



**E.A. Stewart**  
Spicy RD Nutrition

Low FODMAP Breakfast  
Recipes

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EA Stewart

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## Chocolate Chip Cookie Dough Overnight Oats

**2 servings**

**3 hours**

### Ingredients

3/4 cup Unsweetened Almond Milk  
1/2 cup Quick Oats  
1 tbsp Maple Syrup  
1 tbsp Chia Seeds  
1 tbsp Dark Chocolate Chips  
1 tsp Vanilla Extract  
1/2 tsp Cinnamon  
1/8 tsp Nutmeg

### Nutrition

Amount per serving	
Calories	197
Fat	7g
Saturated	3g
Carbs	28g
Fiber	4g
Sugar	10g
Protein	5g
Cholesterol	0mg
Sodium	63mg
Calcium	230mg
Iron	2mg
Vitamin D	38IU

### Directions

- 1 Combine all the ingredients into a small mixing bowl.
- 2 Cover and refrigerate for at least 3 hours or up to overnight. Stir in additional almond milk to thin if needed before serving. Enjoy!

### Notes

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

**Dairy-Free:** Use dairy-free chocolate chips.

**Additional Toppings:** Top with chopped nuts or additional chocolate chips or cinnamon.

**More Protein:** Stir in your favourite protein powder or collagen powder.





## High Protein Sunbutter Oatmeal with Strawberries

1 serving

5 minutes

### Ingredients

1/2 cup Oats (quick or rolled)  
1/2 cup Water  
1/2 cup Egg Whites  
1 tbsp Sunflower Seed Butter  
1 1/2 tps Hemp Seeds  
1/4 cup Strawberries (stems removed, chopped)

### Nutrition

Amount per serving	
Calories	355
Fat	14g
Saturated	1g
Carbs	35g
Fiber	6g
Sugar	5g
Protein	23g
Cholesterol	0mg
Sodium	208mg
Calcium	61mg
Iron	3mg
Vitamin D	0IU

### Directions

- 1 Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
- 2 Transfer to a bowl and top with sunflower seed butter, hemp seeds and strawberries. Enjoy!

### Notes

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

**More Flavor:** Add cinnamon, nutmeg, vanilla extract and/or a pinch of sea salt.

**Additional Toppings:** Maple syrup, honey, bee pollen, crushed nuts, jam, chopped fruit, shredded coconut or chia seeds.

**Make it Vegan:** Omit the egg whites.

**No Sunflower Seed Butter:** Use almond butter, tahini, pumpkin seed butter or peanut butter instead.



## Make Ahead Berry Muesli

6 servings

15 minutes

### Ingredients

1/2 cup Pecans  
3 cups Oats  
3/4 cup Dried Strawberries  
1/4 tsp Sea Salt  
1/4 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	276
Fat	9g
Saturated	1g
Carbs	45g
Fiber	6g
Sugar	16g
Protein	7g
Cholesterol	0mg
Sodium	103mg
Calcium	28mg
Iron	2mg
Vitamin D	0IU

### Directions

- 1 Preheat the oven to 325°F (163°C) and line a baking sheet with parchment paper. Add the pecans and bake, until toasted and fragrant, about 10 to 12 minutes. Let cool slightly, and then roughly chop them.
- 2 In a large bowl, add the pecans, oats, dried strawberries, salt, and cinnamon. Stir to combine.
- 3 Transfer to a large mason jar and cover. Store at room temperature until ready to use. Enjoy!

### Notes

**Leftovers:** Store covered at room temperature for up to four to eight weeks.

**How To Use:** Serve with yogurt or milk. Soak for at least 20 minutes or overnight to soften.

**Serving Size:** One serving size is equal to approximately 2/3 cup of muesli.

**Nut-Free:** Use toasted sunflower seeds instead of pecans.

**More Flavor:** Add ground cardamom or ginger.

**Additional Toppings:** Dried cranberries or cacao nibs.





## Peanut Butter Breakfast Bars

12 servings

25 minutes

### Ingredients

1 1/2 cups Oats (rolled)  
1/2 cup All Purpose Gluten-Free Flour  
1/2 tsp Baking Powder  
1/2 tsp Baking Soda  
2 tbsps Stevia Powder  
3 Egg  
1/4 cup Unsweetened Almond Milk  
1/4 cup Coconut Oil (melted, then measured)  
1/2 cup All Natural Peanut Butter (chunky)  
1/2 cup Dark Chocolate Chips (or chunks)

### Nutrition

Amount per serving	
Calories	245
Fat	15g
Saturated	9g
Carbs	22g
Fiber	3g
Sugar	6g
Protein	6g
Cholesterol	47mg
Sodium	96mg
Calcium	38mg
Iron	1mg
Vitamin D	12IU

### Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper.
- 2 In a mixing bowl, stir together the oats, flour, baking powder, baking soda, and stevia until well combined. Add the eggs, almond milk, coconut oil, and peanut butter. Stir well to combine.
- 3 Transfer the mixture to the baking dish and sprinkle the dark chocolate chips ontop. Bake for 12 to 15 minutes or until lightly golden brown and cooked through. Allow them to completely cool then slice into squares and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one week, or freeze if longer.

