

Nurture Yourself Breakfast Cookbook



Carrie Asby



Ready to go all-in down a deeper path of peace, health, and resilience?

Food connects us to the abundance of the earth. And this cookbook was compiled with the idea that with a little inspiration, plus keeping it simple, you can develop a habit that maximizes—and celebrates—the meal that starts your day.

Carrie Asby is a wellness coach, yoga instructor, retreat leader, author, podcaster, proud dog mom...and collector of delicious, nourishing breakfast recipes. She helps people embrace mindful practices with a focus on healing through nature. She shares rituals, tools, and techniques that help people live in harmony with their minds, bodies, spirits, and planet.



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A top-down view of a white ceramic bowl filled with oatmeal. The oatmeal is topped with a thick, golden-brown spread of peanut butter, which is swirled and drizzled over the grains. Several walnut halves are scattered on top of the peanut butter. A silver spoon is resting on the oatmeal, its handle extending to the right. The bowl is set on a light-colored, possibly marble, surface. A red, decorative banner with a white border is overlaid on the center of the bowl, containing the text "QUICK AND EASY" in white, bold, serif capital letters.

**QUICK AND
EASY**



OATMEAL BOWL

 SERVINGS: 1

 PREPPING TIME: 10 MINUTES

Ingredients

- 3 tbsp. rolled oats
- ½ cup filtered water
- 1 tsp. cocoa powder
- 2 tsp. peanut butter
- 1 small banana, peeled
- Nuts (if you want)
- 1 tsp. honey

Instructions

1. Prepare the oatmeal according to packet directions, then adding 1 tbsp of cocoa powder to it.
2. Remove from the heat
3. Top with peanut butter, banana, nuts, and honey.

YOGURT PARFAIT WITH FRUIT & GRANOLA



SERVINGS: 1



PREPPING TIME: 5 MINUTES



Ingredients

- Yogurt of any flavor, your choice
- Fruit and Seed Granola
- ¼ cup of different fruits, any you like
- 2 tsp. Honey
- Pinch of Cinnamon powder

Instructions

1. Layer yogurt, granola, and mix fruit in a bowl.
2. Drizzle honey over the top, sprinkle cinnamon powder, and garnish with fruit.

Ingredients

- 1 tbsp vegetable oil
- 2 eggs
- 1 small packet (3 oz) ramen noodles, dried
- 1 tbsp, soy sauce
- 1 tsp, white vinegar
- Pinch of chili flakes
- 1 spring onion, finely sliced
- Salt and pepper according to taste

Optional:

- A handful of fresh basil

Instructions

1. Prepare the ramen noodles according to the packet directions.
2. Crack and add the eggs into the medium bowl and whisk with soy sauce, white vinegar, chili, and pepper.
3. Add the ramen to the batter.
4. If you have basil leaves on hand, chop or rip them coarsely and incorporate them into the batter.
5. Transfer the batter a skillet and fry for 4 minutes on low to medium heat. Flip & fry for 3 minutes on the other side.



Noodle Omelette



SERVINGS: 1



PREPPING TIME: 10 MINUTES

Best Avocado Toast



SERVINGS: 1



PREPPING TIME: 10 MINUTES

Ingredients

- 2 eggs
- 2 slices of multi/whole grain bread (toasted)
- 1 small avocado
- 1 tsp. lime juice
- Sea salt & black pepper (according to taste)
- Parsley (if you want to top)

Instructions

1. Toast bread and fry eggs according to personal liking.
2. Peel, pit and mash avocado with lime juice, salt, and pepper.
3. Distribute avocado evenly across each piece of bread and top with a fried egg
4. Top with parsley and any other spices you like.





Overnight Steel Cut Oats



SERVINGS: 1



PREPPING TIME: 5 MINUTES

Ingredients

- 4 tbsp. Steel-cut oats
- $\frac{1}{4}$ tsp. vanilla extract
- 1 tsp. maple syrup
- $\frac{1}{2}$ cup oat milk
- Chopped fruit, nuts and honey for garnish

Instructions

1. Put steel-cut oats, oat milk, vanilla extract, and maple syrup into a bowl.
2. Stir well and chill for at least 24 hours. Oats are at their finest 48 hours after soaking.
3. Serve chilled and garnish with desired toppings.

Peanut Butter, Yogurt, and Fruit Parfait

SERVINGS: 1

PREPPING TIME: 10 MINUTES

Ingredients

- $\frac{3}{4}$ cup low-fat Greek yogurt
- 2 tbsp. peanut butter
- 1 tbsp. honey
- 4 tbsp. grapes halved
- 3 strawberries, halved
- 2 tbsp. roasted hazelnuts



Instructions

1. Whisk together the yogurt, almond butter, and honey in a medium bowl until smooth.
2. Layer with the grapes, strawberries, and hazelnuts.

Banana Pancakes

Ingredients

- 1 very ripe banana, mashed
- 2 eggs
- ¼ teaspoon cinnamon
- Optional, but highly recommended: pinch of salt

Instructions

1. Mash banana in a medium bowl.
2. In a separate bowl, whisk together the two eggs.
3. Add eggs to banana and whisk together until thoroughly combined. Whisk in salt and cinnamon.
4. Preheat a griddle or large skillet over medium heat, brush with oil.
5. Use a tablespoon to drop batter onto griddle. Let set for a few minutes, and then flip with spatula.
6. Cook for an additional minute or two on remaining side and remove to plate.



