



Meg Bataglia - egg free, grain
free brekkies

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Nutrific

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Hi Meg

Attached are some egg free, grain free brekkie options. You will need to pick and choose depending on what foods you have re-introduced. Same with the notes as not every suggestion will be suitable to begin with. I also included some fat bomb recipes for nice easy treats

regards and enjoy!

Maeve



Maeve Beary

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Keto Fat Bombs

16 servings

15 minutes

Ingredients

2 tbsps Coconut Oil
2 tbsps Cocoa Powder
1/2 cup All Natural Peanut Butter
1/4 cup Chia Seeds
1 tsp Vanilla Extract
1 tsp Stevia Powder (or 2 tbsp xylitol)
1/3 cup Unsweetened Shredded Coconut

Nutrition

Amount per serving	
Fat	8g
Carbs	4g
Sugar	1g
Protein	3g

Directions

- 1 Melt Coconut Oil.
- 2 Put all ingredients "except melted coconut oil and shredded coconut" into a bowl and mix well.
- 3 Add melted coconut oil and mix until combined. Place the mixture in the fridge for 30 minutes to allow the chia seeds to soak up the excess liquid and the coconut oil to set.
- 4 Spread shredded coconut out onto a flat dinner plate or tray
- 5 Take one heaped tablespoon of the mix and roll it into a ball in the palm of your hand.
- 6 Roll the fat bomb around in the shredded coconut until coated and place on a tray lined with baking paper.
- 7 When all of the mix has been rolled into fat bombs, place the tray in the refrigerator for 1 hour, or until the balls have firmed up.
- 8 When the fat bombs are firm they're ready to eat. Keep them in the fridge (particularly if you live in hot climates), they will keep for a week.



Chocolate Coconut Fat Bombs

8 servings

30 minutes

Ingredients

3/4 cup Coconut Oil
1/3 cup Cacao Powder
2 tbsps Monk Fruit Sweetener
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Fat	22g
Carbs	5g
Sugar	0g
Protein	1g

Directions

- 1 Melt the coconut oil in a pot over low heat. Add the cacao powder and sweetener. Stir to combine. Add all ingredients to a high-speed blender and blend for 1 to 2 minutes until everything is well combined.
- 2 Ladle the mix into a mini square silicone mold and sprinkle sea salt on top. Place in the freezer to set for about 30 minutes. Remove from the mold and enjoy!

Notes

No Monk Fruit Sweetener: Sweeten with stevia, honey or coconut sugar instead.

No Coconut Oil: Use coconut butter instead.

Likes it Sweet: Add more sweetener as desired.

No Silicone Mold: Use parchment-lined mini muffin molds.

Serving Size: One serving is equal to one fat bomb, or approximately 35 grams (1.2 ounces).

Storage: Refrigerate in an air-tight container for up to 7 days. Freeze for up to 3 months.



Bulletproof Latte

1 serving

15 minutes

Ingredients

1 cup Organic Coffee (brewed)
1 tbsp Ghee
2 tbsps Organic Coconut Milk (canned, full-fat)

Nutrition

Amount per serving	
Fat	17g
Carbs	1g
Sugar	0g
Protein	1g

Directions

1

Pour your brewed coffee into a blender with the ghee and coconut milk. Blend on high for 15-30 seconds or until frothy. Pour into a mug and enjoy!

Notes

No Ghee: Use coconut oil or butter.

More Fuel: Add 1 tablespoon MCT oil per cup.

No Coffee: Use your favourite tea instead.



Tropical Matcha Smoothie

2 servings

5 minutes

Ingredients

- 1 Zucchini (chopped and frozen)
- 1 cup Pineapple (fresh or frozen)
- 3 cups Baby Spinach
- 2 tsps Green Tea Powder
- 1/4 cup Hemp Seeds
- 2 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Fat	13g
Carbs	18g
Sugar	11g
Protein	10g

Directions

1

Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

Notes

Likes it Sweet: Add honey or pitted dates.