**Serving Size:** A 9- x 12-inch baking dish was used to make 12 servings.

**Nut-Free:** Use rice milk or oat milk instead of almond milk.

**More Flavor:** Add cinnamon and vanilla extract. Substitute some of the almond milk for butter.

**Additional Toppings:** Whole peanuts and/or chocolate drizzle.

**Flour:** This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. Please note that if using another brand of flour, results may vary.



## Cinnamon Maple Brown Rice Porridge

2 servings

1 hour

### Ingredients

2 cups Unsweetened Almond Milk  
2 tbsps Maple Syrup  
1 1/2 tsps Cinnamon  
1 tsp Vanilla Extract  
1/2 cup Brown Rice (long grain, rinsed well under cold water)  
2 cups Strawberries (chopped)

### Nutrition

Amount per serving	
Calories	307
Fat	4g
Saturated	0g
Carbs	63g
Fiber	7g
Sugar	20g
Protein	6g
Cholesterol	0mg
Sodium	167mg
Calcium	519mg
Iron	2mg
Vitamin D	101IU

### Directions

- 1 Add the almond milk, maple syrup, cinnamon and vanilla to a large saucepan with a tight-fitting lid. Bring to a gentle boil then stir in the rice.
- 2 Reduce heat to low and cover the pot with the lid. Let it cook, stirring occasionally, for 50 to 55 minutes, or until the rice is very tender and the porridge has thickened.
- 3 Divide the porridge between bowls and top with the chopped strawberries. Serve with additional almond milk, maple syrup and cinnamon if desired and enjoy!

### Notes

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

**Serving Size:** One serving is approximately 3/4 cup of porridge.

**Nut-Free:** Use coconut milk, oat milk or dairy milk instead of almond milk.

**Additional Toppings:** Top with hemp seeds, chia seeds, chopped nuts, sunflower seeds, pumpkin seeds, extra berries or a drizzle of almond butter.

**No Maple Syrup:** Use honey or agave instead.

**Cooking Tip:** To keep the porridge from boiling over while cooking, use a bigger pot than necessary and stir frequently or remove from heat briefly until the cooking liquid goes back down.





## 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	
Calories	150
Fat	10g
Saturated	0g
Carbs	14g
Fiber	7g
Sugar	1g
Protein	5g
Cholesterol	0mg
Sodium	65mg
Calcium	345mg
Iron	3mg
Vitamin D	38IU

### 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.





## Chocolate Pumpkin Energy Bars

6 servings

45 minutes

### Ingredients

1/3 cup Pumpkin Seed Butter (melted)  
3 tbsps Maple Syrup  
1/2 tsp Ground Ginger  
1/2 tsp Cinnamon  
1 1/2 cups Rice Puffs Cereal  
1/2 cup Pumpkin Seeds  
1 oz Dark Chocolate (chopped)

### Nutrition

Amount per serving	
Calories	208
Fat	14g
Saturated	3g
Carbs	16g
Fiber	3g
Sugar	7g
Protein	6g
Cholesterol	0mg
Sodium	44mg
Calcium	23mg
Iron	5mg
Vitamin D	0IU

### Directions

- 1 In a mixing bowl, whisk together the pumpkin seed butter, maple syrup, ginger, and cinnamon. Gently fold in the rice puffs cereal and pumpkin seeds.
- 2 Transfer and spread the mixture across a parchment-lined container or baking dish. Place another layer of parchment paper on top and firmly press into an even packed layer. (Note: If not compact enough, the bars may come out crumbly.)
- 3 In the microwave, heat the dark chocolate in a small bowl for 30 seconds at a time, until melted. Drizzle ovetop with a small spoon.
- 4 Freeze for about 30 minutes and slice into bars. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two weeks, or freeze for up to two months.

**Serving Size:** One serving equals two bars. A 9 x 6 1/2-inch container was used to make 12 bars or six servings.

**No Pumpkin Seed Butter:** Use tahini, sunflower seed butter, peanut butter, or almond butter instead.



## Peanut Butter Cup Overnight Oats

3 servings

8 hours

### Ingredients

1 1/2 cups Oats (quick or rolled)  
1 1/2 cups Unsweetened Almond Milk  
1/4 cup All Natural Peanut Butter  
2 tbsps Chia Seeds  
2 tbsps Maple Syrup  
1 tbsp Cocoa Powder  
1/2 cup Water

### Nutrition

Amount per serving	
Calories	375
Fat	18g
Saturated	3g
Carbs	46g
Fiber	8g
Sugar	11g
Protein	12g
Cholesterol	0mg
Sodium	89mg
Calcium	322mg
Iron	3mg
Vitamin D	50IU

### Directions

- 1 Combine oats, almond milk, peanut butter, chia seeds, maple syrup, cocoa powder and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 2 Remove from fridge. Divide into single-serving size jars or containers. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Add an extra splash of almond milk and/or a drizzle of honey (optional).

