall. I called it [Apple Crisp So Healthy You Could Eat it For Breakfast](#). How appropriate.
- These [Chocolate Coconut Macaroons](#) on my site are another one of those indulgent-but-perfectly-healthy recipes. The ingredients are 100% real food, free of refined sugars, and full of the amazing superfood: coconut oil. Cookies for breakfast? Heck yeah!

- Breakfast Sandwiches - Not a recipe, really. More of a suggestion. Use your favorite bread or bagel and add a fried egg, a couple of strips of cooked bacon, and some cheese (maybe lettuce and tomato, too). A substantial breakfast for the hungriest eaters.
- Granola bars are always a classic eating-on-the-go option. Unfortunately the store-bought kinds are typically about as healthy as a chocolate bar. Try my recipe for [Chewy Homemade Granola Bars](#).



APPENDIX:

RECIPE CONTRIBUTORS



All recipe contributions/photos from others used with permission.

ABOUT THE AUTHOR



Beth M. Ricci is the creator of Red & Honey, a natural living lifestyle blog focused on those who make a house a home. She recently began a passionate love affair with coffee and her life will never be the same. She has had three babies in less than four years, is a professional laundry-avoider, and loves to stay up way too late making weird stuff from scratch (and writing ebooks!) that normal people tend to just buy in a store. Hence, the coffee.

You can connect at her blog and subscribe to posts at: <http://redandhoney.com>

Or on Facebook: <https://www.facebook.com/redandhoneyblog>