SERVINGS: 1



PREPPING TIME: 10 MINUTES



Mango Turmeric Smoothie Bowl



Ingredients

- ½ cup coconut, oat or hemp milk
- 1 cup frozen diced mango
- ¼ avocado
- ½ peeled orange
- ½ lime juiced
- 1 teaspoon ground turmeric
- ½ cup ice cubes
- Goji berries, coconut flakes, and strawberries (optional for toppings)

Instructions

1. Add the milk of choice, mango, avocado, orange, lime juice, turmeric, and ice to a blender.
2. Blend the ingredients until it is a thick, creamy smoothie.
3. Pour into a bowl and top with the goji berries, coconut flakes, and strawberries if desired



SERVINGS: 1



PREPPING TIME: 5 MINUTES

Sweet Potato Chicken Breakfast Hash



SERVINGS: 1



PREPPING TIME: 14 MINUTES

Ingredients

- 1/4 cup diced sweet potatoes
- 1/2 cup cooked chicken, roughly chopped
- 1/4 teaspoon paprika
- Salt and freshly ground black pepper
- 1 egg
- Suggested toppings: salsa, shredded cheese, diced avocado



Instructions

1. Add the sweet potatoes in a pot with 2 tablespoon water, cover and cook until tender for 3 to 7 minutes.
2. Stir in the chicken, paprika and salt and pepper to taste. Cook until properly warmed, about 2 minutes.
3. Carefully crack the egg on top. Sprinkle a little water on top of the egg and cook until the egg white is solid but the yolk is still runny, 1 to 2 minutes.
4. Serve immediately with toppings of your choice.

Peanut Butter-Banana Cinnamon Toast

Ingredients

- 1 slice whole-wheat bread, toasted
- 1 tablespoon peanut butter
- 1 small banana, sliced
- Cinnamon to taste



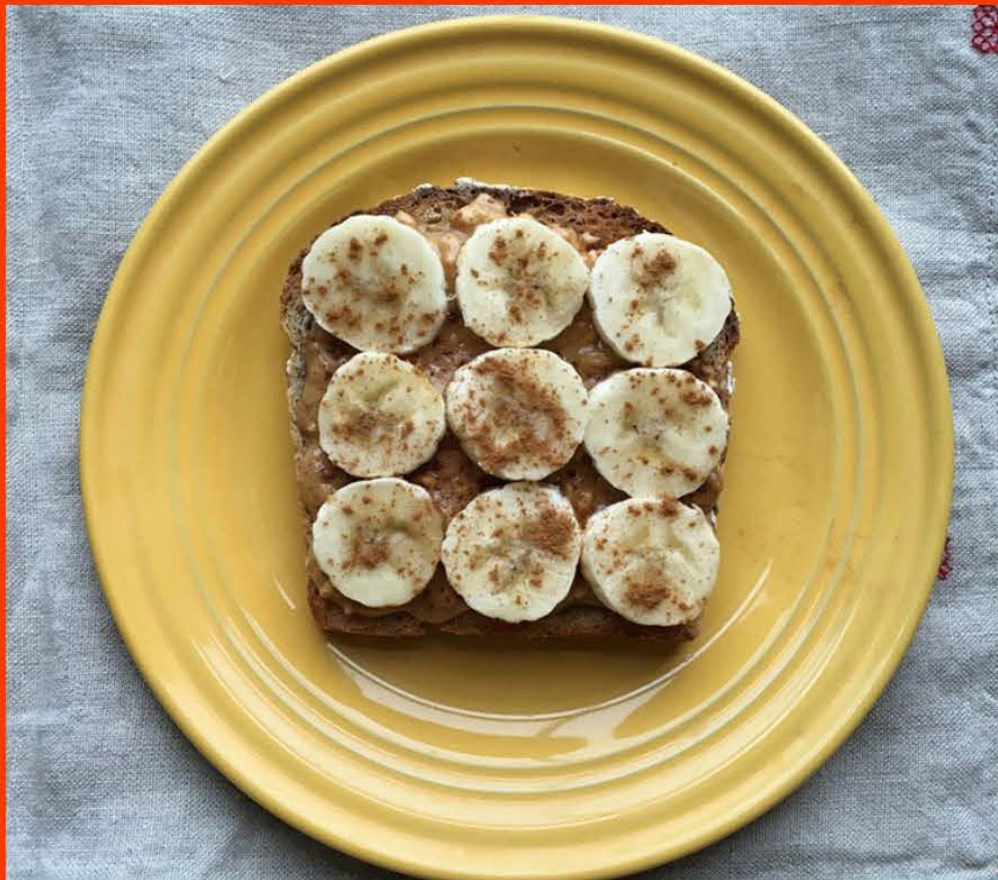
SERVINGS: 1



PREPPING TIME: 5 MINUTES

Instructions

1. Spread toast with peanut butter and top with banana slices. Sprinkle with cinnamon to taste.



Simple Green Goddess Smoothie

Ingredients

- ½ cups spinach
- 1 banana
- 1 cup frozen peaches, pineapple, or mango (you can choose which type of fruit you want, or create a custom mix)
- 1 cup coconut milk (water, milk, oat milk, and coconut water also work)
- Sweetener of choice (stevia, agave nectar or honey)

