





## Avocado and Egg Toast

1 serving

15 minutes

### Ingredients

1 slice Bread (sprouted grain, whole grain or gluten free bread)  
1/2 Avocado  
Sea Salt & Black Pepper (to taste)  
1 Egg

### Nutrition

Amount per serving	
Calories	310
Fat	22g
Carbs	21g
Fiber	8g
Protein	10g

### Directions

- 1 Toast bread.
- 2 Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
- 3 Heat a small skillet over low heat and cook eggs to your liking. Place mashed avocado over toast, top with eggs, salt and pepper and hot sauce if desired.

### Notes

**More Filling:** You could add another egg.



## Fried Egg with Green Onions on Toast

1 serving

10 minutes

### Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 1 Egg
- 1 slice Sprouted Grain Bread (toasted)
- 2 stalks Green Onion (sliced)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	215
Fat	14g
Carbs	14g
Fiber	2g
Protein	8g

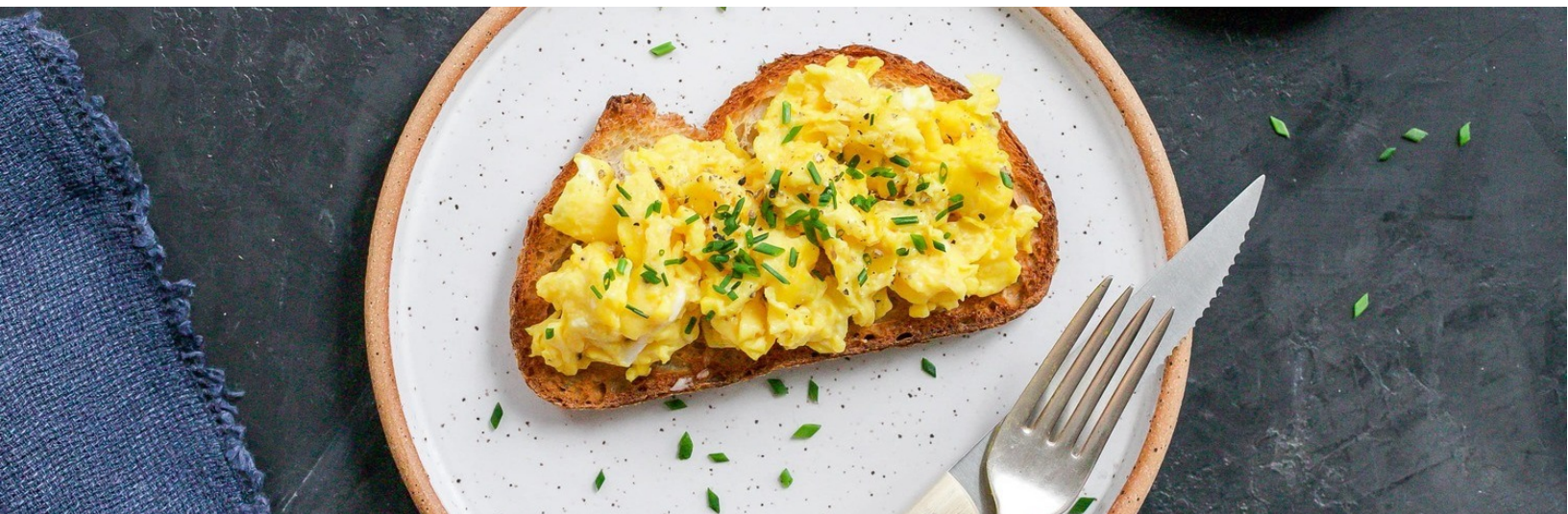
### Directions

- 1 Heat olive oil in a frying pan over medium heat. Fry egg and place on top of toast.
- 2 Turn heat to low-medium and cook green onions until soft, about 1-2 minutes. Season with salt and pepper to taste, and sprinkle on top of the egg. Enjoy!

### Notes

**Make it Quicker:** Skip the Green Onion.

**Make it More Filling:** Add one more egg or 2-3 slices avocado.



## Soft Scrambled Eggs on Toast

2 servings

5 minutes

### Ingredients

4 Egg  
1/2 tsp Butter  
3 1/2 ozs Sourdough Bread (toasted)  
1 tbsp Chives (chopped)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	277
Fat	10g
Carbs	25g
Fiber	1g
Protein	17g

### Directions

- 1 Crack the eggs into a bowl and whisk well.
- 2 Heat a skillet over medium-low heat and once hot, add the butter. Once melted, add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the skillet until fluffy and barely set, about 2 minutes. They should still look slightly runny on top.
- 3 Divide the eggs onto toast, and top with chives, salt and pepper. Enjoy!

### Notes

**No Sourdough Bread:** Use whole grain or sprouted grain bread instead.  
**Additional Toppings:** Chili flakes and/or fresh herbs like parsley and dill.



## Scrambled Eggs with Vegetables

1 serving

10 minutes

### Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Red Bell Pepper (sliced)
- 1 cup Baby Spinach
- 3 Egg
- Sea Salt & Black Pepper (to taste)
- 1/4 Yellow Onion (diced, optional)

### Nutrition

Amount per serving	
Calories	310
Fat	21g
Carbs	9g
Fiber	3g
Protein	21g

### Directions

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

### Notes

**No Bell Peppers:** Replace with any vegetable instead.



## Turkey Breakfast Skillet

4 servings

20 minutes

### Ingredients

- 2 tsps Coconut Oil (or olive oil)
- 1 1/2 lbs Extra Lean Ground Turkey
- 2 2/3 Zucchini (large, finely diced)
- 1 1/3 cups Salsa
- 4 Egg
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	380
Fat	21g
Carbs	10g
Fiber	3g
Protein	39g

### Directions

- 1 Add the oil to a large skillet and place over medium heat.
- 2 Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
- 3 Add the salsa to the skillet and stir well to mix.
- 4 Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
- 5 Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

### Notes

No Salsa: Use crushed tomatoes instead.



## Taco Breakfast Bowl

4 servings

30 minutes

### Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1 1/16 lbs Extra Lean Ground Turkey
- 2 tbsps Chili Powder
- 1 tsp Oregano
- 1 tsp Cumin
- 1 tsp Black Pepper
- 1 tsp Sea Salt
- 1/2 cup Water
- 4 Egg (fried)
- 4 cups Baby Spinach (chopped)
- 1 Green Bell Pepper (diced)
- 1 Tomato (diced)
- 1 Avocado (mashed)

### Nutrition

Amount per serving	
Calories	371
Fat	24g
Carbs	11g
Fiber	7g
Protein	31g

### Directions

- 1 Heat a skillet over medium heat. Add olive oil. Add the ground turkey and saute to cook through. Break up the meat as it is cooking. Once it is cooked through add the chili powder, oregano, cumin, black pepper and sea salt. Add the water and saute for another minute as you mix well. Reduce heat to the lowest setting and let simmer while you prepare the rest or until all water has been absorbed.
- 2 Fry your eggs and set aside.
- 3 Divide the spinach between bowls. Top with diced green pepper, tomato, mashed avocado, taco meat and fried egg. Enjoy!