More Protein: Add vanilla protein powder.



Eggplant, Pepper & Tomato Saute

4 servings

20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 2 Eggplant (large, cubed)
- Sea Salt & Black Pepper (to taste)
- 1 Green Bell Pepper (diced)
- 1 tsp Cumin
- 1 1/2 cups Diced Tomatoes

Nutrition

Amount per serving	
Fat	4g
Carbs	21g
Sugar	13g
Protein	4g

Directions

- 1 Heat olive oil in a large saucepan over medium-high heat. Add the eggplant and season with salt and pepper. Cook for 6 to 8 minutes, stirring occasionally.
- 2 Add the bell pepper and cumin, cooking for 1 to 2 minutes. Then stir in the tomatoes and cook for an additional 10 to 12 minutes.
- 3 Season with salt and pepper to taste. Enjoy!

Notes

Serve it With: Pasta, brown rice, quinoa, brown rice tortilla chips, or on toast.

Extra Toppings: Feta, fresh herbs, avocado or Greek yogurt.

Storage: Refrigerate in an air-tight container up to 3 to 5 days, or freeze.



Curried Tofu Scramble

3 servings

25 minutes

Ingredients

- 1 tbsp Organic Vegetable Broth
- 1 Red Bell Pepper (chopped)
- 1/2 Yellow Onion (chopped)
- 447 grams Tofu (extra firm, drained and pressed to remove water)
- 1 tsp Curry Powder
- 1 tbsp Nutritional Yeast
- 1/4 tsp Sea Salt
- 3 cups Arugula

Nutrition

Amount per serving	
Fat	8g
Carbs	8g
Sugar	5g
Protein	18g

Directions

- 1 In a skillet over medium-low heat, add the vegetable broth along with the pepper and onion. Sauté for 8 to 10 minutes.
- 2 Break apart the tofu into large chunks and add to the pan. Use the back of a wooden spoon to break it apart into smaller pieces. Add the curry powder, nutritional yeast and sea salt. Stir to combine the spices evenly.
- 3 Add arugula to the pan and stir until just wilted, about 1 minute. Remove from the heat, serve and enjoy!

Notes

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

No Vegetable Broth: Use avocado oil or extra virgin olive oil instead.

More Flavor: Add mushrooms or fresh herbs to the dish.



Olive & Tahini Plate

1 serving

5 minutes

Ingredients

2 tbsps Tahini
2 tbsps Water
1/8 tsp Sea Salt
1/2 Tomato (cut into wedges)
1/4 Cucumber (sliced)
1/3 cup Black Olives

Nutrition

Amount per serving	
Fat	21g
Carbs	14g
Sugar	1g
Protein	7g

Directions

- 1 In a small bowl, whisk together the tahini, water and sea salt.
- 2 Arrange the tomatoes, cucumbers and black olives around the tahini, and enjoy!

Notes

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

More Flavor: Add your choice of spices to the tahini spread, such as cumin, paprika or garlic.

Additional Toppings: Top with chives, black pepper, feta cheese, red onion, garlic or bell peppers.



Pumpkin Spice Chia Pudding

2 servings**30 minutes**

Ingredients

1/4 cup Chia Seeds
3/4 cup Unsweetened Almond Milk
1/4 cup Pureed Pumpkin
1/2 tsp Pumpkin Pie Spice
2 tbsps Unsweetened Coconut Yogurt
(divided)

Nutrition

Amount per serving	
Fat	10g
Carbs	14g
Sugar	1g
Protein	5g

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

3/4 cup Oyster Mushrooms (sliced)
 1/4 cup Organic Vegetable Broth (divided)
 340 grams Tofu (extra firm, drained, crumbled)
 1 tbsp Nutritional Yeast
 1/4 tsp Turmeric
 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Fat	6g
Carbs	4g
Sugar	1g
Protein	14g

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.