Instructions

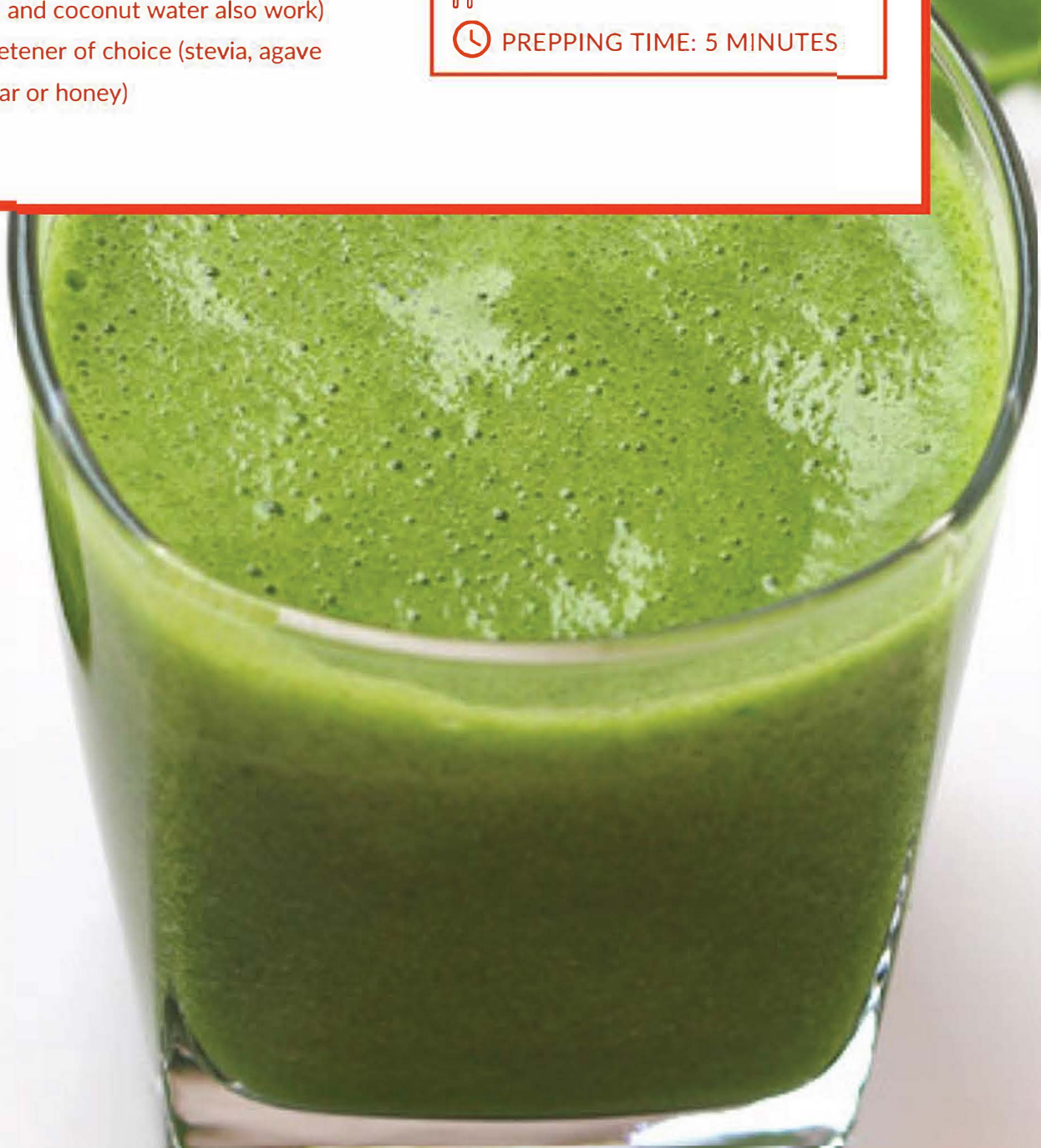
1. Combine all ingredients together in blender container and blend until smooth.



SERVINGS: 1



PREPPING TIME: 5 MINUTES



A top-down view of a white bowl containing a fresh salad. The salad consists of several slices of ripe peaches, dark green spinach leaves, and sliced almonds, all coated in a vibrant green dressing. An orange banner with a decorative border is overlaid on the center of the image, containing the text 'TEA FOR TWO' in white, bold, serif font.

**TEA FOR
TWO**

Egg Sandwich with Pastrami and Swiss Recipe



SERVINGS: 2



PREPPING TIME: 15 MINUTES

Ingredients

- ¼ tbsp. butter
- 2 slices low-fat Swiss cheese
- 2 whole-wheat English muffins, lightly toasted
- 2 oz. lean pastrami, cut into strips
- 3 eggs
- 1 tbsp. milk
- Salt and black pepper to taste



Instructions

1. In a large nonstick skillet over medium heat, melt the butter. Sauté the pastrami for 2 to 3 minutes. Reduce the heat to a low setting.
2. Combine the eggs, milk, and a couple of pinches of salt and pepper in a mixing bowl. Lightly whisk, and then add to the skillet.
3. Continuously stir with a wooden spoon until eggs are cooked. Removed from the heat.
4. Each English muffin should have a piece of Swiss cheese on the bottom. Distribute the scrambled eggs evenly among the muffins and top with the muffin tops.



