



# Healthy Dessert for Breakfast Cookbook

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HI THERE!

I hope you enjoy these healthy "dessert for breakfast" recipes as much as my family and I do!

Some of them are higher in protein than others. As a rule of thumb, I recommend aiming for 20+ grams of protein at breakfast. So, for the recipes that are lower in protein, you can pair them with other high protein foods including Greek yogurt, cottage cheese, eggs, and your favorite protein powders.

HERE ARE LINKS TO A COUPLE OF THE PROTEIN POWDERS USED IN THE RECIPES:

- [PureLean Vegetarian Protein Powder](#)
- [Manitoba Harvest Chocolate Hemp Protein Powder w/ Fiber](#)

Please let me know if you have any questions about the recipes, and, if you enjoyed them, I'd love for you to [sign up for my newsletter](#), Delicious News, and get a free 7-day anti-inflammatory meal plan.

In delicious health, EA

P.S. Interested in nutrition coaching? I'd love to work with you! Check out all the ways we can work together [here](#). Cheers!

*Disclosure: These are affiliate links, meaning I will receive a small commission, at no additional cost to you, if you purchase any products through the links. This helps offset the cost of running The Spicy RD Blog. Thank you so much for your support!*

## FRUITS

- 1/2 Apple
- 2 Banana
- 2 cups Blueberries
- 1/2 Meyer Lemon Juice
- 4 Peach
- 7 cups Strawberries

## BREAKFAST

- 2 tbsps All Natural Peanut Butter
- 1 1/16 cups Maple Syrup

## SEEDS, NUTS & SPICES

- 1/8 tsp Cardamom
- 1 cup Chia Seeds
- 3 tbsps Chopped Macadamia Nuts
- 1/2 cup Chopped Walnuts
- 3/4 tsp Cinnamon
- 2 3/4 tps Ground Cinnamon
- 1 1/4 tbsps Ground Ginger
- 2 tbsps Raw Peanuts
- 1 tsp Sea Salt
- 1/8 tsp Turmeric

## FROZEN

- 2 cups Frozen Wild Blueberries

## VEGETABLES

- 2/3 cup Butternut Squash

## BOXED & CANNED

- 1 cup Cooked Quinoa
- 1/2 cup Lentils

## BAKING

- 3 tbsps Almond Flour
- 1 tsp Baking Powder
- 1/4 cup Brown Rice Flour
- 1/4 cup Brown Rice Flour Or Sorghum
- 1/4 cup Brown Sugar
- 3 tbsps Cacao Nibs
- 1 tbsp Cacao Powder
- 1 tbsp Cocoa Powder
- 2 tps Coconut Or Brown Sugar
- 2 cups Gluten Free Oats
- 1/2 tsp Ground Cloves
- 2 cups Oats
- 1 tsp Psyllium Husk Powder
- 1 tbsp Shredded Coconut
- 1 tbsp Tapioca Flour
- 1/4 cup Tapioca Starch
- 3 tbsps Unsweetened Shredded Coconut
- 2 tbsps Vanilla Extract
- 2/3 cup Vegan Dark Chocolate Chips

## BREAD, FISH, MEAT & CHEESE

- 8 ozs Cream Cheese
- 9 slices Gluten Free Bread

## CONDIMENTS & OILS

- 1 tsp Coconut Oil
- 2 tbsps Melted Coconut Oil
- 1/2 cup Melted Virgin Coconut Oil
- 1 tbsp Sunflower Oil
- 1/3 cup Virgin Coconut Oil

## COLD

- 1 cup Coconut Yogurt
- 7 Egg
- 2 Eggs
- 2 1/2 cups Plain Greek Yogurt
- 1 cup Plain Greek Yogurt Or Dairy Free Yogurt
- 1/2 cup Plain Greek Yogurt Or Lactose Free Yogurt
- 4 cups Unsweetened Almond Milk

## OTHER

- 1 cup Ice
- 1 cup Ice Cubes
- 3/4 cup Powdered Peanut Butter
- 1 Purelean Vegan Protein Powder
- 3 tbsps Water

