

# BREAKFAST IDEAS



## **Week #1 Recipes Breakfast ideas:**

**Smoothies:** Blend all ingredients

### **Green Goddess Smoothie**

- 1 handful of spinach
- 1 handful of Mint
- 1 tsp of spirulina powder (green algae)
- 1 cup almond milk (nut milk of choice or water)
- 2 frozen bananas
- 1 cup frozen blueberries

### **Cherry Bomb Smoothie:**

- 1 cup almond milk (nut milk of choice or water)
- 1 cup frozen cherries
- 1 handful of spinach
- 1/2 avocado
- 1 tbsp maca powder
- 1 tbsp cacao nibs

### **Almond Crunch Smoothie** (this is more like dessert)

- 1 cup almond milk
- 1 frozen banana
- 1 tbsp almond butter
- 1 tsp of hemp seeds
- 1 tsp maca powder
- 1 tsp cacao nibs
- 1 medjool date
- 1 dash of cinnamon

### **Triple Berry Smoothie**

- 1/2 cup water
- 1/4 cup vanilla vegan yogurt
- 1/2 cup frozen strawberries
- 1/2 cup frozen blueberries
- 1/2 cup frozen raspberries

### **Overnight Breakfast Pot:**

#### **Ingredients:**

½ cup GF oats  
1 tbsp chia seeds  
1 handful of goji berries or mulberries  
1 ¼ cups unsweetened almond milk  
Fresh fruit of choice, such as bananas or apples

#### **Directions:**

Mix oats, chia seeds, goji berries or mulberries and milk together, pour in glass jar or bowl. Chill overnight. Next morning stir the oats and top w/fruit

### **Chia Seed Breakfast Pudding:**

#### **Ingredients:**

⅓ cup chia seeds  
1 cup nut milk of choice (vanilla almond)  
2 tsp pure organic maple syrup  
½ tsp cacao powder  
1 tsp cinnamon  
1 tsp cacao nibs  
1 tsp white mulberries  
Handful of frozen or fresh mixed berries

#### **Directions:**

In a jar add all ingredients (except fruits) mix well, cover and place in refrigerator for at least 2 hrs or overnight.

Blend frozen or fresh berries and a bit of water or milk. Add to chia pudding and mix, top with cacao nibs and white mulberries or topping of choice!

### **Tofu Scramble:**

#### **Ingredients:**

1 package organic firm tofu  
½ onion (red or white) chopped  
1 small chopped sweet potato (small cubes)

2 garlic cloves smashed  
1 tomato chopped  
3 sprigs of green onion chopped  
Handful of Kale (de-stemmed)  
Dash of Sea salt  
Dash of garlic powder  
1 tsp of turmeric powder  
1 tbsp of avocado or coconut oil  
Half an avocado sliced

**Directions:**

Saute onions, garlic, and sweet potato in oil, add all spices and cover until the potatoes are soft. Crumble tofu and add to pan with tomatoes and kale, saute until the tofu has been mixed well with all the spices and the color is yellow. I prefer my kale and tomatoes not over cooked and still brightly colored. You can serve with toast, a slice of avocado and your favorite tea or coffee

**Raw Cereal:**

**Ingredients:**

Sliced banana  
Chopped apple  
Mixed berries (fresh or frozen)  
1 Tbsp chia seeds  
1 medjool date  
Dash of cinnamon  
Nut milk of choice (almond, coconut, hemp)

**Directions:**

chop/slice fruits, chop date, chia seeds and add to bowl, add nut milk and top a dash of cinnamon. You can add any fruits you like or have on hand!

**Quinoa Porridge w/Berries**

**Ingredients:**

1 cup unsweetened almond milk  
Pinch of sea salt  
1/2 tsp vanilla extract  
1 tbsp maple syrup/honey or brown raw sugar  
1/2 cup quinoa flakes/or cooked quinoa

1 handful of organic frozen berries  
1 handful fresh organic blueberries  
Mint leaves (can be optional)

**Directions:**

Combine milk, salt, vanilla & maple syrup or sugar. Bring to a boil, stirring. Once the milk is boiling, stir in quinoa. Turn off heat & leave for 3 mins until soft & creamy. Pour in cup or bowl & top w/berries & mint