## Quick Fried Eggs, Spinach and Ham

1 serving  
10 minutes

### Ingredients

- 2 cups Baby Spinach
- 1 tbsp Water
- Salt & Black Pepper (to taste)
- 1 tbsp Butter
- 2 Egg
- 1 oz Ham (chopped )

### Nutrition

Amount per serving	
Calories	295
Fat	23g
Carbs	4g
Fiber	1g
Protein	19g

### Directions

- 1 Heat a pan over medium heat and add spinach and water. Stir just until wilted, then remove from heat. Season with salt, pepper and butter. Transfer to a plate.
- 2 In the same pan, cook your eggs and fry the ham. Season with salt and pepper.
- 3 Plate the spinach with eggs. Enjoy!

### Notes

**No Ham:** Use bacon or sausage instead.



## Cauliflower Rice Breakfast Hash

2 servings

25 minutes

### Ingredients

- 4 slices Bacon
- 1 Yellow Onion (chopped, small)
- 1 Yellow Bell Pepper (chopped)
- 3 cups Cauliflower Rice
- 4 Egg
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Chives (optional, chopped)

### Nutrition

Amount per serving	
Calories	442
Fat	31g
Carbs	18g
Fiber	5g
Protein	25g

### Directions

- 1 In a skillet over medium heat, add the bacon and cook for 5 to 7 minutes or until cooked through. Remove, chop into small pieces and set aside, leaving some of the rendered fat in the pan.
- 2 Add the onion and bell pepper and cook for 3 to 4 minutes, stirring as needed. Add the cauliflower rice and stir to combine. Cook for an additional 2 to 3 minutes. Make space for the eggs and crack one egg into each hole. Cook the eggs until the whites are set and the yolk is done to your liking.
- 3 Remove from the pan and divide onto plates. Top with bacon, sea salt, pepper and chives, if using. Enjoy!

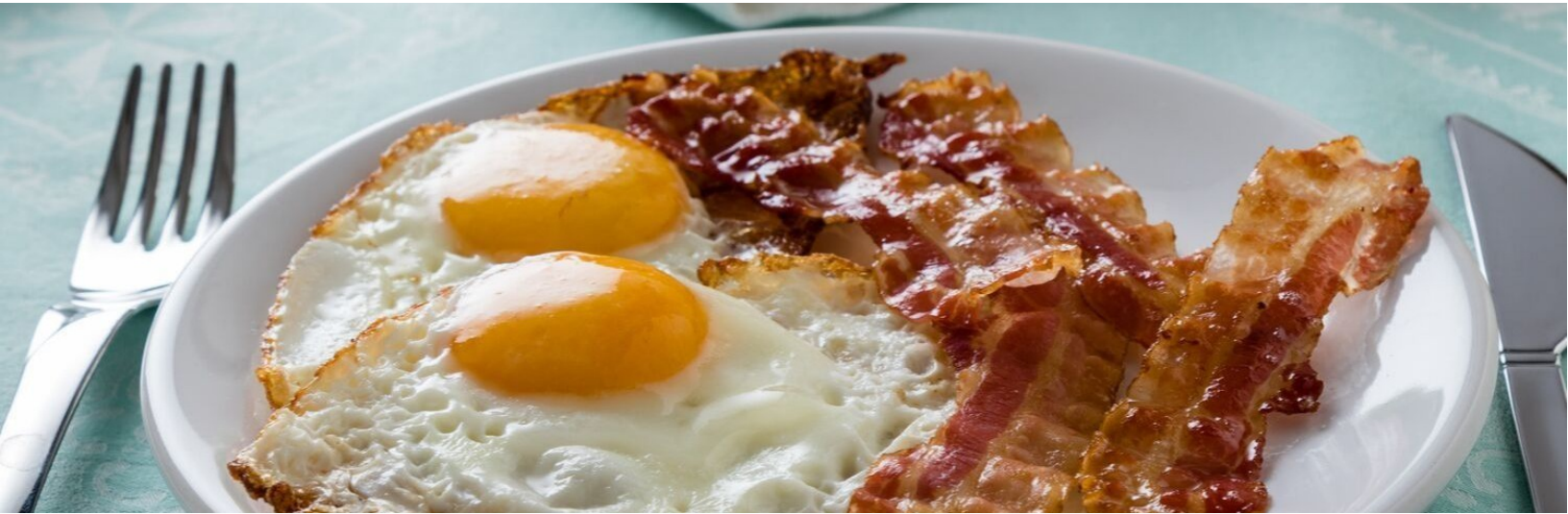
### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. For best results, enjoy the eggs when served and reheat leftover hash in a pan.

**More Flavor:** Top the hash with Everything Bagel Seasoning or chili flakes.

**Additional Toppings:** Serve with avocado.

**No Chives:** Use another fresh herb such as parsley.



## Classic Breakfast

1 serving  
15 minutes

### Ingredients

2 slices Bacon  
2 Egg (cooked any style)  
1/2 cup Blueberries (or any fruit )  
2 tbsps Slivered Almonds (or any chopped nuts)

### Nutrition

Amount per serving	
Calories	354
Fat	24g
Carbs	15g
Fiber	3g
Protein	22g

### Directions

1

Cook bacon and eggs to your liking. Top fruit with slivered almonds or any chopped nuts. Enjoy!

### Notes

**No Blueberries:** Use any berry or other fruit.

**No Bacon:** Use ham or sausage instead.



## Bacon, Eggs & Avocado

1 serving  
15 minutes

### Ingredients

2 slices Bacon  
2 Egg  
1/2 Avocado

### Nutrition

Amount per serving	
Calories	393
Fat	31g
Carbs	10g
Fiber	7g
Protein	20g

### Directions

- 1 In a pan, slowly cook the bacon over medium-low heat until done. Transfer to a plate and reserve fat for cooking eggs.
- 2 Crack eggs into the pan and cook to desired doneness. While eggs are cooking, slice avocado and arrange on plate with bacon.
- 3 Transfer cooked eggs to plate. Enjoy!



