



28 Simple & Healthy Sahur Breakfasts

<http://www.womenlifestyletraining.com>

Assalamualaykum,

I hope you will enjoy these recipes, as much as I do, and as much as I enjoyed putting this book together for you!

Fasting, and especially during the holy month of Ramadan, can be challenging. What we eat and drink during the eating window matters a lot. Just like during any day, it's very important to eat well, in order to feel well!

Eating sahur or breakfast is important for many reasons, but maybe the most important is:

"Take Sahur, for there is a blessing in it." [Muslim: 1905]

But also in order to feel well of course. A balanced meal including protein, good types of carbohydrates and some good fat in moderation, will give you energy and satisfaction for hours. Something you definitely need during fasting.

In this ebook you'll find simple & healthy sahur breakfast recipes, so it will be easy for you.

Thank you & Energetic Regards,

Carin

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Savory Oats with Fried Egg	 Peanut Butter & Jam Overnight Oats	 Egyptian Fava Beans with Tahini	 Peanut Butter Cup Overnight Oats	 Pear Spice Overnight Oats	 Carrot Cake Overnight Oats	 Apple Cinnamon Overnight Oats
Breakfast	 Mocha Overnight Protein Oats	 Oatmeal with Blueberries & Egg	 Cardamom Pear Baked Oatmeal	 Salted Dark Chocolate Almond Granola	 Overnight Vanilla Protein Oats	 Apple Cinnamon Porridge	 Breakfast Protein Bowl
Breakfast	 Banana Bread Brown Rice Porridge	 Peanut Butter & Banana Steel Cut Oats	 Peanut Butter Breakfast Quinoa	 Peanut Butter Banana Oatmeal Bake	 Peach Buckwheat Pudding	 Sun Butter Oatmeal Cookie Granola	 Breakfast Tacos with Mashed Peas & Edamame
Breakfast	 Savory Pesto Oatmeal Bowl	 Banana Coconut Granola	 Berry Baked Oatmeal	 Asian Veggie Omelette	 Zucchini Turkey Breakfast Skillet	 Pumpkin Breakfast Cookies	 Meal Prep Black Bean & Sweet Potato Burritos



Savoury Oats with Fried Egg

1 serving
20 minutes

Ingredients

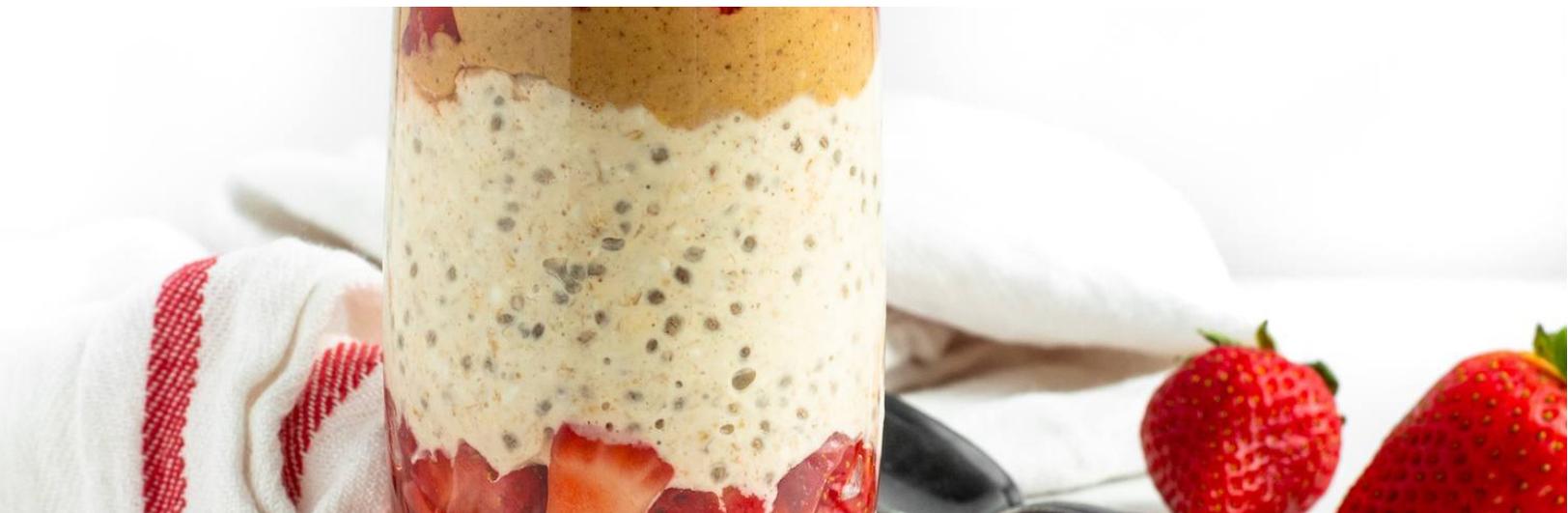
2 tbsps Extra Virgin Olive Oil (divided)
1/8 Yellow Onion (finely chopped)
1 Garlic (clove, minced)
1/4 tsp Sea Salt
1/4 tsp Black Pepper
1/3 cup Oats (rolled)
1 cup Water
1/2 cup Cherry Tomatoes
1 cup Baby Spinach
1 Egg

