





Blueberry Crumble

6 servings
45 minutes

Ingredients

67 milliliters Coconut Oil
592 grams Blueberries (fresh or frozen)
168 grams Almond Flour
99 grams Pecans (chopped)
2 grams Sea Salt
80 grams Maple Syrup

Nutrition

Amount per serving	
Fat	36g
Carbs	32g
Protein	8g
Potassium	172mg
Vitamin A	63IU
Vitamin C	10mg
Calcium	91mg
Zinc	1mg

Directions

- 1 Preheat oven to 350°F (177°C) and grease a pie pan with a bit of the coconut oil.
- 2 Spread blueberries in the pie pan. Combine remaining ingredients in a bowl. Mix with your hands or a spatula and crumble over the blueberries.
- 3 Bake for 40 to 45 minutes until golden brown and blueberries are bubbling. Let cool before serving.

Notes

Oven Too Hot: If your topping browns too quickly, cover with aluminum foil to prevent burning.

Serve it With: Coconut ice cream, whipped coconut cream or greek yogurt.



Pineapple Turmeric Smoothie

2 servings

5 minutes

Ingredients

480 milliliters Unsweetened Almond Milk
330 grams Pineapple (diced into chunks)
6 grams Ginger (peeled and grated)
49 grams Vanilla Protein Powder
3 grams Turmeric (powder)

Nutrition

Amount per serving	
Fat	3g
Carbs	26g
Protein	21g
Potassium	381mg
Vitamin A	595IU
Vitamin C	79mg
Calcium	589mg
Zinc	2mg

Directions

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

Notes

Storage: Refrigerate in a sealed jar overnight. Shake before drinking.

No Pineapple: Use mango, peaches or banana instead.



Vegan Banana Bread

12 servings

50 minutes

Ingredients

- 3 Banana (ripe, divided)
- 74 milliliters Extra Virgin Olive Oil
- 80 grams Maple Syrup
- 120 milliliters Unsweetened Cashew Milk (or almond milk)
- 13 grams Ground Flax Seed
- 320 grams All Purpose Gluten-Free Flour
- 14 grams Baking Powder
- 2 grams Sea Salt

Nutrition

Amount per serving	
Fat	6g
Carbs	33g
Protein	2g
Potassium	120mg
Vitamin A	40IU
Vitamin C	3mg
Calcium	82mg
Zinc	0mg

Directions

- 1 Preheat your oven to 350°F (177°C) and brush a loaf pan with some oil to prevent sticking.
- 2 In a large bowl, mash all but one of the bananas. Stir in the olive oil, maple syrup, and cashew milk. Mix well, then whisk in the ground flax. Let stand for 2 minutes.
- 3 In a small bowl, mix together the gluten-free flour, baking powder and sea salt. Add the dry ingredients to the wet and mix until well combined.
- 4 Pour the batter into your loaf pan. Slice the remaining banana in half length-wise and place both halves on top of the loaf. Bake for 40 minutes, or until a knife inserted into the centre comes out clean.
- 5 Let cool completely before slicing. Enjoy!

Notes

Serving Size: One serving is equal to one slice of banana bread.

Gluten-Free Flour: This recipe was developed and tested using Bob's Red Mill Gluten-Free All Purpose Flour. Results may vary if using another type of flour.

Add-Ins: Mix in blueberries, chocolate chips, walnuts, or anything else you like in your banana bread.

Storage: Keeps well in the fridge for 5 days or in the freezer for a few months.



Coconut Black Rice Pudding

3 servings
35 minutes

Ingredients

- 180 grams Black Rice (uncooked)
- 404 milliliters Organic Coconut Milk (from the can)
- 119 milliliters Water
- 2 grams Sea Salt
- 2 milliliters Vanilla Extract
- 144 grams Strawberries (sliced)
- 1 Peach (sliced)
- 27 grams Unsweetened Coconut Flakes

Nutrition

Amount per serving	
Fat	32g
Carbs	60g
Protein	8g
Potassium	371mg
Vitamin A	169IU
Vitamin C	32mg
Calcium	20mg
Zinc	0mg

Directions

- 1 Rinse the rice and add it to a large bowl. Cover with water and soak for at least one hour, or overnight.
- 2 Drain and rinse the soaked rice and add to a medium sized pot with the coconut milk, water and sea salt. Cook over medium heat until it begins to boil, then reduce heat to medium-low. Simmer for about 20 to 25 minutes, stirring frequently. Once it is done cooking, stir in the vanilla and set aside.
- 3 Divide the rice into bowls and top with sliced fruit and coconut flakes. Enjoy!

