

BREAKFAST

FAST



CINNAMON TOAST BELGIAN WAFFLES

INGREDIENTS:

For the waffle batter:

- 1/3 cup pure coconut milk (room temperature)
- 2 Tbsp coconut oil, melted (plus extra for oiling waffle iron)
- 1 Tbsp honey (mild clover honey is best)
- 1 Tbsp pure vanilla extract
- 1/4 tsp apple cider vinegar
- 1 1/4 cups blanched almond flour
- 2 tsp coconut flour
- 1/2 tsp baking soda
- 1/4 tsp fine ground sea salt
- 3 large eggs (room temperature)

For the cinnamon batter:

- 1/4 cup reserved waffle batter (see instructions below)
- 1 Tbsp maple syrup
- 1 Tbsp ground cinnamon
- Pinch of nutmeg

INSTRUCTIONS:

1. Preheat waffle iron. In a small bowl, melt some additional coconut oil for greasing the waffle iron. Set aside.
2. For the waffle batter: Place all of the liquid ingredients for the waffle batter into a blender, except for the eggs. Then place all of the dry ingredients on top. Blend on low 10-15 seconds, just until well combined. (Batter will be thick.)
3. Add the eggs and blend on low about 10 seconds, then increase to high and blend just until eggs are incorporated into the batter.
4. For the cinnamon batter: Place 1/4 of the waffle batter into a liquid measuring cup. Whisk in the maple syrup, cinnamon and nutmeg. Set aside.
5. Generously brush waffle iron grids with oil and pour the plain waffle batter evenly into waffle iron. Then drizzle with the top with the cinnamon batter.
6. Cook about 3-4 minutes, until waffles are lightly brown.

BREAKFAST TACO

INGREDIENTS:

- 10 to 12 fajita-size flour tortillas
- 1 (2 lb.) bag frozen cubed hash brown potatoes
- Seasoning salt
- 8 large eggs, beaten
- 1/4 cup milk
- salt and pepper
- 10 slices bacon, cooked then chopped (or use packaged precooked bacon pieces)
- 1 jar Tostitos Queso Blanco dip
- Salsa (Cilantro, if desired)

INSTRUCTIONS:

1. In a large non-stick skillet cook hash browns according to package directions. Season with seasoning salt.
2. Meanwhile, whisk the beaten eggs and milk together in a large bowl.
3. In a large non-stick skillet, over medium-high heat, cook and scramble eggs until done to your likeness. (We like our scrambled eggs well-done, not wet) Season eggs with salt and pepper.
4. Cook bacon until done, chop into small pieces.
5. Warm tortillas in microwave and assemble tacos: fill each tortilla with scrambled eggs, then potatoes, bacon and drizzle with warm Queso cheese sauce.
6. Serve tacos with salsa and cilantro.





BLUEBERRY MUFFIN

INGREDIENTS:

- 2 cups all-purpose or whole wheat flour or a combination
- 1/3 cup sugar
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 large egg
- 3/4 cup milk
- 1/2 cup vegetable oil or melted butter

INSTRUCTIONS:

1. Position an oven rack in the middle of the oven and preheat oven to 400 degrees F. Grease a standard 12-cup (2-1/2-inch) muffin pan.
2. In a large bowl, whisk together the flour, sugar, baking powder and salt.
3. In another bowl, whisk together the egg, milk and vegetable oil or butter.
4. Add the egg mixture to the flour mixture and stir until just combined and moistened. (The batter should still be lumpy and thick, but quite moist. If the batter seems too dry add a little more milk.)
5. Distribute the batter evenly among the muffin cups.
6. Bake until the tops are golden brown and a toothpick inserted in the center of a muffin comes out clean, about 20 minutes.
7. Remove from the oven and let the muffins rest in the pan for 5 minutes before transferring them out of the pan and onto a wire rack to cool.

STRAWBERRY-BANANA SMOOTHIE

INGREDIENTS:

- 1/2 cup plain greek yogurt, or vanilla
- 1 banana, sliced
- 1/4 cup almonds, raw
- 1/2 cup old fashioned oats
- 2 cups strawberries, frozen
- 2/3 cup almond milk, unsweetened
- 1 teaspoon honey

INSTRUCTIONS:

1. Add all ingredients in a blender.
2. Blend for about 90 seconds until the mixture is smooth.
3. Add more or less honey as needed. Top with chopped almonds, strawberry or bananas if desired.





BREAKFAST PARFAIT

INGREDIENTS:

- 3 cups greek yogurt
- 2 cups sliced strawberries
- 2 cups Oreo O's cereal (Or oats)
- Honey to drizzle

INSTRUCTIONS:

1. Start with a layer of yogurt in the bottom of 4 cute little mason jars/glasses.
2. Top with a layer of sliced strawberries and a layer of Oreo O's. Repeat until the jars/glasses are full.
3. Drizzle with honey (if desired).