Directions

- 1 Heat half of the oil over medium-high heat in a small pot. Add onions and garlic to the pot and saute for 2 to 3 minutes or until the onions have softened. Stir in salt and pepper.
- 2 Add the oats to the pot and stir to combine with the onions. Add water and reduce heat to medium-low. Simmer for about 10 to 12 minutes or until oats are tender. Stir occasionally to prevent oats from burning.
- 3 While oats are cooking, heat remaining oil in a frying pan with a lid over medium heat. Add the tomatoes then stir to coat with oil. Cover pan with the lid and cook for 4 to 5 minutes shaking the pan occasionally until tomatoes start to wrinkle. Remove the lid, add spinach and cook until wilted. Remove tomatoes and spinach from the pan and set aside.
- 4 Place the skillet back over medium heat and cook the egg to your liking.
- 5 To serve, transfer the oats to a bowl and top with veggies and egg. Season with additional salt and black pepper if needed. Enjoy immediately.

Notes

No Spinach, Use another leafy green like kale.



Peanut Butter & Jam Overnight Oats

1 serving

8 hours

Ingredients

2 1/2 tbsps All Natural Peanut Butter (divided)
1 1/2 tbsps Maple Syrup (divided)
2/3 cup Unsweetened Almond Milk
1/2 cup Oats (quick)
1 1/2 tsps Chia Seeds
1 cup Strawberries (finely chopped)

Directions

- 1 Add half of the peanut butter and half of the maple syrup to a mixing bowl. Slowly whisk in almond milk until combined.
- 2 Stir in the oats and chia seeds until combined. Cover and let sit for at least 3 hours or overnight.
- 3 To prepare the strawberries, add chopped strawberries to a bowl with remaining maple syrup. Stir to coat the strawberries in the syrup then cover and let rest in the fridge until oats are ready.
- 4 To serve, divide the peanut butter oats between two jars and top with equal amounts of the sweetened strawberries (and their juices) and remaining peanut butter. Enjoy!

Notes

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

No Peanut Butter, Use almond butter, cashew butter or sunflower seed butter instead.



Egyptian Fava Beans with Tahini

1 serving
15 minutes

Ingredients

1 cup Fava Beans (cooked, with liquid)
1 tbsp Tahini
1/8 tsp Cumin
1/2 tsp Apple Cider Vinegar
1/16 tsp Sea Salt

Directions

- 1 Combine all ingredients in a saucepan over medium-high heat. Cook for 5 to 8 minutes, stirring occasionally until thick and saucy.
- 2 Mash half of the fava beans for a thicker consistency (optional). Adjust salt to taste.
- 3 Divide into bowls and enjoy!