**Toppings:** Banana slices, peanuts, shredded coconut, hemp hearts or chocolate chips.

**Warm it Up:** Heat in microwave for 30 to 60 seconds before eating.

**No Maple Syrup:** Use honey instead.

**More Fiber:** Add ground flaxseed.





## Peanut Butter Granola

6 servings

30 minutes

### Ingredients

1/2 cup All Natural Peanut Butter  
1/4 cup Maple Syrup  
1 tsp Vanilla Extract  
1/8 tsp Sea Salt (optional)  
2 cups Oats (rolled)

### Nutrition

Amount per serving	
Calories	268
Fat	13g
Saturated	3g
Carbs	32g
Fiber	4g
Sugar	11g
Protein	8g
Cholesterol	0mg
Sodium	56mg
Calcium	38mg
Iron	2mg
Vitamin D	0IU

### Directions

- 1 Preheat your oven to 300°F (148°C) and line a baking sheet with parchment paper.
- 2 In a large pot over medium-low heat, add the peanut butter and maple syrup. Stir together and continue to heat until warm and smooth. Then stir in the vanilla and salt, if using.
- 3 Remove the pot from the heat and stir in the oats. Mix until the oats are well coated in the peanut butter mixture. The mixture should be fairly dry and crumbly. Transfer the oat mixture to the prepared baking sheet and press it into one even layer.
- 4 Bake for 20 to 22 minutes, flipping the granola half way through, being sure to press down into an even layer again after flipping.
- 5 Let it cool completely before breaking it into clusters. It will harden as it cools. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1/2 cup.

**Nut-Free:** Use a seed butter instead.

**More Flavor:** Add cinnamon.

**Additional Toppings:** Stir chocolate chips or chopped peanuts into the cooled granola.

**No Maple Syrup:** Use honey instead.





## Chia Oats with Kiwi

4 servings

10 minutes

### Ingredients

2 cups Water  
2 cups Oats (rolled)  
1/4 cup Chia Seeds  
2 Kiwi (chopped)

### Nutrition

Amount per serving	
Calories	235
Fat	7g
Saturated	0g
Carbs	37g
Fiber	8g
Sugar	4g
Protein	8g
Cholesterol	0mg
Sodium	6mg
Calcium	112mg
Iron	3mg
Vitamin D	0IU

### Directions

- 1 In a small saucepan, bring the water to a boil and add the oats and chia seeds. Reduce to a simmer and cook for 4 to 5 minutes or until cooked through. Be sure to stir often.
- 2 Divide the oatmeal between bowls and top with kiwi. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. For best results, reheat with additional liquid over the stove or in the microwave.

**Serving Size:** One serving is equal to half a cup of oatmeal and half of a kiwi.

**More Flavor:** Add cinnamon or maple syrup.

**Additional Toppings:** Add nuts, seeds and berries.



## High Protein Peanut Butter Oatmeal

1 serving

5 minutes

### Ingredients

1/2 cup Oats (quick or rolled)  
1/2 cup Water  
1/2 cup Egg Whites  
1 tbsp All Natural Peanut Butter  
1 1/2 tsps Chia Seeds

### Nutrition

Amount per serving	
Calories	343
Fat	13g
Saturated	2g
Carbs	34g
Fiber	6g
Sugar	3g
Protein	23g
Cholesterol	0mg
Sodium	209mg
Calcium	83mg
Iron	3mg
Vitamin D	0IU

### Directions

- 1 Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
- 2 Transfer to a bowl and top with peanut butter and chia seeds. Enjoy!

### Notes

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

**Nut-Free:** Use sunflower seed butter, tahini, or pumpkin seed butter instead of peanut butter.

**More Flavor:** Add cinnamon, nutmeg, vanilla extract and/or a pinch of sea salt..

**Additional Toppings:** Maple syrup, honey, bee pollen, crushed nuts, jam, chopped fruit, shredded coconut or hemp seeds.

