

Breakfasts

Protein Pancakes

Topping:

1 c mashed blueberries
2 T chia seeds
2 T maple syrup
2 tsp lemon juice (fresh squeezed)

Pancake:

4 T ground almonds
2 1/2 c soy milk (or other nut milk)
3 c quinoa flour
3 medium bananas - mashed
3 T maple syrup
1 tsp salt
Coconut oil as needed for cooking pancakes

Filling:

1 c coconut yogurt or Greek yogurt
3 T pistachio nuts or pumpkin seeds - chopped (toasted - optional)
2 T hulled hemp seeds
2 c mixed berries

For Topping:

Mash blueberries with a fork in a pan and set over a medium-low heat.

When mixture becomes bubbly and syrupy, removed from heat and stir in the chia seeds, maple syrup, and lemon juice. Set aside to cool slightly.

For Pancakes:

Make the batter by putting all the ingredients (except coconut oil) in a blender or food processor. Blend until smooth and thick.

Heat a teaspoon of coconut oil in large frying pan over medium heat. Add batter to pan. Cook for a minute or two on one side (until the edges are starting to brown and bubbles are starting to form on top).

Once pancake turns to a nice golden brown, flip it and cook other side for 1-2 minutes.

Set aside and keep warm while you repeat the process with the remaining batter adding coconut oil as needed. This should make about 20-30 pancakes.

For Filling:

Mix all ingredients together.

Layer your stack of pancakes with pancake, filling, and a teaspoon of jam and continue layering.

Healthy Pumpkin Spice Granola

2 c old fashioned oats
1 c raw pepitas (pumpkin seeds)
1 c raw sliced almonds
1/4 c pure maple syrup
1/3 c pure pumpkin puree
1/2 tsp pure vanilla extract
1 1/2 tsp pumpkin spice
1/4 c extra virgin olive oil or sesame oil (not toasted)
1/2 tsp coarse salt

Preheat the oven to 300°F. Prepare a large sheet pan with a silicone mat or parchment paper. Set aside.

Mix the oats, pepitas, and almonds in a large bowl. In a separate bowl, whisk the pumpkin puree, maple syrup, vanilla extract, spices, and oil until smooth. Add to the oat mix and stir until coated.

Spread the mixture onto the sheet pan in a single layer. Use a second pan or work in batches to avoid crowding the pan. Sprinkle with the salt.

Bake in the preheated oven 30-35 minutes, checking and stirring the granola after 20 minutes to make sure it doesn't burn. When done, the granola will be fragrant with a golden brown, toasted color.

Let cool completely on the pan. Store the pumpkin spice granola in a sealed jar for 2-3 weeks in a dark, cool place like the pantry.

Pumpkin Seed Granola (Nut-free, Grain-free)

Ingredients

1/2 cup pumpkin seeds
1 cup shredded unsweetened coconut
1/4 cup chia seeds
1/4 cup sunflower seeds
1 Tablespoon coconut oil
2 Tablespoons pure maple syrup (or stevia, to taste) 1 teaspoon pumpkin pie spice
1/8 teaspoon sea salt
1/2 cup raisins (optional) (1/8-1/4)

Instructions

- Preheat your oven to 300F. Combine the pumpkin, sunflower and chia seeds in a small food processor, and pulse just enough to break down the seeds into chunky texture.
- Transfer the seeds to a small bowl, and mix in the shredded coconut, coconut oil, maple syrup, pumpkin pie spice, and salt.
- Stir until well coated, then transfer to a baking sheet lined with parchment paper, or a Silpat.
- Spread the mixture out evenly using your hands or a fork.
- Bake at 300F for about 20 minutes, stirring half-way through to avoid burning.
- You want this mixture nice and golden, not burnt! Alternatively, you could use a dehydrator set to 118F for 4-5 hours, if you have that kind of patience.
- Allow the toasted granola to cool completely, then stir in the raisins and store in an airtight container. Serve with homemade almond milk, and enjoy!