Fruit & Hemp Seed Bowls

2 servings

5 minutes

Ingredients

1 Apple (cored, chopped)
1/2 Banana (sliced)
1/4 tsp Cinnamon
2 tbsps Organic Raisins
1/4 cup Hemp Seeds
2/3 cup Plain Coconut Milk (from the carton)

Nutrition

Amount per serving	
Fat	12g
Carbs	32g
Sugar	22g
Protein	7g

Directions

- 1 Divide all the ingredients into bowls. Enjoy!

Notes

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

Additional Toppings: Top with nuts, seeds, rolled oats and/or nut butter.

No Coconut Milk: Use almond, soy, rice or oat milk instead.



Peach with Cottage Cheese

1 serving

5 minutes

Ingredients

- 1/4 cup Cottage Cheese
- 1 Peach (medium, sliced)

Nutrition

Amount per serving	
Fat	3g
Carbs	16g
Sugar	14g
Protein	7g

Directions

- 1 Combine the cottage cheese and peach in a bowl or container if on-the-go. Enjoy!

Notes

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

Dairy-Free: Use coconut yogurt instead of cottage cheese.

Additional Toppings: Top with hemp seeds, chia seeds, shredded coconut, honey and/or maple syrup.



Chicken, Kale & Avocado Bowl

4 servings

20 minutes

Ingredients

- 1 tsp Avocado Oil
- 12 White Button Mushrooms (sliced)
- 8 cups Kale Leaves (chopped)
- 1/4 tsp Sea Salt (divided)
- 454 grams Extra Lean Ground Chicken
- 1/2 tsp Dried Thyme
- 1/2 tsp Onion Powder
- 1/4 tsp Oregano
- 1/4 tsp Garlic Powder
- 2 Avocado (sliced)

Nutrition

Amount per serving	
Fat	26g
Carbs	13g
Sugar	2g
Protein	25g

Directions

- 1 Heat a large skillet over medium heat and add the avocado oil and then the mushrooms. Cook for 8 to 10 minutes, until cooked through. Add the kale leaves and stir, cooking until just wilted. Season with half of the sea salt. Remove from the skillet and set aside.
- 2 In the same skillet, over medium heat, add the chicken, thyme, onion powder, oregano, garlic and the remaining sea salt. Cook for 10 to 12 minutes or until cooked through.
- 3 Add the mushrooms, kale and chicken to a bowl and top with sliced avocado. Serve and enjoy!

Notes

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

More Flavor: Season the mushrooms and kale with additional spices or herbs.

Additional Toppings: Top with fresh herbs such as parsley.

No Avocado Oil: Use olive or coconut oil instead.



Chocolate Banana Cauliflower N'Oats

1 serving

20 minutes

Ingredients

- 1 cup Cauliflower Rice
- 3/4 cup Unsweetened Almond Milk
- 1 1/2 tbsps Chia Seeds
- 1 tbsp Cacao Powder
- 2 tbsps All Natural Peanut Butter (divided)
- 1/8 tsp Sea Salt
- 1/2 Banana (sliced)
- 1 tbsp Cacao Nibs

Nutrition

Amount per serving	
Fat	30g
Carbs	38g
Sugar	13g
Protein	16g

Directions

1

In a pot over medium-low heat, add the cauliflower rice, almond milk, chia seeds, cacao powder, sea salt and half of the peanut butter. Stir to combine. Bring the mixture to a low simmer and cook for 12 to 14 minutes, stirring as needed.

2

Add the cauliflower mixture to a bowl and top with the banana, cacao nibs and remaining peanut butter. Serve and enjoy!

Notes

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

Nut-Free: Use sunflower seed butter instead of peanut butter. Use any milk alternative instead of almond milk.

More Flavor: Add cinnamon or maple syrup.

More Protein: Add collagen or protein powder.

No Cacao Powder: Use cocoa powder instead.

No Banana: Top with berries instead.