## Zucchini, Mushroom & Egg Breakfast

1 serving  
20 minutes

### Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1/2 Zucchini (medium, sliced)
- 6 White Button Mushrooms (sliced)
- 2 Egg
- 1/2 cup Arugula
- 1/2 tsp Lemon Juice
- 1/8 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	246
Fat	17g
Carbs	8g
Fiber	2g
Protein	17g

### Directions

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

### Notes

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



## Breakfast Burritos

6 servings

30 minutes

### Ingredients

6 slices Bacon  
10 Egg (beaten)  
4 stalks Green Onion (chopped)  
1/2 Red Bell Pepper (diced)  
1/2 tsp Salt  
3/4 cup Cheddar Cheese  
6 Whole Grain Tortillas

### Nutrition

Amount per serving	
Calories	392
Fat	22g
Carbs	26g
Fiber	2g
Protein	21g

### Directions

- 1 Heat a large non-stick skillet over medium heat. Add the bacon and cook until cooked through, about 4 to 5 minutes. Transfer with a slotted spoon to drain on a paper towel lined plate.
- 2 In a large bowl whisk the eggs with salt. Mix in green onions and bell pepper.
- 3 Discard the bacon grease leaving 1 teaspoon then add the eggs, let them set on the bottom then stir a few times to cook through, set aside.
- 4 On a clean work surface, divide a generous 1/2 cup of the egg mixture onto the bottom third of the tortilla. Top each a slice of bacon and 2 tablespoons cheese. Roll from the bottom, folding the left and right corners in toward the center and continue and roll into a tight cylinder. Set aside, seam-side down, and repeat with remaining tortillas and filling.
- 5 Heat a skillet over medium heat. When hot, spray the skillet with oil and add the burritos, seam side down. Cook, covered, until the bottom of the burritos are golden brown, about 2 minutes on each side.

### Notes

**Toppings:** Serve with avocado slices, salsa or hot sauce.

**Storage:** Refrigerate for 4 to 5 days. Freeze for up to 3 months.



## Mushroom Omelette

1 serving  
15 minutes

### Ingredients

3 Egg  
2 tbsps Butter  
1 oz Cheddar Cheese (shredded )  
1/4 Yellow Onion (diced )  
1/4 cup Mushrooms (sliced )  
Sea Salt & Black Pepper (to taste )

### Nutrition

Amount per serving	
Calories	549
Fat	47g
Carbs	6g
Fiber	1g
Protein	27g

### Directions

- 1 Heat non-stick pan over medium heat. Add 1 TBSP butter to pan and let it melt.
- 2 When butter starts to bubble, add diced onions and sliced mushrooms. Sprinkle with a little salt. Cook until tender and they release their water ~8 minutes.
- 3 Remove mushrooms and onions and transfer to plate. Add 1 TBSP of butter back to pan and heat. While the butter is heating, crack the eggs into a bowl and beat until frothy. Add salt and pepper to taste to eggs.
- 4 Pour egg mixture into pan. When the omelet begins to cook and get firm, but still has a little raw egg on top; sprinkle cheese, cooked mushrooms and onions on top.
- 5 Using a spatula, carefully ease around the edges of the omelet, and then fold it over in half. When it starts to turn golden brown underneath, remove the pan from the heat and slide the omelet on to a plate.



## Asian Veggie Omelette

1 serving  
20 minutes

### Ingredients

- 1 1/2 tsps Coconut Oil (or extra virgin olive oil)
- 1/2 cup Shiitake Mushrooms (sliced, or any mushrooms)
- 1 cup Bok Choy (sliced into quarters)
- 3 Egg
- 2 1/4 tsps Soy Sauce
- 2 stalks Green Onion (sliced)

### Nutrition

Amount per serving	
Calories	337
Fat	21g
Carbs	15g
Fiber	3g
Protein	22g

### Directions

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

### Notes

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

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

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

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



## Bell Pepper Egg Cups

2 servings

20 minutes

### Ingredients

3 Red Bell Pepper  
6 Egg  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	261
Fat	15g
Carbs	12g
Fiber	4g
Protein	21g

### Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Slice pepper in half and carve out the seeds.
- 3 Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy!

### Notes

**More Flavour:** Roast the red pepper in the oven before cracking the egg into them.

**Added Touch:** Sprinkle with cheese during the last 2 minutes.



## Bacon, Avocado & Cheddar Egg Wrap

4 servings  
25 minutes

### Ingredients

8 slices Bacon  
4 Egg  
1/4 tsp Sea Salt  
1 tsp Avocado Oil Or Olive Oil (divided)  
2 ozs Cheddar Cheese (shredded)  
4 leaves Romaine (large, whole)  
1/2 Avocado (sliced)

### Nutrition

Amount per serving	
Calories	404
Fat	35g
Carbs	4g
Fiber	2g
Protein	18g

### Directions

- 1 Heat a skillet over medium heat. Add the bacon and cook for 5 to 7 minutes each side or until it is cooked through and crispy. Remove and set aside.
- 2 Meanwhile, in a mixing bowl, whisk the eggs and salt together until well combined.
- 3 Heat a small non-stick pan over medium heat. Add enough oil to the pan to evenly coat it.
- 4 Add a 1/4 cup of the egg to the oiled pan and tilt the pan in a circular motion to distribute the egg evenly. Cook for 60 to 90 seconds or until just set and the egg releases easily from the pan. Flip the egg and sprinkle 1/4 of the shredded cheese onto the top side of the egg and continue cooking for 60 to 90 seconds until the cheese begins to melt. Remove and repeat with remaining egg and cheese.
- 5 To serve, layer the lettuce, avocado and cooked bacon on top of the melted cheese and roll or fold altogether. Enjoy!

### Notes

**Leftovers:** Refrigerate the egg wraps in an airtight container for up to three days or freeze for up to one month. Assemble wraps just before serving.

**Pan Size:** This recipe was tested in a 8-inch non-stick pan.

**Dairy-Free:** Omit the cheese.

**More Flavor:** Add garlic powder or dried herbs to the eggs.

**No Cheddar Cheese:** Use another semi-hard cheese instead, like gouda or havarti.

**No Romaine:** Use leaf lettuce, spring mix or baby spinach instead.

**Make it Meat-Free:** Use tomato slices instead of bacon.



## Spinach & Sweet Potato Egg Muffins

4 servings

35 minutes

### Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1 Sweet Potato (medium, peeled and chopped into cubes)
- 1 tbsp Extra Virgin Olive Oil
- 6 cups Baby Spinach
- 8 Egg
- 1/4 cup Water
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

### Nutrition

Amount per serving	
Calories	197
Fat	11g
Carbs	9g
Fiber	2g
Protein	14g

### Directions

- 1 Preheat oven to 350°F (177°C). Lightly grease a muffin pan with the first amount of olive oil.
- 2 Steam sweet potato in a double boiler for 8 to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
- 3 While the sweet potato is steaming, heat the other 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 muffin cups of the prepared pan.
- 5 In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
- 6 Pour the whisked eggs into the muffin cups 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

**Leftovers:** Store in the fridge in an airtight container up to three 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.