# Gluten Free Peach Crisp

4 SERVINGS 30 MINUTES



## INGREDIENTS

4 Peach (cubed)  
2 tbsps Chia Seeds  
1 tbsp Tapioca Flour  
1/3 cup Maple Syrup (divided)  
1/2 tsp Ground Ginger  
1/4 tsp Sea Salt (divided)  
3/4 cup Gluten Free Oats  
1/4 cup Brown Rice Flour  
2 tbsps Melted Coconut Oil  
2 cups Plain Greek Yogurt (or coconut, almond, soy~optional for serving)

## NUTRITION

Calories	404	Cholesterol	17mg
Fat	13g	Sodium	222mg
Carbs	59g	Vitamin A	1114IU
Fiber	6g	Vitamin C	17mg
Sugar	31g	Calcium	326mg
Protein	16g	Iron	2mg

## DIRECTIONS

- 01 Preheat oven to 350 degrees F. Place 4 ramekins or oven proof custard cups on a baking dish.
- 02 Combine peaches, chia seeds, tapioca flour, 1 tablespoon maple syrup, ground ginger, and 1/8 teaspoon salt in a mixing bowl. Stir well to combine, and spoon mixture, divided equally, into ramekins/custard cups.
- 03 Rinse out and dry mixing bowl. Add oats, sorghum flour, coconut oil, remaining maple syrup (2 tablespoons + 2 teaspoons), and 1/8 teaspoon salt to bowl. Stir well to combine, then divide mixture equally into 4 servings, and sprinkle on top of peaches.
- 04 Bake for 15-20 minutes, or until oat mixture is light golden brown. Remove from oven, and allow to cool 5 minutes before serving. Top each crisp with 1/2 cup yogurt if desired.

## NOTES

### NON-GLUTEN FREE OPTION

You may use regular oats if not following a gluten-free diet and you may substitute sorghum flour with rice flour. Or, use all-purpose flour if desired for a non-gluten free version.



# Chai Spiced Gluten-Free Apple Pie Mug Cake

1 SERVING 9 MINUTES



## INGREDIENTS

1 Egg  
1 tbsp Sunflower Oil  
2 tsp Maple Syrup  
1/4 tsp Vanilla Extract  
1/2 Apple (finely chopped)  
3 tbsps Almond Flour  
1 tsp Psyllium Husk Powder  
1/2 tsp Cinnamon  
1/4 tsp Ground Ginger  
1/8 tsp Cardamom  
1/8 tsp Ground Cloves  
1/8 tsp Sea Salt

## NUTRITION

Calories	403	Cholesterol	188mg
Fat	29g	Sodium	369mg
Carbs	28g	Vitamin A	324IU
Fiber	5g	Vitamin C	4mg
Sugar	19g	Calcium	108mg
Protein	11g	Iron	2mg

## DIRECTIONS

- 01 Crack egg in a microwave safe, medium or large mug, and stir well with a fork.
- 02 Add oil, maple syrup, vanilla, and chopped apples, and stir well.
- 03 Add almond flour, psyllium husk powder, spices, and salt, and stir until all ingredients are well combined.
- 04 Place mug in microwave, and cook on high for 1 1/2 minutes. Stir ingredients with a fork, then cook for an additional 30 seconds. Serve while warm.

## NOTES

### SERVING OPTIONS

Serve this on its own for a healthy dessert or with some greek yogurt for a protein packed breakfast!

# Fresh Strawberry Chia Baked Oatmeal Pie

8 SERVINGS 50 MINUTES



## INGREDIENTS

2 cups Unsweetened Almond Milk  
1/2 cup Chia Seeds  
1 1/2 cups Oats  
1/2 cup Chopped Walnuts  
1 tsp Ground Cinnamon  
1/2 tsp Ground Ginger  
1 tsp Baking Powder  
1/8 tsp Sea Salt  
1/4 cup Maple Syrup  
1/4 cup Melted Virgin Coconut Oil (+ extra for greasing)  
4 cups Strawberries (sliced)  
2 Eggs (beaten well)  
2 tsps Vanilla Extract  
1/2 cup Plain Greek Yogurt Or Lactose Free Yogurt (optional for topping)

## NUTRITION

Calories	298	Cholesterol	49mg
Fat	19g	Sodium	167mg
Carbs	25g	Vitamin A	281IU
Fiber	7g	Vitamin C	46mg
Sugar	6g	Calcium	282mg
Protein	9g	Iron	3mg