Notes

Prep Ahead: Make the rice ahead of time and serve it cold in the morning.

Likes it Sweet: Add maple syrup or honey to taste.

No Time for Soaking: If you are unable to soak the rice ahead of time, the cooking time will increase to about 35 minutes and you will need to add extra water.

Leftovers: Keeps well in the fridge up to 4 to 5 days.



No-Bake Pumpkin Protein Bars

8 servings
 15 minutes

Ingredients

- 56 grams Coconut Flour
- 24 grams Vanilla Protein Powder
- 1 gram Pumpkin Pie Spice
- 125 grams Almond Butter
- 100 grams Maple Syrup
- 5 milliliters Vanilla Extract
- 123 grams Pureed Pumpkin
- 15 milliliters Unsweetened Almond Milk
- 120 grams Organic Dark Chocolate Chips
- 16 grams Coconut Butter (melted)

Nutrition

Amount per serving	
Fat	16g
Carbs	25g
Protein	8g
Potassium	192mg
Vitamin A	2388IU
Vitamin C	1mg
Calcium	90mg
Zinc	1mg

Directions

- 1 Line a pan with parchment paper. (Tip: Use an 8x8 inch pan if making 8 servings.)
- 2 Add the coconut flour, protein powder and pumpkin pie spice into a large mixing bowl and whisk to combine.
- 3 Using a small pot over low heat, add the almond butter and maple syrup and whisk until combined and sticky, then add the vanilla extract.
- 4 Add the wet ingredients to the dry ingredients along with the pureed pumpkin. Stir until it is all combined, then add the milk and chocolate chips. Stir again until well combined. The dough will feel very thick.
- 5 Transfer the dough into your pan and flatten with your hands, applying firm pressure to ensure it is packed. Refrigerate for at least 30 minutes.
- 6 Remove the dough from the fridge and slice into even bars. Drizzle the bars with melted coconut butter. Store in the fridge until you are ready to eat. Enjoy!

Notes

Nut-Free: Use tahini or pumpkin seed butter instead of almond butter. Use coconut milk instead of almond milk.

No Coconut Butter: Omit, or use melted chocolate as a drizzle instead.

Storage: Store in the fridge or freezer until ready to eat. They will be too soft at room temperature.

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



Carrot Cake Breakfast Bars

10 servings

40 minutes

Ingredients

168 grams Almond Flour
 3 grams Cinnamon
 1 gram Nutmeg
 2 grams Sea Salt
 2 grams Baking Soda
 3 Egg
 80 grams Maple Syrup
 30 milliliters Coconut Oil (melted)
 5 milliliters Vanilla Extract
 165 grams Grated Carrot
 60 grams Walnuts (chopped)
 1/4 Navel Orange (zested)

Nutrition

Amount per serving	
Fat	17g
Carbs	12g
Protein	7g
Potassium	125mg
Vitamin A	2847IU
Vitamin C	3mg
Calcium	68mg
Zinc	1mg

Directions

- 1 Preheat the oven to 350°F (177°C). Line a baking pan with parchment paper.
- 2 In a large bowl, add the almond flour, cinnamon, nutmeg, sea salt and baking soda. Whisk together to combine.
- 3 In a separate medium sized bowl add the eggs, maple syrup, coconut oil and vanilla. Whisk together. Then add the carrots, walnut and orange zest and whisk again.
- 4 Add the wet ingredients to the dry ingredients and stir to combine. Pour into your prepared pan and bake for 25 to 27 minutes.
- 5 Remove from the oven and let them cool before slicing evenly into bars. Enjoy!

Notes

Baking Pan Size: Use an 8x8 baking pan if making the standard 10 servings.

Optional Icing Drizzle: For the standard serving size of 10: Melt 3 tablespoons of coconut butter with 1 teaspoon of coconut oil over low heat. Then drizzle on top of the squares once they have completely cooled.