Radishes with Dukkah

8 servings

10 minutes

Ingredients

1/2 cup Hazelnuts (roasted, unsalted)
 1/3 cup Almonds (roasted, unsalted)
 2 tbsps Sesame Seeds (white and/or black, toasted)
 2 tbsps Coriander Seed
 1 tsp Fennel Seed
 1 tsp Cumin (ground)
 Sea Salt & Black Pepper (to taste)
 8 cups Radishes (trimmed)

Nutrition

Amount per serving	
Fat	10g
Carbs	8g
Sugar	3g
Protein	4g

Directions

- 1 To make the dukkah, combine the hazelnuts, almonds, sesame seeds, coriander, fennel, cumin, salt and pepper in a food processor or blender. Process until you reach a coarse grainy texture. Transfer to a bowl or airtight container.
- 2 Dip the radishes in water, then into the dukkah. Enjoy!

Notes

Leftovers: Refrigerate the dukkah and radishes in separate airtight containers. The dukkah is good for up to two weeks. The radishes are good for up to five days.

Serving Size: Each serving equals approximately two tablespoons of dukkah and 5 to 6 radishes.

Nut-Free: Use sunflower seeds instead of walnuts and almonds.

More Flavor: Dip the radishes in oil or yogurt instead of water. Add your choice of spices and dried herbs, cashews, walnuts, green peppercorns and/or black cumin to the dukkah.

No Radishes: Use bread, brown rice tortillas, chopped bell peppers, cucumbers or carrots. You can also add the dukkah to soups, dips or salads.



Pumpkin Pie Cauliflower Porridge

4 servings

10 minutes

Ingredients

- 1 1/2 cups Organic Coconut Milk (canned, full-fat, divided)
- 1 cup Pureed Pumpkin
- 2 tsps Pumpkin Pie Spice
- 4 cups Cauliflower Rice
- 2 tsps Maple Syrup
- 1/4 cup Pumpkin Seeds

Nutrition

Amount per serving	
Fat	19g
Carbs	20g
Sugar	11g
Protein	6g

Directions

- 1 In a large pan over medium heat, combine 2/3 of the coconut milk, pureed pumpkin, pumpkin pie spice and cauliflower rice. Cook until the cauliflower is tender, about 5 to 8 minutes.
- 2 Divide into bowls or plates, top with the remaining coconut milk, maple syrup and pumpkin seeds. Enjoy!

Notes

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

Serving Size: Each serving equals approximately one cup of cauliflower porridge.

Additional Toppings: Top with your choice of crushed nuts or seeds.

No Maple Syrup: Use honey, coconut sugar or stevia.



Gingerbread Smoothie

1 serving

5 minutes

Ingredients

1 cup Unsweetened Almond Milk
1/4 cup Vanilla Protein Powder
1/2 Banana (frozen)
1 tbsp Chia Seeds
1 tbsp Almond Butter
1 1/2 tps Blackstrap Molasses
1/2 tsp Ginger (fresh, minced)
1/4 tsp Cinnamon (ground)
1/8 tsp Ground Cloves

Nutrition

Amount per serving	
Fat	16g
Carbs	32g
Sugar	13g
Protein	26g

Directions

1

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

Notes

No Chia Seeds: Use flax seeds instead.

No Blackstrap Molasses: Use maple syrup instead.

Nut-Free: Use coconut milk instead of almond milk. Omit the almond butter or use coconut butter or sunflower seed butter instead.

More Veggies: Add frozen cauliflower.



Apple Cinnamon Cauliflower Porridge

4 servings

10 minutes

Ingredients

2 cups Organic Coconut Milk (canned, full-fat)
4 cups Cauliflower Rice
1 1/2 tbsps Maple Syrup
1 Apple (core and stem removed, chopped)
1 tbsp Cinnamon

Nutrition

Amount per serving	
Fat	21g
Carbs	20g
Sugar	13g
Protein	4g

Directions

- 1 In a large pan, combine the coconut milk and cauliflower rice over medium heat. Cook until the cauliflower is tender, about 5 to 8 minutes.
- 2 Divide into bowls and top with apple and cinnamon. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup of cauliflower porridge and 1/4 of an apple.