## DIRECTIONS

- 01 Preheat the oven to 375 degrees fahrenheit, and grease a 9 inch pie pan or baking dish with coconut oil. Pour the milk in to a large mixing bowl along with the chia seeds and oats, and set aside.
- 02 Meanwhile, toast the chopped walnuts, cinnamon, and ginger in a skillet over medium heat for approximately 3 minutes, then add them to the chia, milk, and oat mixture along with the remaining ingredients {add 1 pint of sliced strawberries to the mixture, and save the other pint for serving} and stir until well combined.
- 03 Place pan on a baking sheet in the oven {in case mixture overflows} and bake for 40-45 minutes or until set. Note: You will want to check the pie at about 30 minutes, and if it is getting brown, place some aluminum foil on top for the remaining time in the oven.
- 04 Cool on a baking sheet for 15 minutes, then cut in to 6-8 wedges {depending upon how hungry you are} and serve with optional yogurt, and the remaining sliced strawberries. If you have any leftovers, store in the refrigerator for breakfast or a snack-it is equally delicious served cold the next day!

## NOTES

### RECIPE BENEFITS

Quite nutritious with a good dose of fiber from the oats, chia seeds, walnuts and strawberries, plus it's rich in protein, especially when served with the yogurt on top, to fill you up, stabilize your blood sugar levels, and provide energy!

# Nutter Butter Butterscotch Pudding Protein Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 Banana  
2/3 cup Butternut Squash (frozen)  
1 Pure Lean Vegan Protein Powder  
1 tbsp All Natural Peanut Butter  
1/4 cup Unsweetened Almond Milk  
1/8 tsp Turmeric  
1/4 tsp Cinnamon (plus extra for garnish)  
1 cup Ice

## NUTRITION

Calories	362	Cholesterol	0mg
Fat	9g	Sodium	48mg
Carbs	42g	Vitamin A	10124IU
Fiber	6g	Vitamin C	30mg
Sugar	18g	Calcium	179mg
Protein	26g	Iron	2mg

## DIRECTIONS

01 Place all ingredients in a high-speed blender, and blend on high until smooth. Pour in to a glass, sprinkle additional cinnamon on top, and serve while cold and frosty.

## NOTES

### PROTEIN POWERS

Vegan protein powders tend to be a bit on the gritty side but this can be avoided by adding lots of ice to your smoothie. If you are not following a vegan diet, feel free to use a whey protein powder.



# Oatmeal Peanut Butter Chia Chocolate Chip Breakfast Cookies

12 SERVINGS 20 MINUTES



## INGREDIENTS

1 1/4 cups Gluten Free Oats  
3/4 cup Powdered Peanut Butter  
2 tbsps Chia Seeds  
1 tsp Ground Cinnamon  
1/4 tsp Sea Salt  
1/4 cup Virgin Coconut Oil  
1/4 cup Maple Syrup  
3 tbsps Water  
1 tsp Vanilla Extract  
2/3 cup Vegan Dark Chocolate Chips

## NUTRITION

Calories	175	Cholesterol	0mg
Fat	12g	Sodium	110mg
Carbs	18g	Vitamin A	0IU
Fiber	5g	Vitamin C	6mg
Sugar	7g	Calcium	18mg
Protein	4g	Iron	1mg

## DIRECTIONS

- 01 Pre-heat oven to 350 degrees F, and line a baking sheet with parchment paper.
- 02 Combine oats, peanut butter powder, chia seeds, cinnamon and sea salt in a large food processor bowl, and process until oats are coarsely chopped.
- 03 Add coconut oil, maple syrup, water, and vanilla extract and process until ingredients are well combined. Dough will be sticky and form a ball.
- 04 Remove chopping blade from the food processor bowl, and stir in chocolate chips, then use a spoon to drop 12 spoonfuls of dough on baking sheet, and flatten with a fork tine.
- 05 Place in oven and bake for 10-12 minutes, then remove cookies from oven, and allow to cool for 5 minutes before serving.

## NOTES

### RECIPE VARIATIONS

Feel free to add your favorite ingredients into the dough or add them on top before baking such as hemp seeds, chopped nuts, or coconut flakes!