Leftovers: Store in the fridge in a sealed container for up to 5 days. Freeze for longer.

Flour: This recipe was developed and tested using almond flour only. We have not tested other flours with this recipe, but if you try a different flour combination, let us know how it turns out!



Kale & Red Pepper Frittata

4 servings
30 minutes

Ingredients

- 8 Egg
- 120 milliliters Unsweetened Almond Milk
- 3 grams Sea Salt
- 1 gram Black Pepper
- 15 milliliters Extra Virgin Olive Oil
- 42 grams Kale Leaves (chopped)
- 1 Red Bell Pepper (chopped)
- 149 grams Cherry Tomatoes (halved)

Nutrition

Amount per serving	
Fat	14g
Carbs	5g
Protein	14g
Potassium	335mg
Vitamin A	2351IU
Vitamin C	53mg
Calcium	147mg
Zinc	1mg

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.



Coconut Chia Pudding

2 servings

1 hour

Ingredients

182 milliliters Organic Coconut Milk
(from the can or carton)
178 milliliters Water
48 grams Chia Seeds
5 milliliters Vanilla Extract

Nutrition

Amount per serving	
Fat	24g
Carbs	13g
Protein	5g
Potassium	313mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	147mg
Zinc	0mg

Directions

- 1 Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
- 2 Stir well and divide into cups or containers if on-the-go. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1.5 cups of chia pudding.

More Flavor: Add maple syrup, honey, monk fruit sweetener, cinnamon or cardamom.

Additional Toppings: Top with shredded coconut, berries, banana slices, nuts or bee pollen.



Green Coconut Ginger Juice

1 serving
5 minutes

Ingredients

81 milliliters Organic Coconut Milk
(from the can or carton)
158 milliliters Water
1/4 Lime (juiced)
30 grams Baby Spinach
4 grams Ginger (grated)

Nutrition

Amount per serving	
Fat	14g
Carbs	5g
Protein	2g
Potassium	318mg
Vitamin A	2819IU
Vitamin C	12mg
Calcium	51mg
Zinc	0mg

Directions

- 1 Combine all ingredients in a high-speed blender. Blend for 30 seconds or until very smooth.
- 2 Enjoy immediately as is, or strain through a fine mesh sieve to remove the pulp.

Notes

Make it Sweeter: Add maple syrup, honey or monk fruit sweetener.

Make it Thicker: Add avocado, greek yogurt or frozen cauliflower.



Cherry Balsamic Glazed Yogurt

2 servings
15 minutes

Ingredients

154 grams Cherries (pitted)
40 grams Maple Syrup
59 milliliters Balsamic Vinegar
338 grams Unsweetened Coconut Yogurt
20 grams Hemp Seeds

Nutrition

Amount per serving	
Fat	10g
Carbs	41g
Protein	5g
Potassium	369mg
Vitamin A	50IU
Vitamin C	5mg
Calcium	421mg
Zinc	1mg

Directions

- 1 In a small saucepan, combine the cherries, maple syrup and balsamic vinegar over medium heat. Let simmer for approximately 10 to 12 minutes or until the liquid has reduced by almost half. Let cool.
- 2 Divide the yogurt into bowls or containers. Top with the cherry balsamic glaze and hemp seeds. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 3/4 cup of yogurt with 1/3 cup of cherry balsamic glaze.

Additional Toppings: Top with blueberries, blackberries, coconut flakes, almond slices, crushed pistachios, bee pollen or sunflower seeds.

No Coconut Yogurt: Use sheep yogurt, dairy yogurt, oatmeal or ice cream instead of coconut yogurt.



Chicken & Apple Sausage Patties

8 servings
30 minutes

Ingredients

454 grams Extra Lean Ground Chicken
1 Apple (medium, cored, finely chopped or grated)
700 milligrams Ground Sage
1 gram Cinnamon
3 grams Sea Salt
30 milliliters Coconut Oil

Nutrition

Amount per serving	
Fat	8g
Carbs	3g
Protein	10g
Potassium	322mg
Vitamin A	18IU
Vitamin C	1mg
Calcium	8mg
Zinc	1mg

Directions

- 1 In a mixing bowl, combine the ground chicken, apple, sage, cinnamon and salt.
- 2 Divide and form the mixture into half-inch thick patties. Place on a parchment-lined tray and chill in the freezer for approximately 10 minutes.
- 3 Heat coconut oil in a large cast-iron pan over medium heat. Fry each sausage patty until cooked through, about 3 to 5 minutes per side.
- 4 Set aside to cool slightly. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: Each serving equals approximately one sausage patty.
More Flavor: Add garlic powder and/or onion powder.
Additional Toppings: Top with an egg, sauerkraut and/or mustard.