Notes

Serve It With, Warm pita, bread, crackers, yogurt, fried or scrambled eggs, parsley, cilantro and/or pomegranate seeds.

No Apple Cider Vinegar, Use lemon juice instead.

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

Storage, Refrigerate in an airtight container up to 3 to 5 days.



Fried Eggs & Steamed Spinach

1 serving
10 minutes

Ingredients

2 cups Baby Spinach
1 tbsp Water
Sea Salt & Black Pepper (to taste)
1 tsp Ghee
2 Egg

Directions

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

Notes

No Ghee, Use butter or oil instead.

More Flavour, Sprinkle everything with nutritional yeast or Everything Bagel Seasoning.



Peanut Butter Cup Overnight Oats

1 serving

8 hours

Ingredients

1/2 cup Oats (quick or rolled)
1/2 cup Unsweetened Almond Milk
1 1/3 tbsps All Natural Peanut Butter
2 tsps Chia Seeds
2 tsps Maple Syrup
1 tsp Cocoa Powder
2 2/3 tbsps Water

Directions

- 1 Combine oats, almond milk, peanut butter, chia seeds, maple syrup, cocoa powder and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 2 Remove from fridge. Divide into single-serving size jars or containers. Enjoy!

Notes

Storage, Refrigerate up to 4 days or until ready to eat. Add an extra splash of almond milk and/or a drizzle of honey (optional).

Toppings, Banana slices, peanuts, shredded coconut, hemp hearts or chocolate chips.

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

No Maple Syrup, Use honey instead.

More Fiber, Add ground flaxseed.



Pear Spice Overnight Oats

1 serving

8 hours

Ingredients

1/2 cup Skim Milk
1/4 cup Water
1/2 cup Oats (rolled)
1 1/2 tsps Raw Honey
1/4 tsp Cinnamon
1/4 tsp Ground Allspice
1 1/2 tsps Chia Seeds
1/2 Pear (sliced and divided)
1 tbsp Tahini

Directions

- 1 In a large bowl, combine the milk, water, oats, honey, cinnamon, allspice, chia and half of the sliced pear. Cover and refrigerate overnight.
- 2 In the morning, divide into bowls or individual containers and top with tahini and the remaining pears. Enjoy!

Notes

Storage, Refrigerate in airtight containers up to 3 days.

More Toppings, Add your favourite toppings such as walnuts, pecans, nutmeg, hemp seeds, ground flax, sesame seeds, pumpkin seeds or shredded coconut.

Dairy-Free, Use coconut milk kefir or any alternative milk instead.

No Pears, Use apples instead.



Hard Boiled Eggs

1 serving
15 minutes

Ingredients

2 Egg

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

Notes

Leftovers, Refrigerate in a covered container with the shell on for up to 7 days.

Easier to Peel, Add salt to the water while boiling.



Carrot Cake Overnight Oats

1 serving

8 hours

Ingredients

- 1/2 cup Oats (rolled)
- 1/4 Carrot (medium, grated)
- 1 tbsp Chia Seeds
- 1/4 tsp Cinnamon
- 1/8 tsp Ground Ginger
- 2/3 cup Unsweetened Almond Milk
- 1 tsp Stevia Powder
- 1 tbsp Unsweetened Low Fat Yogurt
- 1 tbsp Walnuts (roughly chopped)

Directions

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

Notes

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

Nut-Free, Omit, or use pumpkin seeds.

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

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

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

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



Apple Cinnamon Overnight Oats

1 serving

8 hours

Ingredients

1/3 cup Oats (quick oats work best)
1/3 cup Unsweetened Almond Milk
1 1/2 tsps Chia Seeds
1 1/2 tsps Stevia Powder
1/4 tsp Cinnamon
1/16 tsp Nutmeg
1/8 tsp Vanilla Extract
2 tbsps Water
1/4 Apple (cored and diced)
1/4 cup Walnuts (chopped)

Directions

1

Combine oats, almond milk, chia seeds, stevia, cinnamon, nutmeg, vanilla extract and water in a large glass container. 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 apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up.