Pumpkin Pie Spice - Ingredients

- 3 tablespoons ground cinnamon
- 2 teaspoons ground ginger
- 2 teaspoons ground nutmeg
- 1 teaspoon ground cloves
- 1/2 teaspoon allspice

Granola

8 cups oats
2 cup pecans or other nuts (almonds)
1 cup pumpkin seeds or other seeds (sunflower seeds)
2 tsp salt
1 tsp cinnamon
1 cup coconut oil
1 cup maple syrup (molasses)
2 tsp vanilla
1 1/3 cups dried fruit (raisins, cranberries, apricots, etc) 1 cup coconut

350 for 30 minutes - until golden brown

Simple Grain Free Granola

Ingredients

- 1/2 cup unsweetened coconut flake
- 2 cups slivered raw almonds
- 1 1/4 cup raw pecans
- 1 cup raw walnuts
- 3 Tbsp chia seeds
- 1 Tbsp flaxseed meal
- 1 1/2 tsp ground cinnamon
- 2 Tbsp coconut, cane, or muscavado sugar
- 1/4 tsp sea salt
- 3 Tbsp coconut or olive oil
- 1/3 scant cup maple syrup (or sub agave or honey if not vegan)
- 1/4 cup dried blueberries (or other dried fruit - optional but good)
- 1/4 cup roasted unsalted sunflower seeds

Instructions

- Preheat oven to 325 degrees F (162 C) and position a rack in the center of the oven.
- In a large mixing bowl, combine the coconut, nuts, chia seeds, flax seed, cinnamon, coconut sugar, and salt.
- In a small saucepan over low heat, warm the coconut oil and maple syrup and pour over the dry ingredients and mix well.
- Spread the mixture evenly onto a large baking sheet (may require two depending on size) and bake for 20 minutes. Then remove from oven, add dried blueberries and roasted sunflower seeds, and stir.
- Increase heat to 340 degrees F (171 C) and return to oven for another 5-8 minutes, or until deep golden brown.
- The coconut oil will help this granola crisp up nicely, but be sure to watch it carefully as it browns quickly.
- Once the granola is visibly browned and done cooking (about 27 minutes total for me), remove from the oven and let cool completely.
- Store in a container with an air-tight seal, and it should keep for a few weeks.

Peanut Butter Granola

Ingredients

- 1 cup quinoa flakes
- 1 cup unsweetened flaked coconut
- 2 cups puffed brown rice cereal
- 2/3 cups unsalted pumpkin seeds
- 2/3 cups unsalted slice almonds
- 2 tablespoons chia seeds
- 1/2 cup dried fruit (blueberries, raisins, cranberries, etc.)
- 1/4 cup brown rice syrup
- 1/3 cup peanut butter
- Pinch of salt
- 1 teaspoon vanilla extract

Instructions

1. Preheat oven to 350°. Mix together the quinoa flakes and coconut on a parchment-covered baking sheet. Bake in preheated oven for about 10 minutes, or until the mixture starts to brown (watch carefully, it'll burn quickly).
2. Pour the roasted quinoa flakes and coconut into a large bowl, add in the brown rice cereal, pumpkin seeds, sliced almonds, dried fruit and chia seeds and toss to mix. Set aside.
3. In a small, microwave-safe bowl, combine the brown rice syrup and peanut butter. Microwave on high for 30-60 seconds, or until melted and liquidy. Mix in the salt and vanilla extract. Pour mixture over the cereal mixture and toss to coat (try to get everything coated evenly). Dump mixture onto the parchment-covered baking sheet and spread into one layer. Bake in preheated oven for 25-30 minutes, stirring every 10 minutes, or until the granola is brown and fragrant. Let cool completely and then store in airtight containers.