Pumpkin Spice Chia Pudding

2 servings
30 minutes

Ingredients

48 grams Chia Seeds
180 milliliters Unsweetened Almond Milk
61 grams Pureed Pumpkin
850 milligrams Pumpkin Pie Spice
28 grams Unsweetened Coconut Yogurt (divided)

Nutrition

Amount per serving	
Fat	10g
Carbs	14g
Protein	5g
Potassium	253mg
Vitamin A	4954IU
Vitamin C	1mg
Calcium	345mg
Zinc	0mg

Directions

- 1 In a large bowl, combine the chia seeds with the almond milk, pumpkin and pumpkin pie spice. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the coconut yogurt and enjoy!

Notes

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

No Almond Milk: Use coconut, cashew, hemp or oat milk instead.

Likes it Sweet: Add a drizzle of maple syrup or honey on top.

Additional Toppings: Top with nuts, seeds and/or fruit of choice.

More Protein: Add a scoop of collagen or protein powder when you add the chia seeds and stir to combine.



Mushroom & Tofu Scramble

3 servings
10 minutes

Ingredients

65 grams Oyster Mushrooms (sliced)
59 milliliters Organic Vegetable Broth (divided)
340 grams Tofu (extra firm, drained, crumbled)
9 grams Nutritional Yeast
750 milligrams Turmeric
2 grams Sea Salt

Nutrition

Amount per serving	
Fat	6g
Carbs	4g
Protein	14g
Potassium	309mg
Vitamin A	54IU
Vitamin C	0mg
Calcium	323mg
Zinc	1mg

Directions

- 1 Heat a large skillet over medium heat for 2 minutes. Add the mushrooms and sauté for 3 to 5 minutes, stirring often. Add half of the broth if they begin to stick. Transfer to a plate.
- 2 Add the remainder of the broth, crumbled tofu, nutritional yeast, turmeric and salt to the skillet. Stir and cook until the tofu is warmed through.
- 3 Return the mushrooms to the skillet and combine with the tofu. Divide onto plates or containers if on-the-go. Enjoy!

Notes

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

Serving Size: Each serving equals approximately 1.5 cups.

More Flavor: Add your choice of spices and/or herbs.

Additional Toppings: Top with sliced green onions, spinach, mixed greens, peppers or avocado slices.

No Vegetable Broth: Use water instead.



Coconut Apricot Grain-Free Granola

8 servings
20 minutes

Ingredients

160 grams Unsweetened Coconut Flakes
65 grams Dried Apricots (chopped)
32 grams Coconut Butter (melted)
40 grams Maple Syrup
3 grams Cinnamon
750 milligrams Sea Salt

Nutrition

Amount per serving	
Fat	16g
Carbs	15g
Protein	2g
Potassium	106mg
Vitamin A	294IU
Vitamin C	0mg
Calcium	13mg
Zinc	0mg

Directions

- 1 Preheat the oven to 300°F (149°C) and line a baking sheet with parchment paper.
- 2 In a medium-sized bowl add the coconut flakes, dried apricots, melted coconut butter, maple syrup, cinnamon and sea salt. Mix well.
- 3 Place the mixture on the prepared baking sheet and flatten it out with the back of a spoon. Bake for 14 minutes, stirring halfway through.
- 4 Let it cool on the baking sheet for 5 to 10 minutes. Serve and enjoy!

Notes

Leftovers: Store in an airtight container for up to seven days.

Serving Size: One serving size is equal to approximately 1/3 cup granola.

More Flavor: Add more spices such as ginger, nutmeg or cloves.

No Coconut Butter: Use melted coconut oil instead, or a mix of both butter and oil.

No Maple Syrup: Omit or use honey instead.