BAKED EGGS WITH MUSHROOM AND SPINACH RECIPE

 SERVINGS: 2

 PREPPING TIME: 22 MINUTES

Ingredients

- 2 slices deli ham, cut into thin strips
- ¼ bag frozen spinach, thawed
- ¼ can roasted green chilies
- Salt and black pepper to taste
- 2 eggs
- 1½ tbsp. olive oil
- ½ small onion, chopped
- 1 cups mushrooms, sliced

Instructions

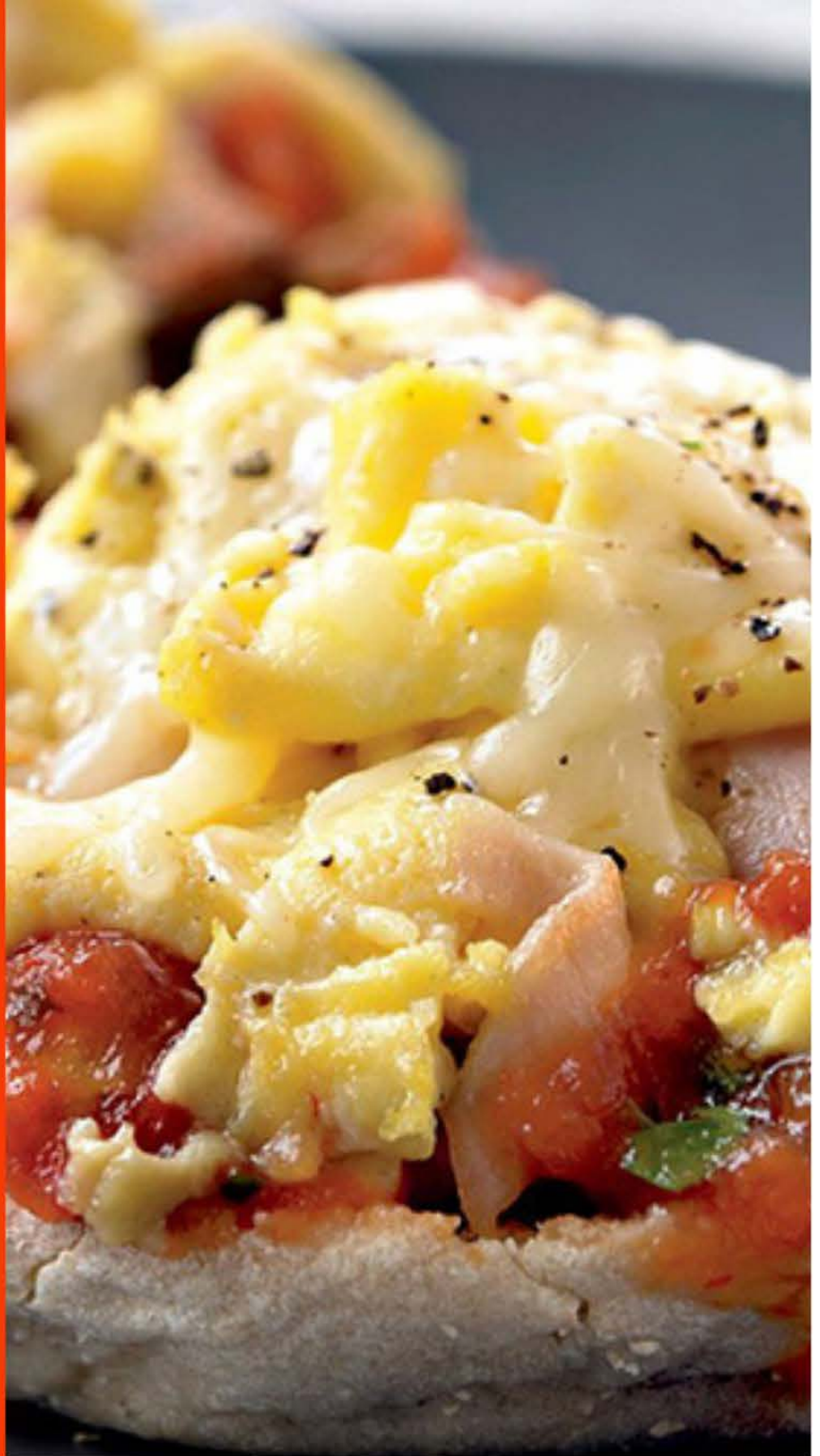
1. Preheat oven to 375 F.
2. Set a large skillet over medium heat and add 1 tbsp oil.
3. Cook onion for approximately 3 minutes, or until brown.
4. Stir in mushrooms and keep cooking gently till browned.
5. Now place deli ham strips, spinach, and chili to the skillet and cook until done.
6. Season the meal mixture with sea salt and freshly ground pepper.
7. Distribute the mixture evenly among two 6-ounce oven-safe ramekins gently grease with oil.
8. Crack one egg into each carefully, taking care to preserve the yolks intact.
9. Bake the ramekins in a baking dish for about 8-10 minutes, or until the whites are barely set, but the yolks are still runny.

Ingredients

- ¼ tbsp. butter
- 2 oz. ham, cut into thin strips
- 2 whole wheat muffins, split and lightly toasted
- ½ cup prepared salsa
- ½ cup shredded Cheddar cheese
- 3 eggs, beaten
- Salt and black pepper to taste

Instructions

1. Preheat oven to broil.
2. In a large nonstick pan, melt the butter.
3. Season the eggs with salt and pepper.
After the butter has completely melted, add the eggs to the pan along with the ham strips.
4. Cook, stirring the eggs constantly with a wooden spoon or rubber spatula while they set.
5. About 30 seconds before the eggs are fully cooked, remove the pan from the heat (they will continue to cook in the pan in the oven).
6. Slather a generous tablespoon of salsa on each English muffin half.
7. Divide the eggs evenly between the muffins and top with cheese.
8. Arrange all of the English muffins on a baking sheet and broil (6" away from the heat source is good) until the cheese is completely melted and the edges are browned.



