

## **Breakfast Ideas:**

### **Italian Scramble**

3- 4 large eggs  
2 Tbsp Mozzarella Cheese  
4 fresh Basil Leaves  
½ Medium Tomato Chopped  
1 Tbsp. Coconut Oil

#### **Directions:**

Whip Eggs in a medium sized bowl  
Heat medium skillet coated with coconut oil  
Add egg mixture to pan and stir occasionally for 3 to 4 minutes  
Add in cheese when eggs are almost done  
Top with tomato and basil and serve immediately

### **Almond Butter and Blueberry Oatmeal**

1 ¼ c of water OR unsweetened Almond Milk  
½ c. Old Fashioned Oats  
2 Tbsp. All natural almond butter  
½ c. fresh blueberries

#### **Directions:**

Bring water or almond milk to a boil in sauce pan  
Add oats and cook, stirring frequently for 3 to 4 minutes. Remove from heat.  
Combine oatmeal and almond butter in a medium bowl and top with blueberries.

### **Overnight Oats**

1c. Unsweetened Almond Milk  
¾ c. Oats  
1 tsp. Honey  
Dash of cinnamon  
½ c. blueberries

#### **Directions:**

Put milk in a container with a lid; add oats, honey, cinnamon and berries. Put lid on container and put in fridge until morning. Eat cold or warm up in microwave before eating.

### **Buckwheat Pancakes**

- 2/3 cup buckwheat flour
- 1/2 cup old-fashioned rolled oats
- 1 1/2 teaspoon baking powder
- 1 dash sea salt
- 1 cup unsweetened almond milk
- 4 tsp. coconut oil, melted, divided use
- 4 tsp. pure maple syrup (or raw honey)
- One large egg, lightly beaten
- 1 cup fresh mixed berries

- 2 cups low-fat cottage cheese

#### Directions

1. combine flour, oats, baking powder, and salt in a large bowl. Set aside
2. Combine all the milk, 3 tsp oil, maple syrup, and egg in a small bowl; mix well.
3. add almond milk mixture to flour mixture; align until just mixed. Let stand for 15 minutes.
4. Heat 1/2 tsp oil and large Skillet over medium heat. Spoon about 1/4 cup batter into skillet for each pancake; cook for 1 to 2 minutes, or until bubbles form on top. Flip with spatula and cook for 30 seconds.
5. add remaining 1/2 teaspoon oil and repeat with remaining batter.
6. garnish each serving with 1/3 berries and serve with 2/3 cup cottage cheese

### **PB and strawberry oatmeal**

1 cup water

one pinch sea salt

1/4 cup steel cut oats

1 teaspoons move all natural peanut butter, no sugar added

2 tbsp unsweetened almond milk

1 cup sliced strawberries

#### Directions

1. Bring water and salt to a boil in medium saucepan over medium-high heat. Reduce heat to low
2. add oats; cook, stirring frequently, for 15 to 20 minutes, or until water is just absorbed. Remove from heat. Let stand for 5 minutes.
3. add peanut butter; mix well. If too thick, add almond milk.
4. Top with strawberries.

### **Egg and spinach scramble**

1 large egg

4 large egg whites

1 pinch sea salt

1 pinch ground black pepper

1 teaspoon olive oil

2 cups fresh baby spinach

1. combine eggs, egg whites, salt, and pepper in a medium Bowl; whisk to blend. Set aside.
2. Heat oil in medium nonstick skillet over medium-low heat.
3. Add spinach; cook for 1 minute. Add egg mixture; cook, stirring frequently, for 4 to 5 minutes, or until eggs are cooked through.