**No Sweet Potato :** Use carrots, broccoli or mushrooms instead.



## Spinach & Sausage Egg Muffins

6 servings

30 minutes

### Ingredients

1 1/2 tps Extra Virgin Olive Oil  
8 3/4 ozs Pork Sausage (casing removed)  
6 cups Baby Spinach (chopped)  
8 Egg  
1/4 cup Water  
1/4 tsp Sea Salt  
1 stalk Green Onion (chopped)

### Nutrition

Amount per serving	
Calories	246
Fat	20g
Carbs	3g
Fiber	1g
Protein	14g

### Directions

- 1 Preheat your oven to 350°F (176°C) and grease a muffin pan with the oil.
- 2 In a pan over medium-high heat, cook the sausage until no longer pink, about 5 to 8 minutes. Break it up into little pieces as it cooks. Drain the excess drippings from the pan and stir in the spinach. Cook until the spinach has wilted then remove the pan from heat to let cool slightly.
- 3 In a mixing bowl whisk the eggs together with the water and sea salt. Fold in the green onion.
- 4 Divide the sausage mixture evenly into the muffin tins and pour in the egg mixture. Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy!

### Notes

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

**More Flavor:** Use milk of choice instead of water. Add chili flakes, black pepper or hot sauce to the eggs.

**No Sausage:** Use ground pork, turkey or chicken instead. Season the ground meat with additional salt.

**No Spinach:** Use kale or chard instead.



## Spinach & Mushroom Egg Muffins

12 servings

40 minutes

### Ingredients

- 9 Egg
- 2 tbsps Unsweetened Almond Milk
- 1/2 tsp Sea Salt
- 1 1/2 tpsps Extra Virgin Olive Oil
- 1/2 Yellow Onion (diced)
- 1 cup Mushrooms
- 2 Garlic (cloves, minced)
- 2 cups Baby Spinach (packed and finely sliced, or use kale)

### Nutrition

Amount per serving	
Calories	64
Fat	4g
Carbs	1g
Fiber	0g
Protein	5g

### Directions

- 1 Preheat oven to 350°F (177°C). Whisk together eggs, almond milk and sea salt in a mixing bowl and set aside.
- 2 Heat olive oil in a frying pan over medium heat. Add onion and mushroom and saute for 5 minutes or until onions are translucent.
- 3 Add garlic and spinach and continue to saute just until spinach is wilted. Remove from heat and add to mixing bowl with eggs. Mix well.
- 4 Line a muffin tray with liners (parchment paper cups work best). Evenly distribute the egg/spinach mixture across the muffin tin leaving some room at the top as the egg will rise. Bake in the oven for 20 minutes.
- 5 Remove from oven and let cool before removing the liners. Enjoy!

### Notes

**More Vegetables:** Add roasted tomatoes.

**Make it Spicy:** Add hot sauce.



## Kale & Red Pepper Frittata

4 servings

30 minutes

### Ingredients

- 8 Egg
- 1/2 cup Unsweetened Almond Milk
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tbsp Extra Virgin Olive Oil
- 2 cups Kale Leaves (chopped)
- 1 Red Bell Pepper (chopped)
- 1 cup Cherry Tomatoes (halved)

### Nutrition

Amount per serving	
Calories	195
Fat	14g
Carbs	5g
Fiber	2g
Protein	14g

### Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Whisk the eggs, almond milk, salt and pepper together in a mixing bowl. Set aside.
- 3 Heat the oil in a cast iron skillet over medium heat. Add the kale, pepper, and tomatoes. Cook for 5 to 7 minutes, or until the kale is wilted and peppers are tender.
- 4 Pour the whisked eggs into the pan with the vegetables and let the eggs begin to set for about 30 seconds, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven and bake for 12 to 15 minutes, or until the eggs have set.
- 5 Remove the skillet from the oven and let sit for about 5 minutes before cutting into wedges. Serve and enjoy!

### Notes

**No Kale:** Use spinach instead.

**No Red Bell Pepper:** Use a bell pepper of another color instead.

**Leftovers:** Keep in the fridge for up to 3 days.



## Crustless Broccoli Cheddar Quiche

6 servings

40 minutes

### Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 2 cups Broccoli (finely chopped)
- 4 1/3 ozs Cheddar Cheese (shredded)
- 6 Egg
- 1/2 cup Unsweetened Almond Milk
- 1/2 tsp Salt
- 1/2 tsp Garlic Powder

### Nutrition

Amount per serving	
Calories	180
Fat	13g
Carbs	3g
Fiber	1g
Protein	12g

### Directions

- 1 Preheat the oven to 350°F (176°C) and grease a pie pan with the oil.
- 2 Arrange the broccoli and cheese in a single layer in the prepared pie pan.
- 3 In a mixing bowl whisk the eggs, milk, salt and garlic powder together. Pour the egg mixture over the broccoli and cheese. Bake for 30 to 35 minutes or until the egg has set and is firm to the touch.
- 4 Slice the quiche into wedges and enjoy!

### Notes

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

**More Flavor:** Add finely chopped onions and red pepper flakes.

**No Almond Milk :** Use dairy, coconut, or cashew milk instead. For an extra creamy quiche use half and half cream instead.

**Pie Pan:** This recipe was developed using a standard 9-inch glass pie pan.



## Lemon Blueberry Chia Jam

12 servings

25 minutes

### Ingredients

- 1 1/2 cups Frozen Blueberries
- 3 tbsps Lemon Juice
- 2 tbsps Maple Syrup
- 1 tbsp Chia Seeds

### Nutrition

Amount per serving	
Calories	24
Fat	0g
Carbs	5g
Fiber	1g
Protein	0g

### Directions

- 1 Add the blueberries, lemon juice and maple syrup to a small saucepan over medium-low heat. When the blueberries begin to release their juices, let the mixture simmer for about 15 minutes. The blueberries will start to break down.
- 2 Stir in the chia seeds and continue to simmer for about 5 minutes more until the blueberry mixture starts to thicken.
- 3 Remove from the heat and let it cool. The jam will continue to thicken as it cools. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to seven days or freeze for up to two months.