BREAKFAST PIZZA RECIPE



SERVINGS: 2



PREPPING TIME: 25 MINUTES

A CRUNCHY, FLAVORFUL RED & GREEN BREAKFAST

 SERVINGS: 2

 PREPPING TIME: 33 MINUTES



Ingredients

- ½ lb asparagus, trimmed and cut into 2-inch pieces
- ½ lb cherry or grape tomatoes
- 3 cloves garlic, quartered
- 2 tsp extra-virgin olive oil, plus 1 tbsp
- 1 slice whole-wheat bread, cubed
- 1 ½ cups chopped stemmed kale
- 1 ½ cups baby spinach
- ¾ cups cooked quinoa, chilled
- 2 cups water
- ½ tbsp. vinegar
- 4 eggs
- Salt and black pepper to taste
- ½ tbsp. red wine vinegar, optional

Instructions

1. Preheat oven to 425 F. In a baking dish, place asparagus, tomatoes, and garlic in a single layer, coat with 2 teaspoon olive oil, and roasts for 10 to 12 minutes, or until asparagus is tender. Remove and set aside.
2. Bake bread cubes for 5 minutes, or until crisp and golden.
3. Divide the kale and spinach evenly into two serving dishes. Sprinkled on top quinoa, roasted veggies, and croutons.
4. Meanwhile, in a saucepan, combine the water and vinegar. Bring vinegar mixture to a boil; then lower heat. Crack an egg in a cup then carefully place it in the hot water.
5. Cook eggs in a saucepan for 3 to 5 minutes, or until the whites are completely set, and the yolks begin to thicken. With a slotted spoon, remove from water.
6. Carry out the same with the remaining three eggs. Arrange on top of the salad.
7. Drizzle with olive oil and, if preferred, red wine vinegar—season with sea salt and freshly ground pepper.

A top-down view of a light-colored ceramic bowl filled with a dark-colored porridge. The porridge is topped with a generous amount of golden-brown granola, dark blueberries, and white shredded coconut. In the upper right corner, a small wooden bowl contains more granola. The background is a light-colored, textured surface.

Quinoa Porridge with Berries



SERVINGS: 2



PREPPING TIME: 25 MINUTES

Ingredients

- 1 cup frozen blueberries or sub berries
- 5 tbsp. quinoa
- 1½ tbsp. black (beluga) lentils
- ¾ cup water

Optional stir-ins & toppings (per serving)

- ½ tsp. ground flax seed
- A little bit plant milk if desired
- ½ tbsp. Granola
- ½ tsp. Chopped nuts
- Pinch of cinnamon powder
- ½ tsp. shredded coconut

Instructions

1. Rinse the quinoa and lentils together in a fine mesh colander. Eliminate any foreign matter.
2. Bring the ¾ cup water, quinoa, and lentils to a boil in a saucepan over high heat. Reduce to medium-low heat and gently simmer, covered, for approximately 20 minutes or until cooked. (You can make this in advance and refrigerate the quinoa/lentil mixture in an airtight container for up to 7 days.)
3. To serve, combine the quinoa/lentil mixture and frozen berries in a small saucepan and warm over low heat.
4. I like to heat mine for about 1 minute on high, just long enough for the berries to release some of their juices.
5. Add your favorite stir-ins & toppings and enjoy.

Quick and Easy Peaches and Kale Smoothie Bowl Recipe



SERVINGS: 2



PREPPING TIME: 20 MINUTES

Ingredients

- 2 cups frozen peach slices
- 1 ½ cup chopped kale with stems removed, divided
- 2 tsp honey
- 1/2 tsp grated fresh ginger
- 1 cup unsweetened vanilla plant milk
- 1/2 cup plain low-fat yogurt
- 4 tsp lemon juice
- 8 fresh or frozen peach slices, thawed
- 4 tbsp. sliced almonds, toasted

Instructions

1. In a blender, combine frozen peach slices, 1 cup of the kale, honey, ginger, plant milk, yogurt, and lemon juice. Cover and blend until smooth.
2. Divide smoothie into 2 bowls
3. Top with fresh peach slices, remaining kale, and almonds.



Veggie Scramble & Mushrooms, Spinach, and Goat Cheese

Ingredients

- 1 Tbsp. butter
- ½ cup sliced shiitake mushrooms
- Salt and black pepper to taste
- 4 eggs
- 1 tbsp. milk
- ¼ cup fresh goat cheese
- ½ cup frozen spinach, thawed

Instructions

1. In a large nonstick skillet over medium heat, melt ½ tablespoon of the butter.
2. When butter melts, add the shiitakes and simmer for 5 minutes or gently browned.
3. Remove and set aside on a platter.
4. Sauté the spinach in the same pan till it is thoroughly heated.
5. Season with salt and pepper to taste. Squeeze out any extra water using a colander.
6. In a mixing bowl, combine the eggs and milk. Season with salt and vigorously stir.
7. Turn the heat to low and add the eggs and the remaining ½ tbsp butter to the skillet.
8. Stir the eggs frequently with a wooden spoon or spatula, scraping the bottom of the pan to make small, delicate curds.
9. Stir in this manner for approximately 5 minutes, or until the eggs are still soft and loose. Add the mushrooms, spinach, and goat cheese and cook for another 2 minutes.
10. Season with black pepper to taste.