More Flavor: Add vanilla extract.

Additional Toppings: Top with your choice of crushed nuts, seeds, fresh or dried fruit, or nut butter.

No Coconut Milk: Use almond milk, oat milk, or rice milk.

No Maple Syrup: Use honey, coconut sugar or an alternative sweetener such as stevia.



Roasted Cauliflower Burrito Bowl

4 servings

35 minutes

Ingredients

- 1 head Cauliflower (cut into florets)
- 1/2 tsp Cumin
- 1 tsp Chili Powder (divided)
- 1 tsp Smoked Paprika (divided)
- 1/4 tsp Sea Salt (divided)
- 1 1/2 cups Black Beans (cooked)
- 1/2 cup Water
- 1 Avocado
- 1 Garlic (clove, minced)
- 1 tsp Lime Juice
- 1/4 cup Cilantro (finely chopped, optional)

Nutrition

Amount per serving	
Fat	8g
Carbs	28g
Sugar	3g
Protein	10g

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the cauliflower with the cumin, half the chili powder, half the smoked paprika and half the sea salt. Place in the oven and cook for 25 minutes, flipping halfway through.
- 2 While the cauliflower is baking, add the beans to a small pot along with the water, the remaining chili powder, the remaining smoked paprika and remaining sea salt. Bring to a simmer over medium-low heat, mashing the beans with the back of a spoon. Cook for about 8 to 10 minutes, until the mixture has thickened. Remove from heat.
- 3 In a small bowl, add the avocado, garlic and lime juice and mash to make guacamole.
- 4 Divide the cauliflower into bowls and top with the mashed beans and avocado. Sprinkle the cilantro on top, if using. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store the guacamole separately and squeeze with additional lime juice to prevent browning.

More Flavor: Add red pepper flakes or chili flakes along with finely diced red onion to the mashed avocado. Roast the cauliflower with avocado or olive oil.

Additional Toppings: Serve with corn tortilla chips.



Berry & Nut Breakfast Bowl

1 serving

10 minutes

Ingredients

- 1/2 cup Strawberries (chopped)
- 1/2 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	
Fat	28g
Carbs	21g
Sugar	8g
Protein	13g

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 Berries: Use peaches, mango, pineapple or banana instead.

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



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 Unsweetened Coconut Yogurt
- 1/2 cup Raspberries
- 1/4 cup Pecans (crushed)

Nutrition

Amount per serving	
Fat	26g
Carbs	34g
Sugar	9g
Protein	9g

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)
- 2 tbsps Tapioca Flour (divided)
- 1 1/2 tsps Cinnamon
- 1 cup Unsweetened Shredded Coconut
- 2 tbsps Coconut Flour
- 1/3 cup Coconut Butter (softened)
- 2 tbsps Maple Syrup
- 1 tbsp Coconut Oil (melted)

Nutrition

Amount per serving	
Fat	32g
Carbs	49g
Sugar	28g
Protein	4g

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.



Butternut Squash & Apple Breakfast Hash

2 servings

20 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
 2 cups Butternut Squash (peeled, chopped into 1 cm cubes)
 1/2 cup Red Onion (chopped)
 1/4 tsp Sea Salt
 1 Apple (small, finely chopped)
 2 cups Kale Leaves (chopped)
 1/4 tsp Cinnamon

Nutrition

Amount per serving	
Fat	14g
Carbs	34g
Sugar	14g
Protein	3g

Directions

- 1 Heat the oil in a skillet over medium heat. Add the butternut squash and onion and cook, stirring often, for 10 to 12 minutes until the squash is tender. Season with salt.
- 2 Add the apple and kale leaves and continue to cook until the kale wilts down and the apple is warmed through and just tender, about 3 to 5 minutes. Add the cinnamon and stir to combine. Season with additional salt if needed.
- 3 Divide between plates and enjoy!

Notes

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

Serving Size: One serving is approximately 1 cup.

More Protein: Serve with an egg or add in cooked sausage, chicken, bacon, lentils or tofu.