**More Flavor:** Add vanilla extract.

**No Blueberries:** Use strawberries or raspberries instead.

**No Maple Syrup:** Use honey instead. Or substitute stevia or monk fruit sweetener to taste.

**How to Use:** Spread on toast, pancakes, waffles, muffins, rice cakes or crackers. Use on top of oats, or in any recipe that calls for jam.



## Smooth Triple Berry Chia Jam

16 servings

20 minutes

### Ingredients

- 1 cup Frozen Strawberries
- 1 cup Frozen Raspberries
- 1 cup Frozen Blueberries
- 1/2 cup Water
- 1/2 tsp Vanilla Extract
- 1/4 tsp Cinnamon (optional)
- 3 tbsps Chia Seeds

### Nutrition

Amount per serving	
Calories	26
Fat	1g
Carbs	5g
Fiber	2g
Protein	1g

### Directions

- 1 Add the berries, water, vanilla and cinnamon, if using, to a pot over medium heat. Bring to a simmer and continue to cook until the berries are tender and the mixture is juicy, about 10 minutes.
- 2 Remove the cooked berries from the heat and stir in the chia seeds. Let cool slightly.
- 3 Transfer the mixture to a blender and blend until smooth, about a minute. If the jam is too thick, add a tablespoon of water a time until desired consistency is reached.
- 4 Let it cool completely then transfer to an airtight jar or container and refrigerate until ready to use. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to seven days or freeze for up to two months.

**Like it Sweet:** Add maple syrup, honey, stevia or monk fruit sweetener to taste.

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

**How to Use:** Spread on toast, pancakes, waffles, muffins, rice cakes or crackers. Use as a topping for oats, or in any recipe that calls for jam.



## Strawberry Chia Jam

8 servings

20 minutes

### Ingredients

2 cups Strawberries  
1 tbsp Raw Honey  
2 tbsps Chia Seeds

### Nutrition

Amount per serving	
Calories	34
Fat	1g
Carbs	6g
Fiber	1g
Protein	1g

### Directions

- 1 Trim the stems from the strawberries and cut in half. Place strawberries, honey and chia seeds in a blender or food processor and pulse until it reaches your preferred jam-consistency.
- 2 Transfer jam into a saucepan and place on the stove over medium heat. Stir until it begins to bubble. Reduce heat to low and let simmer for 10 to 15 minutes or until jam begins to thicken.
- 3 Remove from heat and pour into a mason jar. Let cool and then store in the fridge for up to 7 days. Freeze if using down the road. Enjoy!

### Notes

**Get Creative:** Try different combinations like strawberry-rhubarb or strawberry-peach!

**Storage Tip:** If freezing, be sure to leave at least 1 inch of space at the top of the jar to leave room for expansion. Otherwise the jar may shatter.

**How To Use:** Spread on toast, pancakes, waffles, muffins, rice cakes or crackers. Use as a topping for oats, or in any recipe that calls for jam.



## Sweet Almond Crêpes with Strawberries

2 servings

15 minutes

### Ingredients

- 3 Egg
- 1 tbsp Monk Fruit Sweetener
- 1 tsp Vanilla Extract
- 1/2 cup Almond Flour
- 1 tsp Coconut Oil (or extra virgin olive oil, divided)
- 2 tbsps Coconut Butter (soften, divided)
- 1 cup Strawberries (sliced, divided)

### Nutrition

Amount per serving	
Calories	421
Fat	34g
Carbs	22g
Fiber	7g
Protein	17g

### Directions

- 1 In a mixing bowl, whisk the eggs, monk fruit sweetener and vanilla together until well mixed. Stir in the almond flour.
- 2 Heat a small non-stick pan over medium heat. Add 1/4 of the coconut oil to the pan. Let the oil melt then evenly coat the pan.
- 3 Add about 1/4 cup of the 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, then flip and continue cooking for 30 to 60 seconds. Repeat with the remaining batter.
- 4 To serve, smear the coconut butter down the center of the crêpe and top with sliced strawberries. Fold or roll the crêpe and enjoy!

### Notes

**Leftovers:** Store coconut butter and strawberries separate from crêpes. Refrigerate the crêpes in an airtight container or zipper-lock bag for one day or freeze for longer. Reheat the crêpes in a dry pan until warmed through.

**Additional Toppings:** Top with coconut whipped cream, maple syrup, cinnamon, shredded coconut or nut butter.

**No Coconut Butter:** Use almond butter instead.

**No Monk Fruit Sweetener:** Use maple syrup instead and adjust for taste.



## Blueberry Waffles

4 servings

25 minutes

### Ingredients

- 2 Egg
- 1 cup Unsweetened Almond Milk
- 1/4 cup Maple Syrup (plus more for topping, optional)
- 1 tsp Vanilla Extract
- 2 cups Almond Flour
- 1/3 cup Arrowroot Powder
- 1 tsp Cinnamon
- 2 tsp Baking Powder
- 1 cup Blueberries (plus more for topping, optional)
- 2 tbsps Coconut Oil (divided)

### Nutrition

Amount per serving	
Calories	539
Fat	38g
Carbs	42g
Fiber	8g
Protein	16g

### Directions

- 1 In a food processor, add the eggs, almond milk, maple syrup, and vanilla extract. Process until well-combined.
- 2 In a separate bowl, whisk together the almond flour, arrowroot powder, cinnamon and baking powder.
- 3 Slowly combine the dry ingredients into the wet ingredients and process until well combined. Remove the blade and gently fold in the blueberries.
- 4 Coat the waffle maker with some coconut oil and add enough batter to cover the bottom of your maker.
- 5 Cook the waffles for about 5 minutes or until golden brown. Repeat the process until all the batter is cooked. To serve, top with blueberries and maple syrup, if using. Enjoy!

### Notes

**No Arrowroot Powder:** Use cornstarch instead.

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

**Additional Toppings:** Add your favorite fruit, jam or nut butter.

**No Waffle Maker:** Make them into pancakes instead.



## Blueberry & Lemon Pancakes

5 servings

25 minutes

### Ingredients

- 4 Egg
- 1/2 cup Coconut Flour
- 1/2 cup Unsweetened Almond Milk
- 2 tbsps Coconut Oil (melted, divided)
- 1/4 tsp Baking Soda
- 1/2 cup Maple Syrup (divided)
- 1/4 Lemon (juiced, zested)
- 1/2 cup Blueberries (divided)

### Nutrition

Amount per serving	
Calories	249
Fat	11g
Carbs	31g
Fiber	4g
Protein	7g

### Directions

- 1 In a large bowl, whisk the eggs, coconut flour, almond milk, and half of the coconut oil until combined.
- 2 To the same bowl, add in the baking soda, half of the maple syrup, lemon juice and zest. Once the mixture is smooth, fold in half of the blueberries.
- 3 Heat a large skillet over medium heat and add the remaining coconut oil. Once the pan is hot, pour the batter into the skillet, making each pancake about 3-inches wide. Work in batches being sure not to overcrowd the skillet.
- 4 Cook on each side for roughly 3 to 4 minutes, or until small holes begin to appear on the surface of the pancake. Repeat until batter is finished.
- 5 Top the pancakes with the remaining blueberries and maple syrup. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Freeze for up to two months. For best results, reheat in a pan with oil on medium heat or pop in the toaster if frozen.