Flaxseed Pudding

8 servings

1 hour

Ingredients

208 grams Ground Flax Seed
720 milliliters Unsweetened Almond Milk
40 grams Maple Syrup
8 grams Cinnamon

Nutrition

Amount per serving	
Fat	10g
Carbs	13g
Protein	6g
Potassium	28mg
Vitamin A	190IU
Vitamin C	0mg
Calcium	224mg
Zinc	0mg

Directions

- 1 Combine all of the ingredients in a large container and mix well. Refrigerate for at least one hour or until the ground flax has set.
- 2 Stir well, top with cinnamon and divide into cups or containers if on-the-go. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1/2 cup of flax seed pudding.

Additional Toppings: Top with your favorite nuts, seeds and/or berries.



Kale, Bacon & Eggs

2 servings
25 minutes

Ingredients

3 slices Organic Bacon (chopped)
15 milliliters Avocado Oil
21 grams Kale Leaves (chopped)
1/2 Carrot (shredded)
2 Egg
9 grams Nutritional Yeast
Sea Salt (to taste)

Nutrition

Amount per serving	
Fat	28g
Carbs	4g
Protein	15g
Potassium	333mg
Vitamin A	3338IU
Vitamin C	11mg
Calcium	65mg
Zinc	1mg

Directions

- 1 In a skillet over medium-high heat, add in the chopped bacon and cook for 6 to 10 minutes or until the bacon is cooked through.
- 2 In a separate skillet, heat the avocado oil over medium heat. Once the oil is warm, add the kale and carrots and cook for 3 to 5 minutes.
- 3 Make two spaces in the kale mixture and crack the eggs into each space. Add the bacon and season with nutritional yeast and sea salt. Cover with a lid and cook for 3 to 4 minutes or until the eggs are cooked to your preference.
- 4 Divide between plates, serve and enjoy!

Notes

Leftovers: The eggs are best enjoyed on the same day. Refrigerate in an airtight container for up to three days.

No Kale: Use another leafy green like spinach or Swiss chard instead.

Make it Vegan: Use black beans, lentils or tofu instead of eggs.



Roasted Breakfast Turnips

2 servings
30 minutes

Ingredients

1 Turnip (peeled, diced)
15 milliliters Avocado Oil
575 milligrams Paprika
525 milligrams Cumin
2 grams Sea Salt
2 Egg
300 milligrams Dried Chives

Nutrition

Amount per serving	
Fat	12g
Carbs	5g
Protein	7g
Potassium	200mg
Vitamin A	483IU
Vitamin C	13mg
Calcium	50mg
Zinc	1mg

Directions

- 1 Preheat the oven to 350°F (177°C).
- 2 Place the diced turnips on a baking sheet and drizzle with avocado oil. Toss with the paprika, cumin and salt until evenly coated. Bake for 20 minutes or until golden and tender.
- 3 Remove from the oven and set the oven to broil. Create pockets in the turnips and gently crack an egg into each one. Return to the oven and broil for 4 to 5 minutes, or until the whites are set and the yolk is cooked to your liking.
- 4 Divide onto plates, garnish with dried chives and enjoy!

Notes

Leftovers: Eggs are best enjoyed the same day. Refrigerate the turnips in an airtight container for up to two days.

Serving Size: One serving equals half a medium-sized turnip and one egg.

More Flavor: Add chili powder or chili flakes.

Additional Toppings: Top with roasted peppers, guacamole or salsa.

Make it Vegan: Roast the turnip with leftover diced veggies instead of topping with eggs.



Toast with Tahini & Berries

1 serving
5 minutes

Ingredients

30 grams Tahini
2 slices Gluten-Free Bread (toasted)
62 grams Raspberries
7 grams Raw Honey

Nutrition

Amount per serving	
Fat	21g
Carbs	44g
Protein	9g
Potassium	279mg
Vitamin A	40IU
Vitamin C	16mg
Calcium	173mg
Zinc	2mg

Directions

- 1 Spread the tahini onto your toasted bread slices. Top with raspberries and a drizzle of honey. Enjoy!

Notes

Leftovers: Best enjoyed the same day.

Make it Vegan: Use maple syrup instead of honey.

No Raspberries: Use sliced strawberries or blueberries instead.