**Avocado Toast:**

**Ingredients:**

2 avocados  
2 tbsp cilantro  
Juice of 1/2 lime  
S&P to taste  
1/2 tsp red pepper flakes  
Cherry tomatoes chopped  
2 basil leaves chopped lengthwise  
1 tsp balsamic vinegar  
2 slices whole grain Dave's killer bread

**Directions:**

Mash avocados in bowl, add all ingredients except cherry tomatoes, basil & balsamic vinegar. Toast bread & spread avocado mash on top of each slice & garnish w/chopped cherry tomatoes, basil & a drizzle of balsamic vinegar. You can get creative and add any other veggies you like (asparagus, spinach etc)

## **Week #2 Recipes Breakfast ideas:**

**Smoothies:** Blend all ingredients

### **Plant Powered Champion:**

- 1 handful of Kale
- 1 ½ cup coconut water
- 2 frozen bananas
- 1 cup strawberries
- 1 medjool date
- ¼ of a fresh lemon (cut some rind off)
- 1 tbsp of chia seeds

### **Miami Beach Smoothie:**

- 1 ½ cup coconut water
- 1 cup spinach
- 1 cup strawberries
- 1 cup mango
- 1 cup pineapple
- 1 banana

### **Orange Mint Smoothie:**

- 1 ½ bananas
- 4 small oranges peeled
- 0.5 cup of fresh mint
- 3 medjool dates
- 1 - 1 ½ cup water

## **Crock Pot Cinnamon Apples & Pears**

### **Ingredients:**

3 apples chopped (green or red)  
3 pears chopped (bartlett or anjou)  
3 tbsp of cinnamon  
1 tbsp of turmeric  
1 tbsp of coriander seeds  
½ cup water

### **Directions:**

Add all ingredients to crock pot and simmer on low heat for 2-4 hours (you can also cook in stove pot), top with maple syrup, cinnamon, pecans, cacao nibs and enjoy!  
Add spices to your liking.

## **Quick Berry Pudding:**

### **Ingredients:**

1 pint of fresh berries (Raspberry, Blueberry, Strawberries, Blackberries etc)  
5 fresh soft pitted medjool dates  
(Pinch of water if needed)

### **Directions:**

Place all ingredients in a blender and blend until creamy

**Warm Fonio Porridge** (Fonio is an ancient grain that is GF w/a low glycemic index)

### **Ingredients:**

½ cup fonio  
3 cups water  
½ cup blueberries  
Dash of cinnamon  
1 tbsp of pistachio butter (or any nut butter)  
1 tbsp hemp seeds  
¼ cup nut milk  
Drizzle of maple syrup

### **Directions:**

Boil water, add fonio and let cook for 5 minutes. Add toppings above or your choice of toppings

### **Gluten-Free Vegan Pancakes w/Blueberries or Bananas:**

#### **Ingredients:**

¼ cup almond flour  
½ cup arrowroot powder  
2 tsp baking powder  
Pinch of salt  
1 Tbsp lakanto monk fruit sweetener or brown raw sugar  
¼ cup unsweetened applesauce  
1 sliced banana or cup of fresh blueberries  
2 Tbsp coconut oil or cooking spray (avocado)  
½ cup almond milk  
Drizzle of maple or agave syrup

#### **Directions:**

Mix dry ingredients together in a bowl and then mix wet ingredients in another bowl. Combine the wet and dry ingredients and mix thoroughly. Heat pan and add coconut oil or use a cooking spray oil and add about a ¼ cup of pancake mix in pan, you can drop a few banana slices or blueberries into the batter and once you see little bubbles you can flip to other side and cook for about 2 minutes. Continue process until all batter is used. You can also add the fruit on top of the cooked pancakes instead of adding in batter. Drizzle with syrup and enjoy!

### **Vibrant Acai bowl:**

#### **Ingredients:**

1 pack Sambazon frozen unsweetened Acai  
1 pack Pitaya plus frozen dragon fruit  
1 Tbsp of Ripple pea milk  
½ avocado  
1 cup blueberries  
2 Tbsp Cacao nibs  
2 Tbsp Hemp seeds  
2 Tbsp Goji berries  
2 Tbsp Mulberries  
2 Tbsp sour dried cherries

#### **Directions:**

Mix the acai, pitaya, avocado, milk and blueberries in blender. Add toppings and enjoy!