**Additional Toppings:** Top with nuts, seeds, yogurt or nut butter.

**No Blueberries:** Use strawberries, blackberries, or raspberries instead.



## Pumpkin Pancakes

2 servings

20 minutes

### Ingredients

1/2 cup Pureed Pumpkin  
4 Egg  
2 tbsps Coconut Oil (melted, or use butter)  
1 tsp Cinnamon  
1 tsp Pumpkin Pie Spice  
2 tbsps Coconut Flour  
1 1/2 tsps Vanilla Extract  
1/4 tsp Baking Soda  
Salt (pinch)  
1 tbsp Maple Syrup (optional )  
4 slices Bacon

### Nutrition

Amount per serving	
Calories	445
Fat	31g
Carbs	19g
Fiber	5g
Protein	20g

### Directions

- 1 Cook bacon any way you prefer.
- 2 In a large mixing bowl, whisk the eggs, pumpkin, maple syrup (if using) and vanilla. Whisk the pumpkin pie spice, cinnamon, coconut flour, and baking soda, and salt into the wet ingredients.
- 3 Grease the skillet with 1 tsp butter and spoon the batter into the skillet to make pancakes of your desired size.
- 4 Allow the pancakes to cook for about three minutes, and when a few bubbles appear, flip the pancakes once to finish cooking for another three minutes. Serve with the bacon.

### Notes

**No Bacon:** Serve with sausage or 1-2 eggs instead.

**Additional Toppings:** Almond butter, chopped walnuts or pecans.



## Blueberry Pancakes

2 servings

25 minutes

### Ingredients

1/2 cup Unsweetened Almond Milk  
1/4 cup Coconut Flour (sifted)  
2 Egg (lightly beaten)  
2 tbsps Almond Butter  
1/2 tsp Baking Soda  
1/4 tsp Vanilla Extract  
1/2 cup Blueberries  
1 tbsp Coconut Oil (for cooking the pancakes)

### Nutrition

Amount per serving	
Calories	320
Fat	23g
Carbs	17g
Fiber	8g
Protein	12g

### Directions

- 1 In a small bowl combine milk, flour, eggs, nut butter, baking soda, and vanilla. Whisk until blended. Stir in the blueberries. Let stand for 10 minutes.
- 2 Heat 1 tsp oil in a large skillet over medium heat until it is hot enough for a spritz of water to sizzle on it. Pour batter in 1/2 cup dollops onto skillet.
- 3 Cook 2 minutes until bubbles form on top and the bottom is golden brown. Flip and cook two more minutes or until bottom is golden brown.

### Notes

Serve it With: Bacon, sausage, eggs or Greek yogurt.



## Almond Pancakes

3 servings

20 minutes

### Ingredients

1 cup Almond Flour  
 1 tsp Baking Powder  
 2 Egg  
 1 tbsp Monk Fruit Sweetener  
 1/3 cup Unsweetened Almond Milk  
 2 tbsps Coconut Oil (softened)  
 1/2 tsp Cinnamon  
 1/8 tsp Sea Salt  
 3 tbsps Almond Butter (for topping)  
 3 tbsps Almonds (roughly chopped, for topping)

### Nutrition

Amount per serving	
Calories	494
Fat	44g
Carbs	18g
Fiber	7g
Protein	17g

### Directions

- 1 In a medium-sized bowl, whisk together the almond flour, baking powder, eggs, sweetener, almond milk, coconut oil, cinnamon and sea salt.
- 2 Heat a greased skillet over medium-low heat. Pour the batter into the skillet, no more than 1/4 cup at a time. Cook each side for 3 to 4 minutes or until browned.
- 3 Divide the pancakes onto plates and top with almond butter and almonds. Enjoy!

### Notes

**Leftovers:** Refrigerate cooked pancakes in an airtight container for up to three days. Reheat in a toaster for easy leftovers.

**Additional Toppings:** Top with berries and/or maple syrup.

**No Monk Fruit Sweetener:** Omit or use coconut sugar and adjust accordingly for flavor.



## Cottage Cheese Pancakes

1 serving

10 minutes

### Ingredients

- 1/2 cup Cottage Cheese
- 1/4 cup Oats
- 2 Egg (only the egg whites)
- 1 tsp Vanilla Extract
- 1 tbs Stevia (only if you want the pancakes to be sweet)

### Nutrition

Amount per serving	
Calories	336
Fat	15g
Carbs	19g
Fiber	2g
Protein	27g

### Directions

- 1 Pour cottage cheese and egg whites into the blender first, then add oats, vanilla extract, and a little stevia.
- 2 Blend to a smooth consistency.
- 3 Put a pan with a little cooking spray on medium heat and fry each pancake until golden on both sides.

### Notes

Serve it With: Berries, sugar-free jam, peanut butter or bacon, sausage, ham.



## Apple Pie Pancakes

4 servings

30 minutes

### Ingredients

- 2 Egg
- 1/2 cup Unsweetened Almond Milk
- 2 tbsps Maple Syrup (divided)
- 1/2 Lemon (juiced and divided)
- 2/3 tsp Vanilla Extract
- 1/3 cup Coconut Flour
- 1/3 cup Arrowroot Powder
- 1 tsp Baking Powder
- 1/8 tsp Baking Soda
- 1/8 tsp Sea Salt
- 2 tps Extra Virgin Olive Oil
- 2 tps Coconut Oil
- 2/3 Apple (cored and diced)
- 1/3 tsp Cinnamon
- 1 1/3 tbsps Almond Flour

### Nutrition

Amount per serving	
Calories	216
Fat	10g
Carbs	27g
Fiber	5g
Protein	5g

### Directions

- 1 In a large bowl, whisk the eggs, almond milk, 1/3 of the maple syrup, 1/3 of the lemon juice and vanilla until combined.
- 2 In a separate bowl, combine the coconut flour and arrowroot flour. Add to the wet mixture about 1/4 cup at a time, whisking thoroughly.
- 3 Mix in baking powder, baking soda, and salt.
- 4 Grease a large skillet with olive oil and place over medium heat. Once hot, pour pancakes in the skillet, about 3-inches wide.
- 5 Once small holes begin to appear in the surface of the pancake, sprinkle a few apple chunks onto it and flip over. Cook each side approximately 3-4 minutes. Repeat until batter is finished.
- 6 Heat coconut oil in a small saucepan over medium heat. Add remaining apple chunks, cinnamon, the remaining 2/3 of the lemon juice and the remaining 2/3 of the maple syrup. Stir until combined.
- 7 Add almond flour and turn down to low-medium heat. Let simmer and stir occasionally for 3 to 5 minutes or until apple chunks are soft.
- 8 Top apple pancakes with chunky apple cinnamon sauce. Serve with eggs or meat to boost the protein. Enjoy!