No Red Onion: Use a yellow or sweet onion instead.

Apple: This recipe was created and tested using Spartan apples.

Consistency: Chop the butternut squash and apples into similar size cubes to ensure even cooking.



Blood Orange & Pistachio Chia Pudding

2 servings

25 minutes

Ingredients

2 Blood Orange (small)
1/4 cup Chia Seeds
1/2 cup Unsweetened Coconut Yogurt
1 tbsp Pistachios (roughly chopped)

Nutrition

Amount per serving	
Fat	12g
Carbs	32g
Sugar	12g
Protein	6g

Directions

- 1 Peel half of the blood oranges and chop them. Set aside for garnish. Juice the other half. Set the juice aside and discard the juiced orange.
- 2 In a medium bowl, combine the chia seeds with the coconut yogurt and orange juice. Whisk well to combine. Refrigerate for at least 20 minutes or overnight to thicken.
- 3 Divide evenly between bowls or containers. Top with the chopped orange and pistachios. Enjoy!

Notes

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

No Coconut Yogurt: Use Greek yogurt instead.

Nut-Free: Use sunflower seeds instead of pistachios.

More Flavor: Use vanilla coconut yogurt, or add a dash of vanilla.



Strawberry Kiwi Tropical Smoothie

1 serving

5 minutes

Ingredients

- 1 1/4 cups Unsweetened Almond Milk
- 1 cup Frozen Strawberries
- 1 Kiwi (peeled, chopped)
- 1/4 cup Pineapple (fresh or frozen)
- 1/2 Zucchini (chopped)
- 1 tbsps Chia Seeds
- 2 tbsps Vanilla Protein Powder

Nutrition

Amount per serving	
Fat	8g
Carbs	46g
Sugar	23g
Protein	16g

Directions

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

Notes

Nut-Free: Use hemp milk, rice milk, oat milk or water instead of almond milk.

No Chia Seeds: Use ground flax seeds instead.

No Zucchini: Use frozen cauliflower, spinach or kale instead.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Raspberry Apple Crisp

2 servings

30 minutes

Ingredients

- 1/2 cup Raspberries
- 1 Apple (chopped)
- 2 tbsps Cinnamon (divided)
- 1 tbsp Coconut Oil
- 1/4 cup Cashews (chopped)
- 1/4 cup Almonds (chopped)
- 3 tbsps Almond Flour
- 1 tbsp Maple Syrup
- 1 tbsp Mint Leaves (optional)

Nutrition

Amount per serving	
Fat	29g
Carbs	41g
Sugar	19g
Protein	10g

Directions

- 1 Preheat the oven to 350°F (177°C). Add the raspberries and apple to a small baking dish.
- 2 Mix half of the cinnamon into the raspberries and apples and top with coconut oil.
- 3 In a small bowl add the cashews, almonds, almond flour, maple syrup and the remaining cinnamon. Mix together until evenly combined. Add this crumble over the raspberries and apples and place in the oven.
- 4 Bake for 25 to 30 minutes or until golden brown. Remove from the oven and cool slightly.
- 5 Once cooled, top with mint leaves, if using. Divide evenly between bowls and enjoy!

Notes

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

Nut-Free: Use oats, oat flour and seeds instead of almonds, cashews and almond flour.

Additional Toppings: Coconut yogurt or coconut whip.



Peanut Butter & Banana Shake

1 serving

5 minutes

Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1 cup Frozen Cauliflower
- 1 Banana
- 4 Ice Cubes
- 1/4 cup Chickpeas (cooked, rinsed)
- 2 tbsps All Natural Peanut Butter
- 1 tbsp Ground Flax Seed
- 1 tsp Maple Syrup (optional)

Nutrition

Amount per serving	
Fat	24g
Carbs	60g
Sugar	26g
Protein	18g

Directions

1

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

Notes

More Flavor: Add a pinch of cinnamon or sea salt.

Make it Green: Add spinach or kale.

No Almond Milk: Use oat milk instead.