# Easy Gluten Free Berry Crisp

4 SERVINGS 35 MINUTES



## INGREDIENTS

2 cups Strawberries (sliced)  
2 cups Blueberries  
1/2 Meyer Lemon Juice  
2 tbsps Chia Seeds  
1 tbsp Maple Syrup (optional depending on your level of sweetness)  
1/2 cup Oats  
1/4 cup Brown Rice Flour Or Sorghum  
1/4 cup Tapioca Starch  
1/4 cup Brown Sugar  
1/4 cup Melted Virgin Coconut Oil (plus extra for ramekins)  
1/8 tsp Sea Salt

## NUTRITION

Calories	375	Cholesterol	0mg
Fat	17g	Sodium	77mg
Carbs	55g	Vitamin A	49IU
Fiber	6g	Vitamin C	52mg
Sugar	26g	Calcium	61mg
Protein	4g	Iron	2mg

## DIRECTIONS

- 01 Preheat oven to 350 degrees.
- 02 Stir together strawberries, blueberries, lemon juice, and chia seeds in a mixing bowl.
- 03 In another bowl, stir together oats, flours, brown sugar, coconut oil, and salt.
- 04 Grease 4 ramekins (or custard cups) with coconut oil, then spoon fruit mixture in to ramekins and top with oatmeal/flour mixture. Place on a baking sheet in oven for approximately 20 minutes, or until topping is crispy.
- 05 Remove from oven to cool slightly, then serve.

## NOTES

### LOW FODMAP OPTION

Feel free to substitute another gluten-free flour, such as brown rice, millet, or quinoa flour for the sorghum flour.

### MEAL PREP

Make these in advance and store in the fridge or freezer for busy mornings and on-the-go snacks!

# Chocolate Peanut Butter High Protein Breakfast Sundae

1 SERVING 5 MINUTES



## INGREDIENTS

1 Banana (chopped, frozen)  
1/2 cup Lentils (frozen, cooked)  
1/4 cup Unsweetened Almond Milk  
1 tbsp All Natural Peanut Butter  
1 tbsp Cocoa Powder  
2 tbsps Raw Peanuts (shelled)  
2 tbsps Cacao Nibs

## NUTRITION

Calories	528	Cholesterol	0mg
Fat	26g	Sodium	50mg
Carbs	62g	Vitamin A	209IU
Fiber	20g	Vitamin C	12mg
Sugar	19g	Calcium	180mg
Protein	22g	Iron	6mg

## DIRECTIONS

- 01 Combine frozen banana slices and lentils with almond milk, peanut butter, and cocoa powder in a high powered blender. Blend on high, using tamper device, and periodically scraping sides of blender as needed until all ingredients are well combined and mixture has a creamy consistency.
- 02 Spoon in to a serving glass or bowl, top with peanuts and cacao nibs, and enjoy while cold.

## NOTES

### MEAL PREP

To freeze your banana, peel and slice 1 banana and lay out the pieces on a freezer safe plate or tray topped with banana slices. You can buy frozen lentils or freeze them yourself.

# Warm Tropical Wild Blueberry Quinoa Breakfast Sundae

2 SERVINGS 30 MINUTES



## INGREDIENTS

2 cups Frozen Wild Blueberries  
1 cup Cooked Quinoa  
1 cup Plain Greek Yogurt Or Dairy Free Yogurt  
3 tbsps Unsweetened Shredded Coconut  
3 tbsps Chopped Macadamia Nuts  
2 tsps Virgin Coconut Oil  
2 tsps Coconut Or Brown Sugar  
1 tsp Ground Ginger

## NUTRITION

Calories	474	Cholesterol	17mg
Fat	24g	Sodium	82mg
Carbs	52g	Vitamin A	70IU
Fiber	9g	Vitamin C	12mg
Sugar	21g	Calcium	289mg
Protein	17g	Iron	3mg

## DIRECTIONS

- 01 Heat a small saute pan over medium heat, and add chopped macadamia nuts and shredded coconut. Toss nuts and coconut together, stirring frequently to prevent from burning, until lightly browned, or about 4-5 minutes. Remove mixture from pan and allow to cool.
- 02 Heat coconut oil in the same saute pan over medium heat, then add frozen wild blueberries, and stir until mixture is bubbling. Turn down heat to medium, and add ginger and optional coconut/brown sugar to wild blueberry mixture and continue stirring for about 5-6 minutes, or until blueberry sauce has reduced and thickened. Remove from heat and set aside while you assemble sundaes.
- 03 Place 1/2 scoop each of warm cooked quinoa {you may make quinoa ahead of time and reheat before preparing sundaes} in 2 glasses/bowls/sundae dishes and top with 1 heaping tablespoon each of wild blueberry syrup mixture and nut/coconut mixture. Next, top each sundae with 1/2 cup Greek Yogurt, then divide remaining wild blueberry syrup and nuts/coconut and place on top of breakfast sundaes. Serve while still warm.