### Notes

**No Arrowroot Flour:** Use tapioca flour or cornstarch.

**Leftovers:** Store pancakes in the fridge and reheat them in the toaster.



## Oatmeal with Protein Boost

1 serving

10 minutes

### Ingredients

3/4 cup Water  
1/4 cup Oats (quick cooking steel cut oats)  
1 tsp Raw Honey (or Stevia )  
1/8 tsp Ground Allspice  
1/2 tsp Coconut Extract (optional)  
1/3 cup Coconut Milk  
1/4 cup Protein Powder (or 1 scoop)  
1 tbsp Unsweetened Shredded Coconut

### Nutrition

Amount per serving	
Calories	358
Fat	19g
Carbs	24g
Fiber	4g
Protein	23g

### Directions

- 1 Bring water to a boil in a small saucepan over medium high heat. Stir in the oats, honey, coconut extract and allspice.
- 2 Cover and reduce heat to medium low and simmer, stirring often until the liquid has been absorbed, 5-7 minutes.
- 3 Combine the coconut milk and protein powder in a small bowl and stir until powder has dissolved. Stir in coconut milk mixture into the oats, add shredded coconut.

### Notes

Extra Toppings: Peanut butter, almond butter, sunflower seed butter, nuts or seeds.



## Chocolate Overnight Oats

1 serving

5 minutes

### Ingredients

1/4 cup Oats (old fashioned oats)  
1/2 cup Plain Greek Yogurt  
1/2 cup Unsweetened Almond Milk  
2 tbsps Cocoa Powder  
1 tsp Maple Syrup (or use stevia)  
1 tbsp Hemp Seeds

### Directions

1

Add all ingredients in the order listed to a mason jar, except hemp seeds. Stir to combine. Put on lid and refrigerate overnight. Serve warm or cold.

### Notes

**Warm it Up:** Heat in microwave for 30 to 60 seconds before eating.

**No Hemp Seeds:** Use ground flax seeds instead.

### Nutrition

Amount per serving	
Calories	278
Fat	11g
Carbs	32g
Fiber	7g
Protein	19g



## Blueberry Overnight Oats

1 serving

8 hours

### Ingredients

1/3 cup Oats  
1/3 cup Unsweetened Almond Milk  
1 1/2 tsps Chia Seeds  
1/8 tsp Stevia Powder (or to taste )  
1/4 tsp Cinnamon  
2 tbsps Water  
1/4 cup Blueberries  
1/4 cup Slivered Almonds

### Directions

1

Combine oats, almond milk, chia seeds, stevia, cinnamon and water together in a large Tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).

2

Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

### Nutrition

Amount per serving	
Calories	325
Fat	19g
Carbs	34g
Fiber	9g
Protein	11g



## Berry & Nut Breakfast Bowl

1 serving  
10 minutes

### Ingredients

1/4 cup Strawberries (chopped)  
1/4 cup Blackberries (cut in half)  
2 tbsps Walnuts (chopped)  
2 tbsps Almonds (chopped)  
1 tbsp Pumpkin Seeds  
1 tbsp Hemp Seeds  
1/4 cup Unsweetened Almond Milk

### Nutrition

Amount per serving	
Calories	329
Fat	28g
Carbs	15g
Fiber	8g
Protein	12g

### Directions

- 1 Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
- 2 Pour the almond milk over top and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.

**Additional Toppings:** Add a pinch of cinnamon, shredded coconut, additional nuts and seeds, a dollop of yogurt or a drizzle of honey.

**No Almond Milk:** Use another non-dairy milk instead.



## Chocolate Berry Chia Pudding

4 servings

5 minutes

### Ingredients

2 cups Coconut Milk (full fat, canned )  
1/2 cup Chia Seeds  
1/2 tsp Vanilla Extract  
1/4 cup Maple Syrup (or any sweetener )  
1/4 cup Cocoa Powder  
1/4 cup Strawberries

### Nutrition

Amount per serving	
Calories	400
Fat	30g
Carbs	30g
Fiber	8g
Protein	7g

### Directions

- 1 For blended/smooth version: Place all ingredients, except strawberries, in blender and blend on high for 1-2 minutes until completely smooth.
- 2 For whole chia seed version: Blend all ingredients except strawberries and chia seeds in a blender until smooth. Whisk in chia seeds.
- 3 Pour mixture into a jar or glass container and place in the refrigerator for at least 4 hours or overnight to let gel.
- 4 Shake or whisk a few times within the first hour to help it gel evenly.
- 5 Garnish with strawberries. Enjoy!

### Notes

**Storage:** Keeps well in the fridge up to 5 days.



## Peach Pie Chia Pudding

4 servings

5 minutes

### Ingredients

2 cups Coconut Milk (full fat, canned )  
1/2 cup Chia Seeds  
1/2 tsp Vanilla Extract  
1/4 cup Maple Syrup (or any sweetener )  
1/2 tsp Cinnamon  
1 Peach (chopped )  
1/2 cup Pecans (chopped )

### Nutrition

Amount per serving	
Calories	486
Fat	38g
Carbs	32g
Fiber	8g
Protein	7g

### Directions

- 1 For blended/smooth version: Place all ingredients, except peaches and pecans, in blender and blend on high for 1-2 minutes until completely smooth.
- 2 For whole chia seed version: Blend all ingredients except peaches, pecans and chia seeds in a blender until smooth. Whisk in chia seeds.
- 3 Pour mixture into a jar or glass container and place in the refrigerator for at least 4 hours or overnight to let gel.
- 4 Shake or whisk a few times within the first hour to help it gel evenly.
- 5 Garnish with peaches and pecans.