3

Store in the fridge up to 4 days or until ready to eat. Add an extra splash of almond milk and/or a drizzle of honey (optional).

Notes

More Protein, Add hemp seeds or a spoonful of nut butter.

Warm it Up, Heat in the microwave for 30 to 60 seconds before eating.

No Maple Syrup, Use honey to sweeten instead.



Mocha Overnight Protein Oats

1 serving

8 hours

Ingredients

- 1/2 cup Oats (rolled)
- 1 tbsp Chia Seeds
- 1 tbsp Cocoa Powder
- 2 tbsps Chocolate Protein Powder
- 1/2 cup Unsweetened Almond Milk
- 1/4 cup Organic Coffee (brewed and chilled)
- 1 tbsp Cacao Nibs

Directions

- 1 Combine all ingredients in a large bowl and mix well. Cover and refrigerate overnight.
- 2 Divide between bowls or containers. Top with cacao nibs for some crunch. Enjoy!

Notes

Leftovers, Keeps well in the fridge for 3-4 days.



Oatmeal with Blueberries & Egg

1 serving
10 minutes

Ingredients

1 cup Water
1/2 cup Oats (quick or rolled)
1/2 cup Blueberries (fresh or frozen)
1 Egg
3/4 cup Skim Milk

Directions

- 1 Bring water to a boil in a small saucepan. Add the oats, with sea salt and cinnamon. Reduce to a steady simmer and cook, stirring occasionally for about 5 minutes or until oats are tender and most of the water is absorbed.
- 2 Transfer the cooked oats to a bowl and top with blueberries and pour over the milk. Eat the cold egg on the side. Enjoy!

Notes

Extra Toppings, Peanut butter, almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

No Blueberries, Top with raspberries, strawberries, peaches or bananas.

No Stove Top, Cook oats in the microwave instead.



Cardamom Pear Baked Oatmeal

6 servings

45 minutes

Ingredients

- 2 cups Oats (quick or traditional)
- 2 cups Water
- 2 tbsps Maple Syrup
- 1/2 cup Pureed Pumpkin (canned)
- 1/4 cup Tahini
- 1 tsp Cardamom
- 2 tbsps Ground Flax Seed
- 1 Pear (half sliced, half diced)

Directions

- 1 Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil or line with parchment paper.
- 2 Add all ingredients except the pear slices in a mixing bowl and stir until thoroughly combined.
- 3 Transfer to baking pan and top with pear slices. Bake for about 45 minutes or until a toothpick comes out clean. Enjoy!

Notes

Storage, Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

No Pumpkin, Use unsweetened applesauce, pureed butternut squash or sweet potato instead.



Salted Dark Chocolate Almond Granola

4 servings

40 minutes

Ingredients

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

Directions

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

Notes

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

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

Nut-Free, Substitute the almonds for sunflower seeds.

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



Overnight Vanilla Protein Oats

1 serving

8 hours

Ingredients

1/2 cup Oats (quick or traditional)
1 1/2 tsps Chia Seeds
2/3 cup Unsweetened Almond Milk
2 tsps Vanilla Protein Powder
2 tsps Raspberries
2 tsps Blueberries
1 1/2 tsps Almond Butter

Directions

- 1 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 2 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 3 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

Notes

Extra Garnish, Add cacao nibs, chocolate chips, seeds or nuts.

Leftovers, Keep well in the fridge for 3 to 4 days.

No Almond Butter, Omit, or use peanut butter or sunflower seed butter instead.

Protein Powder, This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.