## NOTES

### DIETARY NOTE

This recipe can follow a low FODMAP diet, vegan diet, or regular diet depending on what type of yogurt you choose to use.

### RECIPE VARIATIONS

Feel free to make this recipe yours! Use your favorite fruit of choice to make a sauce and top with some of your favorite super foods such as chia seeds, coconut flakes, chopped nuts, and more!



# Gluten Free Baked French Toast with Gingerbread Cream Cheese Frosting

6 SERVINGS 1 HOUR 25 MINUTES



## INGREDIENTS

1 tsp Coconut Oil  
9 slices Gluten Free Bread  
1 1/2 cups Unsweetened Almond Milk  
6 Egg  
2 tbsps Maple Syrup  
1 tsp Vanilla Extract  
1 tsp Ground Ginger  
1/2 tsp Ground Cinnamon  
1/4 tsp Ground Cloves  
8 ozs Cream Cheese (or 1 package)  
1/2 cup Plain Greek Yogurt  
1/2 tsp Vanilla Extract (for the frosting)  
1/2 tsp Ground Ginger (for the frosting)  
1/4 tsp Ground Cinnamon (for the frosting)  
1/8 tsp Ground Cloves (for the frosting)

## NUTRITION

Calories	353	Cholesterol	224mg
Fat	21g	Sodium	481mg
Carbs	27g	Vitamin A	890IU
Fiber	2g	Vitamin C	1mg
Sugar	10g	Calcium	244mg
Protein	14g	Iron	2mg

## DIRECTIONS

- 01 Grease a 9x9 baking dish with oil or cooking spray.
- 02 Cut bread into cubes and place in baking dish.
- 03 Combine milk, eggs, maple syrup, vanilla extract, ginger, cinnamon, cloves, and salt in a blender, and blend until ingredients are well combined. Pour mixture over bread and use clean hands or a fork to mix bread and liquids together. Press mixture down to ensure all bread cubes are coated. Cover and place in refrigerator for 30 minutes, or overnight.
- 04 Preheat oven to 350 degrees F (177 degrees C.). When oven is ready, place baking dish on center rack and bake for 45 minutes or until the top is light golden brown. Remove from oven and allow to cool for 5 minutes before cutting into 6 slices and serving.
- 05 While the french toast is baking, prepare the cream cheese frosting (this can also be prepared ahead of time and stored in the refrigerator until ready to serve). Place neufatchel or cream cheese, yogurt, vanilla, and spices in a medium size mixing bowl. Combine ingredients well with an hand mixer. Spread on top of baked french toast to serve.

## NOTES

### LOW FODMAP/ DAIRY-FREE OPTION

Make with lactose free milk or low FODMAP plant based milk, and lactose free yogurt. You can use lactose free OR regular cream cheese as a 2 tablespoon serving is considered low FODMAP.

# Healthy Chocolate Smoothie with Strawberries and Coconut

1 SERVING 10 MINUTES



## INGREDIENTS

1 cup Strawberries (fresh or frozen)  
1 cup Coconut Yogurt  
1 tbsp Cacao Powder  
1 tsp Vanilla Extract  
1 tbsp Cacao Nibs (for garnish)  
1 tbsp Shredded Coconut (for garnish)  
1 cup Ice Cubes (for serving)

## NUTRITION

Calories	277	Cholesterol	0mg
Fat	16g	Sodium	55mg
Carbs	31g	Vitamin A	18IU
Fiber	11g	Vitamin C	89mg
Sugar	9g	Calcium	539mg
Protein	4g	Iron	2mg

## DIRECTIONS

- 01 Combine strawberries, yogurt, cacao powder, and vanilla in a blender and blend until smooth.
- 02 Pour over ice, and garnish with cacao nibs and shredded coconut.

## NOTES

### DIETARY NOTE

Make sure to use non-dairy coconut yogurt for a vegan and paleo smoothie and use lactose free yogurt or low FODMAP non-dairy yogurt for a low FODMAP smoothie.