SERVINGS: 2



PREPPING TIME: 24 MINUTES



Green Eggs and Ham Breakfast Muffins



Ingredients

- 4 eggs
- ½ cup milk
- 1 cup baby spinach
- ⅛ tsp salt
- ⅛ tsp pepper
- ½ cup mozzarella
- ½ cup chopped ham

Instructions

1. Preheat the oven to 350°F and lightly grease the muffin pan with oil. If you want, you may use cupcake liners instead.
2. In a blender or food processor, combine the eggs, milk, spinach, salt, and black pepper and pulse until thoroughly combined.
3. Pour the batter into the prepared muffin pans, distributing it evenly across the 12 holes.
4. Sprinkle a little ham and cheese on top of each "muffin."
Including cheese in eggs
5. Bake for 22-25 minutes, or till the top is firm and gently browned.
6. Allow them to cool for 5 minutes in the pan before removing to serve.



SERVINGS: 2



PREPPING TIME: 30 MINUTES

Classic Omelet and Greens



SERVINGS: 2



PREPPING TIME: 20 MINUTES

Ingredients

- 3 tbsp. olive oil, divided
- 1 yellow onion, finely chopped
- 8 large eggs
- Kosher salt
- 2 tbsp. unsalted butter
- 1 oz. Parmesan, finely grated
- 2 tbsp. fresh lemon juice
- 3 oz. baby spinach

Instructions

1. Heat 1 tablespoon oil in large nonstick skillet on medium. Add onion and sauté until tender, about 6 minutes. Transfer to a small bowl.
2. In a large bowl, whisk together eggs, 1 tablespoon water and 1/2 teaspoon salt. Return skillet to medium and add butter. Add eggs and cook, stirring constantly with rubber spatula, until eggs are partially set.
3. Turn heat to low and cover pan tightly, cooking until eggs are just set, 4 to 5 minutes. Top with Parmesan and cooked onion; fold in half.
4. In a medium bowl, whisk together lemon juice and remaining 2 tablespoons olive oil. Toss spinach with vinaigrette and serve with omelet.



Cinnamon-Oatmeal Pancakes

Ingredients

- 1 cup white whole wheat flour
- 1 cup old fashioned oats
- 2 tablespoons brown sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 2 cups buttermilk
- 1/4 cup unsalted butter melted and cooled to room temperature
- 2 large eggs
- 1 teaspoon vanilla extract

Instructions

1. In a large bowl, whisk together the flour, oats, brown sugar, baking powder, baking soda, salt, and cinnamon.
2. In a medium bowl, combine buttermilk, melted butter, eggs, and vanilla extract. Whisk until combined.
3. Pour wet ingredients over dry ingredients and stir until combined. Let pancake mixture sit for at least 20 minutes. You can cover and put the mixture in the refrigerator for 3-4 hours before making the pancakes.
4. When ready to cook, heat a griddle or pan to medium low heat. Brush with oil. Drop about a ¼ cup of batter onto heated skillet. Cook until surface of pancakes have some bubbles and a few have burst, 1 to 2 minutes. Flip carefully with a spatula, and cook until browned on the underside, 1 to 2 minutes more. Continue making pancakes until the batter is gone.
5. Serve pancakes with fruit and maple syrup, if desired.



SERVINGS: 2



PREPPING TIME: 45 MINUTES





Baked Eggs with Salsa Verde



SERVINGS: 2



PREPPING TIME: 25 MINUTES

Ingredients

- Vegetable oil, as needed
- 1/3 cup Salsa Verde, recipe below. Or Store-bought salsa, either red or green, can also do the job in a pinch.
- 4 large eggs
- Kosher salt and freshly ground black pepper
- 1/4 cup shredded Monterey jack cheese (about 1/2 ounce)
- 2 tablespoons chopped fresh cilantro leaves
- Corn tortillas, for serving, optional
- Hot sauce, for serving, optional
- Chopped scallions, for serving, optional

Instructions

1. Preheat the oven to 400 degrees F.
2. Lightly oil a medium nonstick skillet with an ovenproof handle. Spoon a heaping 1/3 cup of salsa into the pan.
3. Lightly press down the salsa to make 4 evenly spaced shallow nests and break an egg into each. Season with salt and pepper. Bake until the egg whites are cooked and the yolks are still runny, about 15 minutes.
4. Sprinkle the cheese over the eggs and continue baking until just melted, about 1 minute more. Top with the cilantro. Serve immediately.

Salsa Verde:

- 1 pound tomatillos, husked and rinsed
- 1 clove garlic, smashed
- 1/4 medium onion
- 1/4 jalapeno chili, with seeds
- 1 teaspoon kosher salt
- 4 sprigs fresh cilantro

Salsa Verde:

1. Yield: About 3 cups
2. Put the tomatillos in a medium saucepan with water to cover. Bring to a boil and cook until tender, about 7 minutes. Drain and remove stems from the tomatillos.
3. Puree the garlic, onion, jalapeno, and salt in a blender until smooth. Add the tomatillos and puree until smooth. Add the cilantro and pulse a few times to just combine, you should still see bits of cilantro in the sauce.



KETO SAUSAGE BREAKFAST SANDWICH



SERVINGS: 2



PREPPING TIME: 15 MINUTES

Ingredients

- 4 large eggs
- 1 ½ tablespoons heavy cream
- Pinch red pepper flakes
- Salt
- Freshly ground black pepper
- 1 tablespoon butter
- 2 slices cheddar
- 4 frozen sausage patties, heated according to package instructions
- Avocado, sliced

Instructions

1. In a small bowl beat eggs, heavy cream, and red pepper flakes together. Season generously with salt and pepper.
2. In a nonstick skillet over medium heat, melt butter. Pour about ⅓ of the eggs into the skillet. Place a slice of cheese in the middle and let sit about 1 minute. Fold the sides of the egg into the middle, covering the cheese. Remove from pan and repeat with remaining eggs.
3. Serve eggs between two sausage patties with avocado.