Flaxseed Pudding Parfait

2 servings
35 minutes

Ingredients

52 grams Ground Flax Seed
3 grams Cinnamon
240 milliliters Unsweetened Almond Milk
20 grams Maple Syrup
450 grams Unsweetened Coconut Yogurt
62 grams Raspberries
25 grams Pecans (crushed)

Nutrition

Amount per serving	
Fat	26g
Carbs	34g
Protein	9g
Potassium	142mg
Vitamin A	271IU
Vitamin C	8mg
Calcium	805mg
Zinc	1mg

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 coconut 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.



Apple Coconut Breakfast Crisp

4 servings
40 minutes

Ingredients

- 4 Apple (peeled, cored and chopped)
- 15 grams Tapioca Flour (divided)
- 4 grams Cinnamon
- 80 grams Unsweetened Shredded Coconut
- 14 grams Coconut Flour
- 85 grams Coconut Butter (softened)
- 40 grams Maple Syrup
- 15 milliliters Coconut Oil (melted)

Nutrition

Amount per serving	
Fat	32g
Carbs	49g
Protein	4g
Potassium	220mg
Vitamin A	101IU
Vitamin C	8mg
Calcium	31mg
Zinc	0mg

Directions

- 1 Preheat the oven to 350°F (176°C).
- 2 In a mixing bowl combine the apples, half of the tapioca flour and the cinnamon. Transfer the apple mixture to a baking dish and bake for 20 minutes until the apples begin to soften.
- 3 Meanwhile, in the same mixing bowl combine the shredded coconut, coconut flour and the remaining tapioca flour. Stir in the coconut butter, maple syrup and coconut oil until a coarse meal forms.
- 4 Remove the apples from the oven and spoon the coconut mixture over top in an even layer. Return to the oven and continue to bake for 15 minutes or until the coconut crumble is golden brown. Enjoy!

Notes

Leftovers: Store leftovers partially covered at room temperature for up to two days or refrigerate in an airtight container for up to five days. Serve warmed or at room temperature.

Serving Dish Size: An 8 x 8-inch baking dish was used for 4 servings.

More Flavor: Add vanilla, nutmeg, allspice or maple syrup to the apple mixture.

Additional Toppings: Top with a dollop of coconut yogurt.

Apples: This recipe was created using McIntosh apples.



Maple Walnut Millet Porridge

3 servings
40 minutes

Ingredients

720 milliliters Unsweetened Almond Milk
100 grams Millet (uncooked)
60 grams Maple Syrup (divided)
10 milliliters Vanilla Extract
90 grams Walnuts (chopped)

Nutrition

Amount per serving	
Fat	23g
Carbs	43g
Protein	9g
Potassium	280mg
Vitamin A	499IU
Vitamin C	0mg
Calcium	504mg
Zinc	2mg

Directions

- 1 Combine the almond milk, millet, 2/3 of the maple syrup and vanilla in a large pot over medium-high heat. Bring to a gentle boil then reduce the heat to low and cover the pot with a lid. Let it simmer for 30 to 35 minutes, or until the millet is tender and your desired consistency is reached. Be sure to stir occasionally.
- 2 Remove from the heat and stir in the remaining maple syrup.
- 3 Divide between bowls and top with the walnuts. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat in the microwave or on the stove with additional almond milk if needed.

Serving Size: One serving is approximately 1 cup of porridge.

More Flavor: Add cinnamon.

Additional Toppings: Top with additional maple syrup or fresh berries.

No Walnuts: Use almonds or pecans instead.



Buckwheat & Fried Egg Breakfast Bowl

4 servings
25 minutes

Ingredients

474 milliliters Water
164 grams Buckwheat Groats
15 milliliters Avocado Oil
4 Egg
60 grams Baby Spinach
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	9g
Carbs	32g
Protein	12g
Potassium	284mg
Vitamin A	1677IU
Vitamin C	4mg
Calcium	62mg
Zinc	2mg

Directions

- 1 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook uncovered for 15 to 20 minutes or until the water is absorbed.
- 2 While the buckwheat is cooking, heat a pan over medium heat and add the oil. Once warm, crack the eggs in the pan and cook until the whites are set and the yolk is cooked to your liking.
- 3 Divide the cooked buckwheat and fried eggs between bowls. Top with spinach, salt and pepper. Enjoy!