### **Banana Blueberry Toast:**

#### **Ingredients:**

2 slices toasted Dave's Killer Bread(multi-grain)

2 Tbsp almond butter or peanut butter

1 sliced banana

¼ cup blueberries

1 tsp cacao nibs

1 tsp cinnamon

1 tbsp maple syrup

#### **Directions:**

Toast bread, spread nut butter, sliced bananas, blueberries and all other ingredients

### **Some quick store bought vegan breakfast options:**

Amy's frozen organic tofu scramble burrito

Hilary's veggie sausage (make a sausage sandwich)

Rollin Greens Millet Tots

Purely Elizabeth GF granola w/nut milk of choice

## **Week #3 Recipes Breakfast ideas:**

**Smoothies:** Blend all ingredients

### **Banana Blueberry Avocado Smoothie:**

1 handful of Spinach  
½ cup almond milk  
½ ripe avocado  
2 cup frozen blueberries  
1 tbsp ground flaxseed  
1 tbsp almond butter

### **Very Berry Power Smoothie:**

½ cup frozen blueberries  
½ cup frozen strawberries  
½ cup blackberries  
½ frozen banana  
1 handful of kale  
1 cup almond milk (or pea milk)  
1 tsp chia seeds  
2 medjool dates

### **Blueberry Basil Smoothie:**

2 cups frozen blueberries  
1 frozen banana  
1 tbsp lemon juice  
1 tbsp hemp seeds  
1 tbsp almond butter (or any nut butter)  
1 cup almond milk (or pea milk)  
¼ cup fresh basil leaves

### **Breakfast Porridge**

#### **Ingredients:**

1 cup leftover brown rice

2 tbsp rolled oats  
1 cup water  
2 Tbsp dried cranberries  
1 dash of cinnamon  
Maple syrup or honey

**Directions:**

Bring rice, oats, water, cranberries, and cinnamon to a boil. Lower the flame to simmer and cook for 5 to 7 minutes or until creamy. Add maple syrup or honey to sweeten.

**Tofu French Toast**

**Ingredients:**

8 oz silken organic tofu  
½ cup nut milk (or almond/pea)  
1 tsp maple syrup  
½ tsp cinnamon  
1 banana  
6 slices Dave's killer bread  
Fresh berries

**Directions:**

Mix the first five ingredients in a blender and process until smooth. Pour the mixture into a shallow dish, dip in the bread, and cook on a non-stick pan over medium heat. Turn the bread once when the edges begin to brown. Serve topped with fresh berries or maple syrup.

**Blueberry Cobbler Overnight Oats:**

**Ingredients:**

1 cup old fashioned oats  
1 ½ cups nut milk  
½ cup fresh blueberries  
½ tsp chia seeds  
1 tsp vanilla extract  
1 tbsp maple syrup  
1 tbsp sliced almonds  
¼ tsp cinnamon  
½ tsp coconut oil

**Directions:**

Place all ingredients in a glass jar, stir, cover and store overnight in fridge. When ready to eat top with fresh fruit, dash of cinnamon.

### **Quinoa Instant Breakfast**

#### **Ingredients:**

3 cups water  
1 cup quinoa  
¼ cup squash, diced  
¼ cup carrots, thinly sliced into rounds  
¼ cup almonds  
¼ cup raisins  
¼ cup sesame seeds  
¼ cup nut milk

#### **Directions:**

Rinse quinoa with cool water until the water runs clear. Bring 3 cups of water to a boil. Add quinoa to boiling water. Reduce heat to a light boil and simmer 20 minutes. Halfway through cooking, add squash, carrots, raisins, almonds, and sesame seeds. Remove from heat and add nut milk.

### **Papaya and Pineapple Cups**

#### **Ingredients:**

1 fresh slice of pineapple , chopped  
¼ cup papaya, chopped  
1 lime juiced  
2 tsp pumpkin seeds  
2 tsp slivered almonds  
2 tsp shredded coconut  
¼ cup plain vanilla vegan yogurt  
Mint leaves for garnish

#### **Directions:**

Place pineapple and papaya into a serving bowl and coat thoroughly with the lime juice. Using a tall glass or parfait glass, add yogurt and then layer the fruit, add all the other toppings. Garnish with fresh mint.