**FAMILY
RECIPES**

No-Bake Carrot Cake Bites

Ingredients

- 1/2 cup coconut flour (sub with almond flour)
- 1 cup pecans
- 1/2 cup almonds
- 4 pitted dates (softened)
- 1 1/4 cup shredded carrots
- 1 tbsp melted coconut oil
- 2 1/2 tbsp maple syrup
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/3 cup shredded coconut (unsweetened)

Instructions

1. Soften dates in hot water for about 10 minutes. Squeeze out any excess liquid before using in recipe.
2. In a food processor add pecans, almonds and coconut flour. Process until finely ground.
3. Add dates, maple syrup, coconut oil, cinnamon, nutmeg and shredded carrots. Process for about 2-3 minutes until sticky dough is formed.
4. Add in shredded coconut and process until combined.
5. Form carrot cake dough into 1 tbsp bites and coat in chopped pecans if preferred.
6. Optionally melt coconut butter over low heat and glaze carrot cake bites. Let dry on parchment paper and refrigerate.
7. Store in the refrigerator for up to 3 days.

Coating

- 1/2 cup coconut butter
- 1/3 cup chopped pecans



SERVINGS: 20-22



PREPPING TIME: 35 MINUTES





TOFU SCRAMBLE

 SERVINGS: 6

 PREPPING TIME: 10 MINUTES

Ingredients

- 3 tablespoon olive oil
- (3) 16-ounce block firm tofu
- 6 tablespoons nutritional yeast
- 1.5 teaspoon salt, or more to taste
- 0.75 teaspoon turmeric
- 0.75 teaspoon garlic powder
- 6 tablespoons non-dairy milk, unsweetened and unflavored

Instructions

1. Heat the olive oil in a pan over medium heat. Mash the block of tofu right in the pan, with a potato masher or a fork. You can also crumble it into the pan with your hands.
2. Cook, stirring frequently, for 3-4 minutes until the water from the tofu is mostly gone.
3. Now add the nutritional yeast, salt, turmeric and garlic powder. Cook and stir constantly for about 5 minutes.
4. Pour the non-dairy milk into the pan, and stir to mix.
5. Serve immediately with sliced avocado, hot sauce, parsley, steamed kale, toast or any other breakfast item.

Frozen Berry Cake

Ingredients

- Butter for pan grease
- 1 cup all-purpose flour
- 4 tbsp. white sugar
- 1 tsp. baking powder
- ½ tsp. salt
- 2 eggs
- 1 tsp. vanilla extract
- 3 tbsp. butter softened
- 1 tbsp. lemon zest
- 1 cup plain yogurt
- 1 tbsp. all-purpose flour
- 1½ cups frozen berries (blueberries and raspberries work best)
- 1 tsp. powdered sugar {optional}

Instructions

1. Preheat oven to 350 degrees F. Butter a nine-inch cake pan or an eight-by-eight-inch square baking dish.
2. In a medium-sized mixing bowl combine flour, sugar, baking powder, and salt.
3. Combine beaten eggs, vanilla, butter, lemon zest, and yogurt in a medium mixing bowl. Combine thoroughly.
4. Toss 1 tbsp flour with the frozen berries in a separate bowl. Coat all the berries thoroughly.
5. Half of the batter should be spooned and spread into the baking dish, followed by half of the floured berries.
6. Cover the berries with the remaining batter (spread), and then top with the remaining berries.
7. Bake for 35-40 minutes, uncovered, or until a toothpick inserted in the center comes out clean.
8. If desired, sprinkle sugar on top of the cake and serve.



SERVINGS: 9



PREPPING TIME: 40 MINUTES



Turkey Sausage Breakfast Casserole



SERVINGS: 6



PREPPING TIME: 1 HR. 15 MINUTES

Ingredients

- 1 pound ground turkey sausage
- 4 large eggs, lightly beaten
- 4 medium green onions, finely chopped
- 1 (16 ounce) package frozen hash brown potatoes
- ½ cup milk
- 1 ½ cups shredded Cheddar cheese



Instructions

1. Place turkey sausage in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble, and set aside.
2. Preheat oven to 350 degrees F.
3. In a large bowl, stir together eggs, green onions, hash browns, milk, cheddar cheese and cooked sausage. Pour mixture into a 9 x 13-inch baking pan.
4. Bake in preheated oven for 60 minutes.



Crustless Quiche



SERVINGS: 8



PREPPING TIME: 50 MINUTES

Ingredients

For The Quiche Base

- 12 large eggs
- 1.33 cup milk
- 0.5 cup half-and-half
- 1 teaspoon kosher salt
- 0.5 teaspoon black pepper
- 2 teaspoons Dijon mustard (optional)
- Pinch ground nutmeg (optional)
- 3 cups mix-ins of choice: See below for suggestions
- 1.33 cup grated Gruyere cheese (or fontina, sharp cheddar, or smoked mozzarella)
- 4 tablespoons chopped fresh chives

For The Mix-Ins

- ½ tsp. ground flax seed
- A little bit plant milk if desired
- ½ tbsp. Granola
- ½ tsp. Chopped nuts
- Pinch of cinnamon powder
- ½ tsp. shredded coconut

Instructions

1. Place a rack in the center of your oven and preheat the oven to 350 degrees F. Lightly coat a deep 9-inch pie dish with olive oil.
2. Prepare any mix-ins.
3. In a large mixing bowl, whisk together the eggs, milk, half-and-half, salt, pepper, mustard, and nutmeg.
4. Scatter the mix-ins evenly across the bottom of the prepared pie dish.
5. Sprinkle the cheese on top.
6. Carefully pour the egg mixture into the dish. Place the dish on a rimmed baking sheet. Sprinkle the chives over the top.
7. Bake the quiche on the baking sheet until the center is set, about 35 minutes. It should look puffed and golden at the edges, and when a thin, sharp knife is inserted in the center, the center should be cooked through without visible liquid. Let cool a few minutes.