Apple Cinnamon Porridge

1 serving
15 minutes

Ingredients

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

Directions

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

Notes

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

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

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



Breakfast Protein Bowl

1 serving
25 minutes

Ingredients

1/4 cup Quinoa (dry, uncooked)
3/4 cup Water
2 Egg
2 cups Baby Spinach
1/3 cup Cherry Tomatoes (halved)
1/2 Avocado (mashed)
1/8 tsp Sea Salt (or more to taste)

Directions

- 1 Add quinoa and water to a pot and bring to a low boil. Once boiling, reduce heat to a simmer, cover and let cook for about 12 to 15 minutes. When done, remove the pot from the heat and fluff the quinoa with a fork.
- 2 Heat a pan over medium-low heat and make scrambled eggs. Remove and place on a plate.
- 3 Add the spinach to the same pan and heat over low until wilted. Remove from heat.
- 4 Add quinoa to a bowl and add the eggs, greens, cherry tomatoes and mashed avocado. Season to taste with salt. Enjoy!

Notes

Prep Ahead, Make the quinoa in advance and used hard boiled eggs to save time.
Extra Nutrients, Top with sprouts or microgreens.



Banana Bread Brown Rice Porridge

1 serving
55 minutes

Ingredients

- 1/2 Banana (ripe)
- 1 cup Water
- 1/2 cup Organic Coconut Milk (full-fat, from the can)
- 1/4 cup Brown Basmati Rice
- 1 tbsp Maple Syrup
- 1/2 tsp Vanilla Extract
- 1/8 tsp Cinnamon
- 1/16 tsp Nutmeg
- 2 tbsps Walnuts (chopped)

Directions

- 1 In a small mixing bowl, mash the ripe banana until very smooth.
- 2 To a medium pot with a tight-fitting lid add the water, coconut milk, rice, maple syrup, vanilla, cinnamon, nutmeg, and mashed banana and stir well. Bring liquid to a gentle boil then reduce heat to medium-low and cover with lid.
- 3 Let simmer covered for about 40 minutes or until the rice is tender, stirring every 5 to 10 minutes to ensure porridge isn't sticking to the bottom of the pot.
- 4 When rice is tender, remove porridge from heat and let sit uncovered for 10 to 15 minutes to thicken.
- 5 Divide into bowls and top with chopped walnuts. Enjoy!

Notes

No Brown Rice, Use steel cut oats instead.

Leftovers, Keeps in the fridge for up to 3 days.

Additional Toppings, Sliced bananas, berries, a pinch of cinnamon or a pinch of sea salt.



Peanut Butter & Banana Steel Cut Oats

1 serving
35 minutes

Ingredients

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

Directions

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

Notes

No Coconut Milk, Use almond milk instead.

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



Peanut Butter Breakfast Quinoa

1 serving
40 minutes

Ingredients

1/4 cup Quinoa (uncooked)
3/4 cup Water
1/4 cup Organic Coconut Milk (from the can)
1 1/2 tsps Maple Syrup
1/8 tsp Cinnamon
1/16 tsp Sea Salt
2 tsps All Natural Peanut Butter
1/2 cup Strawberries (sliced)

Directions

- 1 Add uncooked quinoa to a medium pot with a tight-fitting lid. Whisk in water, coconut milk, maple syrup, cinnamon and salt.
- 2 Bring to a gentle boil then reduce to medium-low and cover with lid. Let simmer, stirring frequently to prevent quinoa from sticking to the bottom of the pot, for 25 minutes or until quinoa is tender.
- 3 Remove from heat and stir in peanut butter until well mixed. Divide into bowls and then top with strawberries. Enjoy!

Notes

No Coconut Milk, Any unsweetened nondairy or dairy milk will work.

No Peanut Butter, Use another natural nut butter like almond.

Leftovers, Store in the fridge up to 4 days. Reheat with an extra splash of milk or water.

More Toppings, Crushed peanuts, sliced banana or a drizzle of maple syrup.