**Make it Vegan:** Omit the egg whites.



## Zesty Lemon Chia Pudding

4 servings

4 hours

### Ingredients

3 1/2 cups Unsweetened Almond Milk  
1/2 cup Lemon Juice  
2 tbsps Maple Syrup (or honey)  
2 tsps Vanilla Extract  
1 cup Chia Seeds

### Nutrition

Amount per serving	
Calories	304
Fat	18g
Saturated	0g
Carbs	30g
Fiber	13g
Sugar	7g
Protein	9g
Cholesterol	0mg
Sodium	142mg
Calcium	675mg
Iron	4mg
Vitamin D	88IU

### Directions

- 1 In a large bowl, combine the almond milk, lemon juice, maple syrup and vanilla extract. Whisk in the seeds and mix well. Let sit in the fridge overnight or for at least 4 hours.
- 2 To serve, divide between bowls or mason jars. Enjoy!

### Notes

**Optional Toppings:** Fresh berries, sliced kiwi, coconut, pumpkin seeds, hemp seeds, almonds, sliced banana or bee pollen.

**Leftovers:** Keeps well in the fridge for 3 to 4 days.





## Vanilla Latte Overnight Oats

2 servings

3 hours

### Ingredients

3/4 cup Unsweetened Almond Milk  
1/2 cup Coffee (cold, strong brewed)  
2 tbsps Almond Butter (divided)  
1 tbsp Maple Syrup  
1/4 tsp Vanilla Extract  
3/4 cup Quick Oats  
2 tbsps Chia Seeds  
2 tsps Cacao Nibs

### Nutrition

Amount per serving	
Calories	325
Fat	17g
Saturated	2g
Carbs	37g
Fiber	9g
Sugar	7g
Protein	10g
Cholesterol	0mg
Sodium	66mg
Calcium	319mg
Iron	3mg
Vitamin D	38IU

### Directions

- 1 In a mixing bowl whisk together almond milk, cold coffee, half of the almond butter, maple syrup and vanilla extract. Stir in the oats and chia seeds until well combined.
- 2 Cover and refrigerate for at least 3 hours or up to overnight.
- 3 To serve, divide between bowls and top with the remaining almond butter and cacao nibs. Enjoy!

### Notes

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

**More Flavor:** Add cinnamon or pumpkin spice.

**Additional Toppings:** Top with shredded coconut, additional chia seeds or hemp seeds.

**More Protein:** Stir in your favorite protein powder or collagen powder.



## Sweet Cinnamon Millet Breakfast Bake

6 servings

1 hour 5 minutes

### Ingredients

3 1/2 cups Unsweetened Almond Milk  
1/4 cup Maple Syrup  
1 1/2 tsps Cinnamon  
1 1/2 tsps Vanilla Extract  
1/8 tsp Sea Salt  
1 cup Millet

### Nutrition

Amount per serving	
Calories	182
Fat	3g
Saturated	0g
Carbs	34g
Fiber	4g
Sugar	8g
Protein	4g
Cholesterol	0mg
Sodium	146mg
Calcium	286mg
Iron	1mg
Vitamin D	59IU

### Directions

- 1 Preheat your oven to 350°F (176°C).
- 2 In a large mixing bowl whisk the almond milk, maple syrup, cinnamon, vanilla and sea salt together. Stir in the millet.
- 3 Transfer the millet mixture to a baking dish and bake for 55 to 65 minutes or until the liquid has been absorbed and is no longer bubbling around the edges.
- 4 Remove from the oven and let it cool slightly before cutting into squares. Serve warm with additional maple syrup and cinnamon, if desired. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. This recipe does not freeze well, so it is best enjoyed within five days.

**Serving Size:** One serving is approximately one square. A 9x9 inch pan was used to make six servings.

**More Flavor:** Add in other warming spices like allspice, nutmeg or clove and a pinch of salt. Add in walnuts, pecans or slivered almonds.

**Additional Toppings:** Add chopped nuts or seeds for extra crunch.

**No Maple Syrup:** Use honey or agave instead.



## Peanut Butter Chocolate Oat Muffins

6 servings

25 minutes

### Ingredients

1/4 cup All Natural Peanut Butter  
1/4 cup Maple Syrup  
3/4 cup Unsweetened Almond Milk  
1/2 cup Quick Oats  
1/2 cup Oat Flour  
1 1/2 tsp Baking Powder  
1/2 tsp Cinnamon  
1/4 tsp Sea Salt  
1/3 cup Dark Chocolate Chips

### Nutrition

Amount per serving	
Calories	250
Fat	11g
Saturated	6g
Carbs	30g
Fiber	2g
Sugar	15g
Protein	6g
Cholesterol	0mg
Sodium	244mg
Calcium	154mg
Iron	1mg
Vitamin D	13IU

### Directions

- 1 Preheat the oven to 350°F (176°C) and line a muffin tin with paper baking cups.
- 2 In a mixing bowl combine the peanut butter and maple syrup then stir in the almond milk.
- 3 Add the oats, oat flour, baking powder, cinnamon, and salt to the bowl and stir until combined. Fold in the chocolate chips.
- 4 Divide the batter between the baking cups and bake for 14 to 16 minutes or until a toothpick inserted into the center of the muffin comes out with just a few moist crumbs.
- 5 Transfer the muffins to a cooling rack to cool completely. Enjoy!