## Vanilla Chia Pudding with Berries

2 servings

3 hours

### Ingredients

- 1 cup Coconut Milk (canned)
- 2 tsp Maple Syrup
- 1 1/2 tsp Vanilla Extract
- 1/3 cup Chia Seeds
- 1/2 cup Blueberries

### Nutrition

Amount per serving	
Calories	420
Fat	32g
Carbs	27g
Fiber	9g
Protein	7g

### Directions

- 1 In a medium-sized bowl, whisk together the coconut milk, maple syrup, and vanilla extract. Then whisk in the chia seeds. Place in the refrigerator for 3 hours or overnight.
- 2 If you don't like the texture of chia seeds: you can add the mixture except the berries to a blender and blend until completely smooth and creamy.
- 3 Divide the chia pudding between bowls or containers and top with blueberries. Enjoy!

### Notes

**Storage:** Keeps well in an airtight container in the fridge for up to 5 days.



## Blueberry Chia Parfait

2 servings

30 minutes

### Ingredients

1 3/4 cups Unsweetened Almond Milk  
1/3 cup Chia Seeds  
1 tbsp Maple Syrup  
1 cup Frozen Blueberries (thawed)  
1/4 cup Slivered Almonds

### Nutrition

Amount per serving	
Calories	356
Fat	22g
Carbs	34g
Fiber	13g
Protein	11g

### Directions

- 1 In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
- 2 For blended/smooth version: Place all ingredients, except blueberries and slivered almonds, in blender and blend on high for 1-2 minutes until completely smooth.
- 3 Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
- 4 Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

### Notes

**No Slivered Almonds:** Use shredded coconut or hemp seeds instead.

**Chia Will Not Gel:** If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!



## Strawberry Coconut Overnight Oats

4 servings

8 hours

### Ingredients

- 1 1/2 cups Oats (quick)
- 1 1/2 cups Coconut Milk
- 2 tbsps Chia Seeds
- 1 tbsp Maple Syrup
- 3/4 cup Water
- 2 cups Strawberries (sliced)
- 1/4 cup Hemp Seeds

### Nutrition

Amount per serving	
Calories	396
Fat	25g
Carbs	35g
Fiber	6g
Protein	10g

### Directions

- 1 Combine oats, coconut milk, chia seeds and maple syrup together in a large glass container. Add water and stir well to evenly mix. Cover and store in the fridge overnight.
- 2 Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced strawberries followed by a sprinkle of hemp seeds. Repeat until all ingredients are used up. Store in the fridge up to 4 days or until ready to eat.

### Notes

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

**Warm It Up:** Heat in the microwave for 30 to 60 seconds before eating

**More Protein:** Add extra hemp seeds



## Flaxseed Pudding Parfait

2 servings

35 minutes

### Ingredients

- 1/2 cup Ground Flax Seed
- 1 tsp Cinnamon
- 1 cup Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 2 cups Plain Greek Yogurt
- 1/2 cup Raspberries
- 1/4 cup Pecans (crushed)

### Nutrition

Amount per serving	
Calories	466
Fat	24g
Carbs	34g
Fiber	10g
Protein	30g

### Directions

- 1 In a bowl, whisk together the ground flaxseed, cinnamon, unsweetened almond milk and maple syrup. Let sit for 30 minutes, up to overnight.
- 2 To make the parfaits, set out glass cups or mason jars. Layer in the yogurt and flaxseed pudding in separate layers.
- 3 Top the parfaits with raspberries and pecans. Enjoy!

### Notes

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

**Nut-Free:** Use pumpkin seeds or hemp seeds instead of pecans.

**More Flavor:** Add vanilla extract or a variety of berries.



## Berry Avocado Smoothie

1 serving

5 minutes

### Ingredients

1 cup Plain Coconut Milk  
(unsweetened, from the box)  
1/2 cup Frozen Berries  
1/4 Avocado  
1 tbsp Chia Seeds  
1/4 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	345
Fat	17g
Carbs	28g
Fiber	10g
Protein	23g

### Directions

- 1 Combine all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**No Chia Seeds:** Use flax seeds instead.

**No Avocado:** Use almond butter or sunflower seed butter instead.

**Additional Toppings:** Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.



## Mint Chocolate Chip Protein Smoothie

1 serving

5 minutes

### Ingredients

- 2 cups Baby Spinach
- 1/4 cup Chocolate Protein Powder (or 1 scoop)
- 1 cup Unsweetened Almond Milk
- 1/2 cup Water
- 1/4 cup Mint Leaves
- 1/4 Avocado
- 1 tbsp Cacao Nibs (or dark chocolate chips)
- 4 Ice Cubes
- 1 tbsp Ground Flax Seed (optional)

### Directions

1

In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

### Nutrition

Amount per serving	
Calories	293
Fat	16g
Carbs	15g
Fiber	11g
Protein	25g



## Chocolate Cherry Protein Smoothie

1 serving

5 minutes

### Ingredients

- 1/4 cup Chocolate Protein Powder (or 1 scoop)
- 1 cup Unsweetened Almond Milk
- 1/2 cup Dark Cherries (frozen)
- 1 tbsp Almond Butter
- 1 tbsp Chia Seeds
- 1/2 cup Ice Cubes

### Directions

- 1 Add all ingredients in a blender and blend very well until smooth.

### Nutrition

Amount per serving	
Calories	321
Fat	16g
Carbs	23g
Fiber	8g
Protein	26g



## Strawberry Protein Smoothie

1 serving

5 minutes

### Ingredients

- 1/4 cup Vanilla Protein Powder (or 1 scoop)
- 1 cup Unsweetened Almond Milk
- 1/2 cup Strawberries (fresh or frozen)
- 1 tbsp Chia Seeds
- 1/2 cup Ice Cubes (if using fresh fruit)

### Nutrition

Amount per serving	
Calories	197
Fat	7g
Carbs	13g
Fiber	6g
Protein	22g

### Directions

- 1 Throw all ingredients into a blender. Blend well until smooth.

### Notes

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



## Peach & Berry Smoothie

1 serving

5 minutes

### Ingredients

- 1/4 cup Peaches (fresh or frozen)
- 1 cup Unsweetened Almond Milk
- 1/4 cup Blueberries (fresh or frozen )
- 1/4 cup Protein Powder
- 1 tbsp Almond Butter
- 1 tbsp Chia Seeds
- 1/4 cup Ice Cubes (if using fresh fruit)

### Nutrition

Amount per serving	
Calories	314
Fat	16g
Carbs	20g
Fiber	8g
Protein	26g

### Directions

- 1 Throw all ingredients into a blender. Blend well until smooth.

### Notes

**No Almond Milk:** Use coconut milk or your choice of alternative milk instead.