Peanut Butter Banana Oatmeal Bake

4 servings

40 minutes

Ingredients

2 Banana (divided)
2 cups Oats (quick or traditional)
2 cups Unsweetened Almond Milk
2 tbsps Maple Syrup
2 tbsps Chia Seeds
1/3 cup All Natural Peanut Butter
(divided)

Directions

- 1 Preheat oven to 375°F (191°C). Line a square or loaf pan with parchment paper, or grease it with your choice of oil.
- 2 Cut half of your bananas into slices, and mash the remaining half with the back of a fork.
- 3 In a mixing bowl, combine the oats, milk, maple syrup, chia, mashed bananas, and 2/3 of the peanut butter.
- 4 Transfer the mixture to your pan. Top with banana slices and drizzle the remaining peanut butter over top. Bake for 35 minutes and let cool slightly before serving. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container up to 3 to 5 days.

No Peanut Butter, Use sunflower seed, almond, cashew or hazelnut butter instead.

No Maple Syrup, Use honey, dates, stevia or extra banana instead.

No Almond Milk, Use cashew milk or regular milk.

More Fibre, Add ground flax seed.



Peach Buckwheat Pudding

1 serving
2 hours 10 minutes

Ingredients

1/2 cup Buckwheat Groats (dry)
1/3 cup Unsweetened Almond Milk
1 tbsp Chia Seeds
1 tbsp Almond Butter
1/8 tsp Cinnamon
1 Peach (sliced)
2 tbsps Blueberries

Directions

- 1 Place the buckwheat groats in a medium-sized bowl and cover with water. Let soak for at least 2 hours, or overnight.
- 2 Drain and rinse the buckwheat and add it to a food processor with the milk, chia seeds, almond butter, and cinnamon. Blend until smooth.
- 3 Add buckwheat pudding to a bowl and top with peaches and blueberries. Enjoy!

Notes

No Almond Milk, Use any type of dairy-free milk instead.

Buckwheat Groats, This recipe was developed and tested using Bob's Red Mill Buckwheat Groats.

No Peaches, Use any other fruit as a topping.



Sun Butter Oatmeal Cookie Granola

12 servings

45 minutes

Ingredients

2 cups Oats (rolled)
1/2 cup Oat Flour
1/2 cup Sunflower Seeds
1/2 cup Organic Raisins
1 tsp Cinnamon
1/2 cup Sunflower Seed Butter
1/4 cup Maple Syrup
2 tbsps Coconut Oil (melted)

Directions

- 1 Preheat oven to 325°F (163°C) and line a baking sheet with parchment paper.
- 2 In a mixing bowl, stir together all ingredients until well combined. Transfer to the baking sheet and use your hands to press down into a formed even layer. Bake for 15 minutes.
- 3 Remove from oven and use a spatula to flip over sections of the granola, gently breaking up the granola into chunks. Return to oven and bake for 10 more minutes at 300F.
- 4 Turn off the oven completely and leave the granola for another 20 minutes, or until crisp.

Notes

Storage, Refrigerate in an airtight container up to one week or less. Freeze if longer.
Serve it With, Oatmeal, yogurt, milk, our Slow Cooker Applesauce, or Slow Cooker Baked Apples recipe.

Optional Add-Ins, Chocolate chips, nuts, coconut flakes or pumpkin seeds.



Breakfast Tacos with Mashed Peas & Edamame

1 serving
15 minutes

Ingredients

1 Brown Rice Tortillas (thawed)
1 tbsp Extra Virgin Olive Oil (divided)
1 Egg
Sea Salt & Black Pepper (to taste)
1/4 cup Frozen Peas
1/4 cup Frozen Edamame
1 tbsp Mint Leaves (about 2 tbsp,
chopped)
1/8 Lemon (juiced)

Directions

- 1 Set oven to broil (high setting).
- 2 Place your brown rice tortillas on a baking tray lined with parchment paper. Place in oven and watch closely for 2 to 4 minutes. (You can also toast the tortillas over a gas stove on low-medium heat for 3 to 5 minutes. Watch very closely.) Set toasted tortillas aside.
- 3 Heat a frying pan over medium heat. Add half of the olive oil and brush around the pan for non-stick. Fry eggs (one or two at a time gives the best results) and season with a bit of sea salt and pepper.
- 4 Add your frozen peas and edamame to the same frying pan on low-medium heat for 2 to 3 minutes or until thawed.
- 5 Transfer the peas and edamame to a bowl and combine with chopped mint leaves, remaining olive oil and lemon juice. Mash all ingredients with a fork.
- 6 Spread pea and edamame mixture onto the toasted tortilla and top with fried egg. Fold tortilla in half and enjoy!