### Notes

**Leftovers:** Keep in an airtight container for up to three days. Freeze for up to three months.

**Serving Size:** One serving is one muffin.

**No Maple Syrup:** Use honey or other liquid sweetener.

**No Almond Milk:** Use another milk or milk alternative.

**No Chocolate Chips:** Omit or replace with raisins.





## Kale & Red Pepper Frittata

4 servings

30 minutes

### Ingredients

8 Egg  
1/2 cup Unsweetened Almond Milk  
1/2 tsp Sea Salt  
1/2 tsp Black Pepper  
1 tbsp Extra Virgin Olive Oil  
2 cups Kale Leaves (chopped)  
1 Red Bell Pepper (chopped)  
1 cup Cherry Tomatoes (halved)

### Nutrition

Amount per serving	
Calories	195
Fat	14g
Saturated	4g
Carbs	5g
Fiber	2g
Sugar	3g
Protein	14g
Cholesterol	372mg
Sodium	466mg
Calcium	147mg
Iron	2mg
Vitamin D	95IU

### 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.



## Smoked Salmon Egg Cups

3 servings

25 minutes

### Ingredients

1 1/2 tps Avocado Oil  
6 Egg  
1 tbsp Chives (chopped)  
Sea Salt & Black Pepper (to taste)  
1 cup Baby Spinach (chopped)  
4 ozs Smoked Salmon (roughly  
chopped)

### Nutrition

Amount per serving	
Calories	210
Fat	14g
Saturated	4g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	20g
Cholesterol	381mg
Sodium	403mg
Calcium	71mg
Iron	2mg
Vitamin D	340IU

### Directions

- 1 Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with avocado oil.
- 2 In a small bowl, whisk together the eggs, chives, salt and pepper.
- 3 Add the spinach and then the smoked salmon to each muffin tin, then pour the egg mixture on top. Bake for 20 minutes. Remove from the oven, let cool and enjoy!

### Notes

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

**Serving Size:** One serving is equal to two egg cups.

**More Flavor:** Add fresh dill or capers to the muffin tins.





## Potato & Turkey Breakfast Casserole

6 servings

45 minutes

### Ingredients

2 Yellow Potato (chopped into small cubes)  
8 ozs Turkey Sausage (casing removed)  
2 cups Kale Leaves (finely chopped)  
1/2 cup Cherry Tomatoes  
8 Egg  
1/2 cup Unsweetened Almond Milk  
3/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	215
Fat	10g
Saturated	3g
Carbs	14g
Fiber	2g
Sugar	1g
Protein	17g
Cholesterol	276mg
Sodium	634mg
Calcium	110mg
Iron	2mg
Vitamin D	63IU

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Bring a pot of water to a boil. Place the potatoes into the water and cook until tender.
- 3 Meanwhile, in a pan over medium heat, brown the sausage, breaking it into small pieces as it cooks. When the sausage is no longer pink, add the chopped kale to the pan and cook until just wilted.
- 4 Add the cooked potatoes and sausage mixture to a baking dish. Then add the tomatoes. In a mixing bowl, whisk together the eggs, milk and salt. Pour the egg mixture into the baking dish making sure the potatoes, sausage mixture and tomatoes are equally covered with eggs.
- 5 Bake for 25 to 28 minutes or until eggs are set and firm to the touch. Cut into squares and serve immediately. Enjoy!

### Notes

**Baking Dish:** For six servings, use an 8.5 x 11.5-inch or 9 x 9-inch baking dish.

**Leftovers:** Refrigerate in an airtight container for up to 3 days.

**Vegetarian Option:** Omit the sausage completely or substitute it for additional vegetables like bell pepper and mushrooms.

**No Kale:** Use spinach or Swiss chard instead.

**No Tomato:** Use chopped bell pepper instead.

**No Sausage:** Use bacon or ground pork instead.





## Vegan Ricotta & Balsamic Tomato Toast

1 serving

5 minutes

### Ingredients

1 3/4 ozs Tofu (regular firm, drained)  
1/4 tsp Miso Paste  
1/2 tsp Nutritional Yeast  
1/2 tsp Apple Cider Vinegar  
1 tbsp Basil Leaves (chopped)  
Sea Salt & Black Pepper (to taste)  
1 slice Gluten-Free Bread (toasted)  
1/4 cup Cherry Tomatoes (halved)  
1 tsp Balsamic Vinegar

### Nutrition

Amount per serving	
Calories	139
Fat	5g
Saturated	1g
Carbs	16g
Fiber	3g
Sugar	5g
Protein	8g
Cholesterol	0mg
Sodium	206mg
Calcium	167mg
Iron	2mg
Vitamin D	0IU

### Directions

- 1 In a mixing bowl, mash the tofu and miso paste together with a fork until crumbly and wet. Gently fold in the nutritional yeast, apple cider vinegar, and basil. Season with salt and black pepper to taste. Mix well.
- 2 Spread the vegan ricotta onto the toast and top with tomatoes and balsamic vinegar. Enjoy!