The Best Grain Free Granola

makes 3-1/2 cups granola

Ingredients

- 1-1/2 cups unsweetened coconut chips/flakes
- 3/4 cups sliced almonds
- 3/4 cups whole raw pecans
- 1/2 cup raw pumpkin seeds (pepitas)
- 1 Tablespoon chia seeds
- 1/2 teaspoon cinnamon
- big pinch salt
- 4 Tablespoons real maple syrup (not pancake syrup)
- 1 Tablespoon coconut oil
- 1 teaspoon vanilla

Instructions

- Preheat oven to 300 degrees then line a half sheet pan with a silpat or parchment paper and set aside.
- Combine first 7 ingredients (coconut chips through salt) in a large bowl then stir to combine. Add maple syrup and coconut oil to a small bowl then microwave for 25-30 seconds to melt the coconut oil.
- Stir in vanilla.
- Pour the maple syrup mixture over the granola mixture then mix well to coat. Spread onto prepared sheet pan then bake for 15-20 minutes or until almond slices and coconut chips are golden brown (don't let them get too dark) stirring twice. Granola will crisp as it cools.
- Cool completely on sheet pan before transferring to a Ziplock bag or airtight container. Will stay fresh for four days or so on the counter.

Coco-Nutty Grain Free Granola

Ingredients

- 3 cups unsweetened coconut flakes
- 2 cups raw nuts, roughly chopped (I used 1 cup raw cashews, 1/2 cup raw almonds, roughly chopped, 1/4 cup raw walnuts, 1/4 cup raw pumpkin seeds)
- 2 tablespoons chia seeds
- 1 teaspoon ground cinnamon
- 5 tablespoons coconut oil or butter, melted

Instructions

- Preheat oven to 250°F and line a baking sheet with parchment paper.
- Combine all ingredients in a bowl, mix thoroughly, and spread evenly on the sheet.
- Bake 30-40 minutes until golden, rotating halfway through cooking time.
- Remove from oven and allow to cool, then eat while it's still crispy.

The Best Healthy Granola

Ingredients

- 4 cups old-fashioned oats*
- 1 cup slivered almonds (or your preferred kind of nuts/seeds)
- 1/4 cup chia seeds (optional)
- 2 teaspoons ground cinnamon
- 3/4 teaspoon fine sea salt*
- 1/2 cup melted coconut oil
- 1/3 cup maple syrup
- 2 teaspoons vanilla extract
- 2/3 cup unsweetened coconut flakes (or 1/2 cup shredded coconut)
- 1/2 cup chopped dried fruit or semisweet chocolate chips (optional)

Instructions

- Heat oven to 350°F. Line a large baking sheet with parchment paper, and set aside.
- In a large mixing bowl, stir together oats, almonds, chia seeds, cinnamon and sea salt until evenly combined.
- In a separate measuring cup, stir together the melted coconut oil, maple syrup and vanilla extract until combined. Pour the coconut oil mixture into the oats mixture, and stir until evenly combined.
- Spread the granola out evenly on the prepared baking sheet. Bake for 20 minutes, stirring once halfway through. Then remove from the oven, add the coconut, and give the mixture a good stir. Bake for 5 more minutes, until the granola is lightly toasted and golden.
- Remove from the oven and transfer to a wire baking rack. Let cool until the granola reaches room temperature. Then stir in the dried fruit, chocolate chips or any other optional add-ins you might prefer.
- Serve immediately, or store in an airtight container at room temperature for up to 1 month.

Easy Flax Seed Smoothie

INGREDIENTS

- 1 cup water
- 1 large frozen banana
- 1 cup frozen mango
- 2 tablespoons ground flax seed
- 1 heaping cup fresh baby spinach (1 huge handful)
- 1/4 cup orange juice (optional; but so good!)
- 1/2 inch fresh ginger , peeled (optional)

INSTRUCTIONS

- Combine all of the ingredients in a blender and blend until smooth. (Note: If you don't have a high-speed blender, I recommend blending the water and spinach first, to help break down the greens, then add in the rest of the ingredients and blend again.)
- Serve right away for the best taste and texture. Leftover smoothie can be stored in an airtight container in the fridge for up to 24 hours, but the flavor will change as it sits.