Savoury Pesto Oatmeal Bowl

1 serving
20 minutes

Ingredients

- 1 Egg
- 1 cup Kale Leaves
- 1/4 cup Basil Leaves
- 1 tbsp Sunflower Seeds
- 1/2 Garlic (clove)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 3/4 cup Oats (rolled)
- 1 1/2 cups Organic Vegetable Broth
- 1/4 Avocado (sliced)
- 1 1/2 tsps Chia Seeds

Directions

- 1 Hard boil the eggs then put them in a bowl of ice water to cool.
- 2 Make the pesto by combining the kale, basil, sunflower seeds, garlic, olive oil, lemon juice, salt and pepper in a food processor. Process until smooth, and set aside.
- 3 In a small saucepan, combine the oats and vegetable broth. Place on high heat and bring to a boil. Once boiling, reduce to a simmer. Stir and cook until thickened. (Note: If your broth is low sodium, add extra salt to the oats to taste.)
- 4 Divide the oatmeal between bowls and top with avocado and pesto.
- 5 Peel the eggs, slice in half and add them to the bowls. Sprinkle with chia seeds. Enjoy!

Notes

Vegan, Omit the egg and add some chopped tofu.

Save Time, Hard boil eggs in advance or do fried eggs.



Banana Coconut Granola

6 servings

1 hour 15 minutes

Ingredients

2 cups Oats (rolled or old fashioned)
1 cup Unsweetened Coconut Flakes
1/2 cup Pumpkin Seeds
1/2 tsp Cinnamon
1/4 tsp Sea Salt
1 Banana (ripe, mashed)
2 tbsps Coconut Oil (melted)

Directions

- 1 Preheat oven to 300°F (149°C).
- 2 In a large bowl, combine the oats, coconut flakes, pumpkin seeds, cinnamon and sea salt.
- 3 Add the mashed banana and coconut oil into the bowl with the oat mixture. Use a spoon to stir until all is very well combined. The mixture should be evenly coated.
- 4 Spread mixture in an even layer on a large baking sheet. Press down slightly and place in oven.
- 5 Bake for 45 to 55 minutes, checking and tossing every 15 minutes. Break up large clusters as necessary. Once the granola is evenly browned and no longer feels damp, remove from oven. As it cools it will crisp up even more, so do not over-bake.
- 6 Once cooled, store in an airtight container at room temperature for up to one week. Or store in the freezer for a few months.

Notes

Serve it With, Yogurt, oatmeal, parfaits, almond milk and/or fresh fruit.



Berry Baked Oatmeal

6 servings

45 minutes

Ingredients

2 cups Oats (quick or traditional)
2 cups Unsweetened Almond Milk
2 tbsps Maple Syrup
1/2 cup Unsweetened Applesauce
1 tsp Cinnamon
2 tbsps Chia Seeds
2 cups Frozen Berries
1/4 cup Sliced Almonds

Directions

- 1 Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil.
- 2 Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
- 3 Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

Notes

Leftovers, Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

No Applesauce, Use mashed banana instead.

No Almonds, Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.



Asian Veggie Omelette

1 serving
20 minutes

Ingredients

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

Directions

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

Notes

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

More Flavour, Whisk sesame oil into your egg mixture.

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

Likes it Spicy, Serve with hot sauce.



Zucchini Turkey Breakfast Skillet

1 serving
20 minutes

Ingredients

1/2 tsp Coconut Oil
151 grams Extra Lean Ground Turkey
2/3 Zucchini (large, finely diced)
1/3 cup Organic Salsa
1 Egg
Sea Salt & Black Pepper (to taste)

Directions

- 1 Add the coconut 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

More Protein, Add extra eggs.