### Notes

**Leftovers:** Refrigerate the vegan ricotta in a separate airtight container for up to five days. The assembled toast is best enjoyed immediately.

**More Flavor:** Add garlic powder, onion powder, black pepper, spices or herbs.

**No Apple Cider Vinegar:** Use lemon juice instead.



## Spinach Scramble with Fruit

1 serving

10 minutes

### Ingredients

- 3 Egg
- 1/8 tsp Sea Salt (divided)
- 1/8 tsp Black Pepper (divided)
- 1 tsp Extra Virgin Olive Oil
- 2 cups Baby Spinach
- 1 Tomato (medium, diced)
- 1 Navel Orange (sliced)

### Nutrition

Amount per serving	
Calories	355
Fat	19g
Saturated	5g
Carbs	25g
Fiber	5g
Sugar	13g
Protein	23g
Cholesterol	558mg
Sodium	604mg
Calcium	211mg
Iron	5mg
Vitamin D	123IU

### Directions

- 1 Whisk the eggs in a small bowl and season with half of the salt and half of the pepper. Set aside.
- 2 Heat the oil in a pan over medium heat. Add the spinach and cook until wilted and then add the tomato. Continue to cook for two to three minutes more until the tomatoes have softened. Season the vegetables with the remaining salt and pepper.
- 3 Push the vegetable mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the vegetables into the egg once the eggs are cooked through.
- 4 Transfer the eggs to a plate. Serve with orange slices and enjoy!

### Notes

**Leftovers:** Best served immediately.

**More Flavor:** Add dried herbs and spices like garlic powder.

**No Spinach:** Use kale instead.

**No Oranges:** Serve with sliced strawberries or apple slices instead.



## Quinoa & Kale Egg Muffins

6 servings

30 minutes

### Ingredients

1 1/2 tsps Avocado Oil  
1/3 cup Quinoa (dry)  
1 tbsp Extra Virgin Olive Oil  
3 cups Kale Leaves (finely chopped)  
1 Tomato (diced)  
7 Egg  
1/4 cup Water  
1/2 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	155
Fat	10g
Saturated	2g
Carbs	8g
Fiber	1g
Sugar	0g
Protein	9g
Cholesterol	217mg
Sodium	294mg
Calcium	66mg
Iron	2mg
Vitamin D	48IU

### Directions

- 1 Preheat the oven to 350°F (177°C). Grease a muffin pan with the avocado oil.
- 2 Cook the quinoa according to package directions.
- 3 While the quinoa is cooking, heat the extra virgin olive oil in a large pan over medium heat. Cook the kale until wilted and tender. Remove from heat.
- 4 Add the cooked quinoa and the tomato to the wilted kale and stir to combine. Transfer the quinoa mixture evenly into the muffin cups of the prepared pan.
- 5 In a mixing bowl whisk the eggs until well scrambled. Whisk in the water and salt. Pour the egg mixture into the muffin cups to cover the quinoa, kale and tomatoes.
- 6 Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from the oven, let cool and enjoy!

### Notes

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

**Serving Size:** One serving is approximately two egg muffins.

**More Flavor:** Add red pepper flakes or black pepper.





## Spinach, Tomato & Goat Cheese Scramble

2 servings

20 minutes

### Ingredients

1 1/2 tps Extra Virgin Olive Oil  
5 Egg (whisked)  
1 cup Cherry Tomatoes (halved)  
2 cups Baby Spinach  
1/4 tsp Sea Salt  
1/2 tsp Black Pepper  
1/4 cup Goat Cheese (crumbled)  
1/2 cup Basil Leaves (chopped)

### Directions

- 1 Heat a large skillet over medium heat. Add olive oil.
- 2 In a mixing bowl, whisk together eggs, cherry tomatoes, spinach, sea salt and black pepper. Mix well. Transfer to the skillet and stir continuously while cooking to scramble. Once eggs are cooked through, remove from the heat and divide into bowls. Top with goat cheese and basil leaves. Enjoy it while it's hot!

### Nutrition

Amount per serving	
Calories	268
Fat	19g
Saturated	6g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	20g
Cholesterol	470mg
Sodium	566mg
Calcium	139mg
Iron	4mg
Vitamin D	103IU



## Bell Pepper Egg Cups

1 serving  
20 minutes

### Ingredients

1 Red Bell Pepper  
2 Egg  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	174
Fat	10g
Saturated	3g
Carbs	8g
Fiber	3g
Sugar	5g
Protein	14g
Cholesterol	372mg
Sodium	147mg
Calcium	64mg
Iron	2mg
Vitamin D	82IU

### Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Slice pepper in half and carve out the seeds.
- 3 Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy!