GUACAMOLE EGG SANDWICH

INGREDIENTS:

- 4 eggs
- 2 slices cooked bacon
- 1 croissants
- Guacamole

INSTRUCTIONS:

1. Toast your croissants for a few minutes in a 350 degree oven, cut side down on a cooking sheet. You can also do this in the toaster if your croissants fit in there.
2. When croissants are toasted and all other ingredients are out and ready, cook up your eggs.
3. Assemble sandwiches immediately, while eggs are at their best – a layer of tomato sauce, eggs, cheese, bacon, and guac on top.





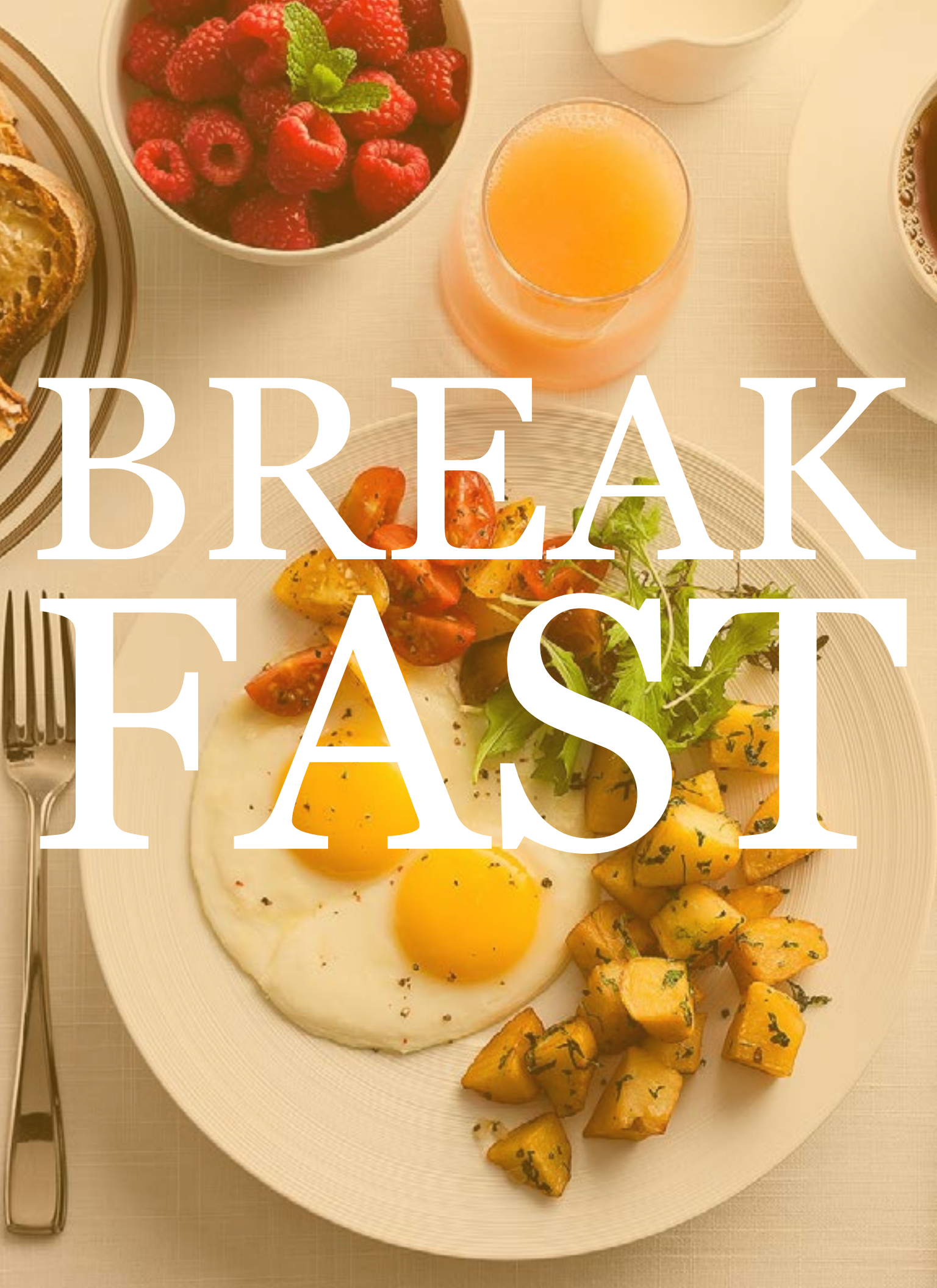
EGGS BENEDICT

INGREDIENTS:

- 1 egg
- 1 tablespoon vinegar (preferably a mild-flavored vinegar like rice vinegar or apple cider vinegar)
- salt and pepper

INSTRUCTIONS:

1. Crack the egg into a small bowl. Set aside.
2. Add enough water to a small saucepan until it is 1-2 inches deep. Stir in the vinegar.
3. Bring the water to a simmer. Then use a spoon to swirl the water round and round until it forms a “whirlpool”. (See video for a visual.) Gently lower the egg into the swirling water, and watch as the water wraps the whites around the yolk.
4. Simmer the egg for 3-4 minutes total, depending on how firm you’d like the egg whites.
5. Remove egg with a slotted spoon, trimming off the uneven edges if you’d like (optional).
6. Serve immediately, seasoned with a pinch of salt and pepper.



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