Vegetarian, Use lentils instead of ground turkey.

More Greens, Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

No Salsa, Use crushed tomatoes instead.



Pumpkin Breakfast Cookies

8 servings

45 minutes

Ingredients

- 1 1/4 cups Oats (quick or rolled)
- 1 1/2 tsps Ground Flax Seed
- 2 tsps Cinnamon
- 1 tsp Nutmeg
- 1/4 tsp Sea Salt
- 1 1/2 tsps Baking Powder
- 1/2 cup Pumpkin Seeds
- 1/2 cup Sunflower Seeds
- 1 cup Pitted Dates (chopped)
- 1 Egg
- 3/4 cup Pureed Pumpkin
- 1/4 cup Raw Honey
- 1 tbsp Coconut Oil (melted)
- 1 Carrot (grated)

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Combine oats, flax seed, cinnamon, nutmeg, sea salt, baking powder, pumpkin seeds, sunflower seeds and chopped dates together in a bowl. Mix well to combine.
- 3 Whisk egg in a separate mixing bowl. Add pumpkin, honey, coconut oil and grated carrot. Mix well to combine.
- 4 Add dry ingredients in with the wet and mix well until a dough-like consistency forms.
- 5 Form cookies with the dough and transfer to the baking sheet. (Tip: Use a lid from a large-mouth mason jar as a mould.)
- 6 Place in the oven and bake for 30 to 40 minutes depending on how crispy you like your cookies. Remove from oven and let cool. Enjoy!

Notes

Make it Sweeter, Add in a handful of dark organic chocolate chips.

Vegan, Use maple syrup instead of honey and a chia egg instead of an egg.

Storage, Store in the freezer in a zip-loc bag up to 1 month.



Meal Prep Black Bean & Sweet Potato Burritos

10 servings

45 minutes

Ingredients

6 Sweet Potato (large, peeled and sliced)
2 tbsps Extra Virgin Olive Oil
2 Yellow Onion (medium, diced)
4 Garlic (cloves, minced)
4 cups Black Beans (cooked, from the can)
1 cup Frozen Corn
1 Green Bell Pepper (diced)
1 cup Water
1/4 cup Dijon Mustard
2 tsps Cumin
3 tbsps Tamari
1/4 tsp Sea Salt (or more to taste)
10 Brown Rice Tortillas (11 inches)

Directions

- 1 Bring a pot of water to a boil. Place sweet potatoes in a steamer over boiling water and cover. Let steam for 7 minutes, or until tender. Mash with a potato masher.
- 2 Meanwhile, heat oil in a medium skillet and saute the onion and garlic until soft. Set aside.
- 3 In a bowl, add black beans and mash with a potato masher. Mix in the sauteed onion and garlic, corn, bell pepper, water, mustard, cumin and tamari until thoroughly combined. Season with salt as needed.
- 4 Divide the mashed sweet potato and black bean mixture evenly between the tortillas and fold into burritos.
- 5 If eating immediately, heat the burritos in the oven at 350°F (177°C) for 10 to 12 minutes or until warmed through. Wrap the remaining burritos in foil and freeze in a freezer-safe bag. See notes section for instructions on how to reheat.

Notes

Reheating in the Oven, Heat in the oven at 350°F (177°C) for 30 minutes from frozen (or less if already defrosted), then unwrap and return to the oven for another 10-15 minutes for a crispy wrap (optional).

Reheating in the Microwave, Remove foil from defrosted burritos and microwave for 1 to 2 minutes (times will vary depending on the power of your microwave).

Make it Spicy, Add more chilli powder, cayenne pepper, hot sauce and/or sliced jalapeno.

Serve it With, Greek yogurt, sour cream, feta cheese, tomatoes, avocado and/or salsa.

No Brown Rice Tortillas, Use corn or whole wheat tortillas instead.

Less Work, Use refried beans, or process the beans in a food processor.