### Notes

**More Flavour:** Roast the red pepper in the oven before cracking the egg into them.

**Added Touch:** Sprinkle with cheese during the last 2 minutes.

**Serve it With:** Toast for dipping or our Grain-Free Flax Bread.

**More Protein:** If it is a large bell pepper, fill remaining space with egg whites for added protein.



## Smoked Salmon & Feta Omelette

1 serving

5 minutes

### Ingredients

2 Egg  
2 tbsps Fresh Dill (finely chopped, divided)  
1 tsp Butter  
2 tbsps Feta Cheese (crumbled)  
2 ozs Smoked Salmon

### Nutrition

Amount per serving	
Calories	293
Fat	20g
Saturated	9g
Carbs	2g
Fiber	0g
Sugar	0g
Protein	26g
Cholesterol	412mg
Sodium	733mg
Calcium	158mg
Iron	2mg
Vitamin D	469IU

### Directions

- 1 In a bowl, add the eggs and half of the dill. Whisk well to combine.
- 2 In a non-stick skillet over medium heat, add the butter. Once hot, pour the egg mixture into the skillet and let it cook until almost set. Place the feta cheese on one half of the omelette and then fold the other half over on top. Remove from the heat and transfer onto a plate. Top with smoked salmon and the remaining dill. Enjoy!

### Notes

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

**Dairy-Free:** Omit the feta and use dairy-free cheese instead. Use coconut oil instead of butter.

**Additional Toppings:** Top with capers and/or thinly sliced red onion.

**No Dill:** Omit or use another herb such as parsley or fresh chives.





## Spicy Tomato Scramble

1 serving

10 minutes

### Ingredients

1 1/2 tsp Extra Virgin Olive Oil  
1/4 cup Cherry Tomatoes (cut in half)  
1/2 Jalapeno Pepper (small, finely chopped)  
1 tbsp Cilantro (optional)  
2 Egg  
1/8 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	212
Fat	16g
Saturated	4g
Carbs	3g
Fiber	1g
Sugar	2g
Protein	13g
Cholesterol	372mg
Sodium	440mg
Calcium	61mg
Iron	2mg
Vitamin D	82IU

### Directions

- 1 Heat the oil in a non-stick pan over medium heat. Add the tomatoes and jalapeno pepper to the pan and sauté for 3 to 5 minutes or until the tomatoes and jalapeno have softened. If using, add the cilantro and mix well.
- 2 While the tomato mixture is cooking, crack the eggs into a small bowl and beat well. Add in the salt.
- 3 Push the tomato mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the tomato mixture in once the eggs are no longer very wet.
- 4 Divide between plates and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1/2 cup.

**More Flavor:** Add onions and garlic to the tomato mixture.

**Additional Toppings:** Top with hot sauce, diced avocado or extra cilantro. Serve with toast, roasted potatoes or sautéed greens.



## Bacon & Spinach Omelette

1 serving  
20 minutes

### Ingredients

2 slices Bacon (chopped)  
1 cup Baby Spinach  
2 Egg  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	370
Fat	30g
Saturated	10g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	21g
Cholesterol	409mg
Sodium	586mg
Calcium	89mg
Iron	3mg
Vitamin D	91IU

### Directions

- 1 Cook the bacon over medium heat, being sure to stir every few minutes. Just before the desired doneness is reached, add the spinach until wilted. Transfer the mixture to a paper towel-lined plate to cool slightly. Leave behind a small splash of bacon fat to keep the pan greased.
- 2 Whisk the eggs in a small bowl and season with salt and pepper to taste. Transfer to the pan and cook until almost set. Place the spinach and bacon on one half of the omelette and fold the other half over top. Remove from heat and enjoy!

### Notes

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

**More Flavor:** Red pepper flakes or hot sauce.

**Additional Toppings:** Shredded cheese or avocado slices.

**No Spinach:** Use kale instead.

**Make it Fluffy:** For a fluffier omelette, whisk the eggs with milk.





## Bell Pepper & Spinach Egg Bake

6 servings

30 minutes

### Ingredients

1 1/2 tps Extra Virgin Olive Oil  
(divided)  
1 Red Bell Pepper  
2 cups Baby Spinach (chopped)  
1/2 cup Cherry Tomatoes (halved)  
3 stalks Green Onion (chopped)  
8 Egg  
1/2 cup Water  
1/2 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	117
Fat	8g
Saturated	2g
Carbs	3g
Fiber	1g
Sugar	2g
Protein	9g
Cholesterol	248mg
Sodium	302mg
Calcium	55mg
Iron	2mg
Vitamin D	55IU

### Directions

- 1 Preheat the oven to 400°F (204°C). Grease a baking dish with half of the oil.
- 2 Add the remaining oil to a pan over medium heat. Add the peppers and cook for about five minutes or until just tender and starting to brown. Add the spinach, tomatoes, and green onion. Continue to cook until the spinach wilts. Transfer the vegetables to the prepared baking dish and arrange them in an even layer.
- 3 Add the eggs, water, and salt to a bowl and whisk well. Pour the egg mixture into the baking dish.
- 4 Bake for 23 to 25 minutes or until the eggs have set and are firm to touch. Cut into squares and enjoy!