Notes

Leftovers: Eggs are best enjoyed the same day. Refrigerate the buckwheat in an airtight container for up to five days.

Serving Size: One serving is approximately 1 cup of buckwheat, 1 egg and 1/2 a cup of spinach.

Additional Toppings: Fried mushrooms, guacamole, hummus and/or hot sauce.

Make it Vegan: Make a chickpea or tofu scramble instead of eggs.

Meal Prep Option: Hard boil the eggs and cook the buckwheat ahead of time. Compile the ingredients into their own containers for easy grab-and-go throughout the week.



Green Tea Collagen Latte

1 serving
10 minutes

Ingredients

300 milliliters Unsweetened Almond Milk
10 grams Collagen Powder
2 grams Green Tea Powder (Matcha)
7 grams Maple Syrup
5 milliliters Coconut Oil

Nutrition

Amount per serving	
Fat	8g
Carbs	6g
Protein	10g
Potassium	111mg
Vitamin A	624IU
Vitamin C	0mg
Calcium	586mg
Zinc	0mg

Directions

- 1 Heat the almond milk in a small pot over medium-high heat until the milk is warm, about 3 to 5 minutes.
- 2 Transfer the warmed milk to a blender along with the remaining ingredients. Blend for about a minute until well combined and very foamy.
- 3 Pour into a mug and enjoy!

Notes

Nut-Free: Use a nut-free milk instead, like coconut or oat.

More Flavor: Adjust the maple syrup according to preference.

Additional Toppings: Sprinkle with additional green tea powder to serve.

Make it Vegan: Omit the collagen powder.



Sweet Potato Waffles

6 servings

25 minutes

Ingredients

- 1 Sweet Potato (large, peeled, chopped)
- 2 Egg
- 80 grams Maple Syrup (plus more for topping, optional)
- 5 milliliters Vanilla Extract
- 224 grams Almond Flour
- 9 grams Baking Powder
- 3 grams Cinnamon
- 22 milliliters Coconut Oil (divided)
- 63 grams Almond Butter (divided)
- 48 grams Strawberries (stem removed, sliced)
- 28 grams Pumpkin Seeds (divided)

Nutrition

Amount per serving	
Fat	32g
Carbs	26g
Protein	14g
Potassium	218mg
Vitamin A	3166IU
Vitamin C	5mg
Calcium	245mg
Zinc	1mg

Directions

- 1 Boil the sweet potatoes until they are fork-tender, roughly 10 minutes. Drain and set aside.
- 2 In a food processor, add the cooked sweet potato, eggs, maple syrup and vanilla extract. Process until blended. Add the almond flour, baking powder and cinnamon and process until fully combined.
- 3 Coat the waffle maker some of the coconut oil and add enough batter to cover the bottom of your maker. Cook for 5 minutes or until golden brown. Repeat the process until all the batter is cooked.
- 4 To serve, top with almond butter, strawberries, pumpkin seeds and maple syrup, if using. Enjoy!

Notes

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

Serving Size: One serving is one waffle.

Additional Toppings: Add additional berries or nuts.

No Waffle Maker: Make them into pancakes on a pan instead.



Chia Seed Buckwheat Bowl

4 servings
25 minutes

Ingredients

- 474 milliliters Water
- 164 grams Buckwheat Groats
- 24 grams Chia Seeds
- 37 grams Pumpkin Seeds
- 148 grams Blueberries
- 154 grams Cherries (sliced)

Nutrition

Amount per serving	
Fat	8g
Carbs	46g
Protein	9g
Potassium	289mg
Vitamin A	45IU
Vitamin C	6mg
Calcium	66mg
Zinc	1mg

Directions

- 1 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat and chia seeds. Mix together and cook for 15 to 20 minutes or until the water is absorbed.
- 2 Divide the buckwheat mixture evenly between bowls. Top with the pumpkin seeds, blueberries and cherries. Enjoy!

Notes

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

Serving Size: One serving is roughly 1/2 cup.

Additional Toppings: Top with coconut milk, maple syrup, banana slices, raspberries, nuts and/or seeds.