Consistency: Adjust consistency to your liking by adding more or less liquid to the blender.



Mashed Sweet Potato with Coconut & Blueberries

1 serving**45 minutes**

Ingredients

- 1 Sweet Potato (purple or orange, small, halved)
- 1/4 cup Blueberries (fresh or frozen)
- 2 tbsps Unsweetened Coconut Flakes

Nutrition

Amount per serving	
Fat	7g
Carbs	34g
Sugar	10g
Protein	3g

Directions

- 1 Boil the sweet potato for 30 minutes, or until fork-tender and the peel removes easily. Drain and submerge in cold water until cool enough to handle. Remove from the water and peel the sweet potato.
- 2 Transfer to a plate and mash with a fork. Top with blueberries and coconut flakes. Enjoy!

Notes

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

Additional Toppings: Maple syrup, honey, hemp seeds, crushed nuts or other fresh or frozen fruit.

Meal Prep: Boil a large batch of sweet potatoes ahead of time and keep refrigerated for up to five days, or freeze for up to ten months.



Chocolate Layered Chia Pudding

2 servings

25 minutes

Ingredients

- 1/4 cup Chia Seeds
- 3/4 cup Plain Coconut Milk (from the carton)
- 1 tbsp Cocoa Powder
- 3/4 cup Unsweetened Coconut Yogurt
- 3/4 cup Strawberries (cut in half)

Nutrition

Amount per serving	
Fat	13g
Carbs	23g
Sugar	6g
Protein	5g

Directions

- 1 In a large bowl, combine the chia seeds, coconut milk and cocoa powder. Whisk thoroughly making sure the seeds are mixed well. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Divide the chia pudding and coconut yogurt between jars into layers. Top with strawberries and enjoy!

Notes

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

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

Additional Toppings: Add granola or cacao nibs on top for crunch.

No Coconut Yogurt: Use another type of yogurt instead.



Green Tea Collagen Latte

1 serving

10 minutes

Ingredients

1 1/4 cups Unsweetened Almond Milk
10 grams Collagen Powder
1 tsp Green Tea Powder (Matcha)
1 tsp Maple Syrup
1 tsp Coconut Oil

Nutrition

Amount per serving	
Fat	8g
Carbs	6g
Sugar	4g
Protein	10g

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.



Pan Seared Peaches with Dukkah

2 servings

10 minutes

Ingredients

2 tbsps Hazelnuts (roasted, unsalted)
 1 1/3 tbsps Almonds (roasted, unsalted)
 1 1/2 tbsps Sesame Seeds (white and/or black, toasted)
 1 1/2 tbsps Coriander Seed
 1/4 tsp Fennel Seed
 1/4 tsp Cumin (ground)
 Sea Salt & Black Pepper (to taste)
 1/2 tsp Coconut Oil
 2 Peach (halved, pit removed)
 1/2 cup Unsweetened Coconut Yogurt
 1/4 cup Mint Leaves (optional, lightly torn)

Nutrition

Amount per serving	
Fat	13g
Carbs	22g
Sugar	13g
Protein	5g

Directions

- 1 Combine the hazelnuts, almonds, sesame seeds, coriander seeds, fennel seeds, cumin, salt and pepper into a food processor or blender. Process until you reach a coarse grainy texture. Set aside.
- 2 Heat a cast iron skillet over medium-high heat. Once hot, add the coconut oil. Place the peaches on the skillet cut side down. Sear for 4 to 5 minutes, until charred.
- 3 Divide the yogurt evenly between bowls. Add the peaches and top with dukkah and mint leaves, if using. Enjoy!

Notes

Leftovers: Best served right away. Otherwise, refrigerate in an airtight container for up to two days.

Serving Size: One serving is one peach and 1/4 cup yogurt.

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

Barbecue: To prepare on the grill, brush the peaches with oil. Grill the peaches, cut side down, for 5 minutes, without turning.

No Coconut Yogurt: Use Greek yogurt or another yogurt alternative.