### Notes

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

**Serving Size:** An 8.5- x 11.5-inch baking dish was used to make six servings. You can also make this in a 9 x 9-inch baking dish.

**More Flavor:** Use milk instead of water. Season the vegetables with your favourite dried herbs and spices.

**Veggies:** This recipe works well with nearly any vegetable. Use kale, steamed broccoli, cooked sweet potato, red onion, or mushrooms instead.





## Turkey Bacon Breakfast Bagel

1 serving

15 minutes

### Ingredients

2 slices Turkey Bacon  
1 Egg  
1 1/2 tsps Whole Grain Mustard  
1 tbsp Pickle (chopped)  
1/4 cup Arugula  
4 ozs Gluten-Free Bagel (sliced in half, toasted)

### Nutrition

Amount per serving	
Calories	468
Fat	15g
Saturated	3g
Carbs	68g
Fiber	1g
Sugar	14g
Protein	14g
Cholesterol	207mg
Sodium	1126mg
Calcium	196mg
Iron	3mg
Vitamin D	41IU

### Directions

- 1 Heat a skillet over medium heat. Cook the turkey bacon for five minutes each side or until cooked to your desired crispiness. Transfer to a towel-lined plate to absorb any excess oil.
- 2 In the same pan, crack the egg and cook until the whites are set and the yolk is cooked to your liking.
- 3 Spread mustard on the bottom bagel slice and top with the pickle, arugula, bacon, and egg. Close the bagel and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for up to one day.

**No Mustard:** Use mayonnaise instead.

**No Bagel:** Use bread, crackers, waffles, or toasted sweet potato slices instead.

**Gluten-Free Bagel:** One gluten-free bagel is roughly 4-ounces or 113-grams.



## Tomato, Kale & Feta Breakfast Pizza

4 servings

50 minutes

### Ingredients

6 Egg  
1/4 cup Unsweetened Almond Milk  
1 cup Kale Leaves (chopped)  
Sea Salt & Black Pepper (to taste)  
1/4 cup Feta Cheese (crumbled)  
1 Tomato (sliced into rounds)  
1 1/2 tsps Coconut Oil

### Nutrition

Amount per serving	
Calories	155
Fat	11g
Saturated	5g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	11g
Cholesterol	287mg
Sodium	238mg
Calcium	131mg
Iron	2mg
Vitamin D	69IU

### Directions

- 1 Preheat oven to 350°F (177°C). Place eggs in a large mixing bowl and beat with a fork. Then add almond milk, feta cheese, and kale. Stir until evenly mixed.
- 2 Lightly grease cast iron skillet or glass dish with coconut oil and fill with egg mixture. Set sliced tomato on top of egg mixture. Season with salt and pepper. Bake in the oven for 40 minutes.
- 3 Remove from oven and slice into servings with a pizza cutter. Serve with leftover kale and tomatoes on the side. Enjoy!





## Smoked Salmon & Quinoa Breakfast Bowl

2 servings

20 minutes

### Ingredients

1/4 cup Quinoa (uncooked)  
4 Egg  
2 tbsps Cilantro (chopped)  
1 tsp Lime Juice (to taste)  
2 cups Arugula (packed)  
6 ozs Smoked Salmon (sliced)

### Nutrition

Amount per serving	
Calories	327
Fat	15g
Saturated	4g
Carbs	15g
Fiber	2g
Sugar	1g
Protein	32g
Cholesterol	392mg
Sodium	720mg
Calcium	108mg
Iron	4mg
Vitamin D	664IU

### Directions

- 1 Cook the quinoa according to the package directions and let cool.
- 2 Meanwhile, place the eggs in a saucepan and cover with water. Bring to a boil, then turn off the heat, cover with a lid and let sit for 10 to 12 minutes. Transfer the eggs to an ice bath. Peel and slice the eggs when cool enough to handle.
- 3 Toss the quinoa with cilantro and lime juice. Divide the arugula, quinoa, smoked salmon, and eggs between bowls. Enjoy!

### Notes

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

**More Flavor:** Season the quinoa with salt and pepper. Add sliced red onion, capers, or avocado to the finished bowl.