Healthy Banana Bread



SERVINGS: 1 LOAF



PREPPING TIME: 1 HR. 19 MINUTES

Ingredients

- ⅓ cup melted coconut oil or extra-virgin olive oil or high-quality vegetable oil
- ½ cup honey or maple syrup
- 2 eggs
- 2 ½ medium or 2 large ripe bananas
- ¼ cup milk of choice or water
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- 1 ¾ cups white whole wheat flour or regular whole wheat flour
- ½ cup mix-ins like chopped walnuts or pecans, chocolate chips, raisins, chopped dried fruit, fresh banana slices (optional)

Instructions

1. Preheat oven to 325 degrees F and grease a 9×5-inch loaf pan.
2. In a large bowl, beat the oil and honey together with a whisk. Add the eggs and beat well, then whisk in the mashed bananas and milk. (If your coconut oil solidifies on contact with cold ingredients, simply let the bowl rest in a warm place for a few minutes, like on top of your stove.)
3. Add the baking soda, vanilla, salt and cinnamon, and whisk to blend. Lastly, switch to a big spoon and stir in the flour, just until combined. Some lumps are ok! If you're adding any additional mix-ins, gently fold them in now.
4. Pour the batter into your greased loaf pan and sprinkle lightly with cinnamon.
5. Bake for 55 to 60 minutes, or until a toothpick inserted into the center comes out clean.
6. Let the bread cool in the loaf pan for at least 10 minutes. Carefully transfer the loaf to a wire rack to cool before slicing.



Ingredients

- 2 cup zucchini grated, and squeezed to drain
- 1/2 cup whole wheat flour
- 2 eggs
- 1 tsp salt
- 3 tbsp oil for cooking

Instructions

1. Combine zucchini together with flour, eggs, and salt in a bowl.
2. Preheat oil in a skillet. Spoon small amounts of mixture into the pan.
3. Fry on each side until golden brown.
4. Serve with sour cream and fresh herbs.

HEALTHY ZUCCHINI FRITTERS



SERVINGS: 12



PREPPING TIME: 50 MINUTES



HUEVOS RANCHEROS

 SERVINGS: 4

 PREPPING TIME: 25 MINUTES



Ingredients

- 2 small tomatoes
- 1 small onion
- 1 medium jalapeno pepper, chopped
- 2 cloves garlic; 1 chopped, 1 smashed
- 1/2 teaspoon hot sauce
- 1 teaspoon ground cumin
- Salt and freshly ground pepper
- 2 tablespoons plus 2 teaspoons extra-virgin olive oil
- 1 15.5-ounce can black beans, drained and rinsed
- 4 large eggs
- 4 6-inch corn tortillas, warmed
- 1/2 cup crumbled feta cheese
- 1/4 cup chopped fresh cilantro

Instructions

1. Prepare the salsa: grate the tomatoes and onion into a bowl. Add the jalapeno, chopped garlic, hot sauce, cumin and salt and pepper to taste. Heat a medium skillet over low heat and add 2 teaspoons olive oil. Fry the salsa in the oil until it thickens slightly for about 3 minutes. Pour in a bowl and set aside.
2. Add the beans to the same pan along with the smashed garlic, 1/2 cup warm water and a pinch of salt; cook over low heat until warmed through, smashing slightly with a fork.
3. Meanwhile, heat the remaining 2 tablespoons oil in another skillet. Fry the eggs sunny-side up; season with pepper.
4. Place warm tortillas each on a plate. Divide the beans among them, then top with a fried egg, some salsa and cheese. Sprinkle with cilantro and serve with the remaining salsa.

Veggie-Packed Frittata



SERVINGS: 6



PREPPING TIME: 35 MINUTES

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 small green bell pepper, diced
- 1 small red bell pepper, diced
- 1/2 small red onion, thinly sliced
- 2 cups packed baby spinach
- 1/4 cup sun-dried tomatoes (not packed in oil), chopped
- 1 clove garlic, sliced
- 10 large eggs, beaten
- Salt and freshly ground black pepper
- Hot sauce, for serving



Instructions

1. Preheat the oven to 375 °F.
2. Heat the oil in a medium oven-safe nonstick skillet over medium-high heat. Add the bell peppers and onion and cook, stirring occasionally, until softened, 6 to 7 minutes.
3. Add the spinach, sun-dried tomatoes and garlic and cook, stirring frequently, until the spinach is just wilted and still vibrant green, about 1 minute.
4. Reduce the heat to low and add the eggs, 1 teaspoon salt and a few grinds of black pepper. Stir gently to distribute the vegetables. Bake until the eggs are set, 13 to 15 minutes.
5. Let stand for 5 minutes, then slice into 6 pieces. Serve with hot sauce.



SKILLET EGGS WITH SQUASH



SERVINGS: 6



PREPPING TIME: 1 HR. 10 MINUTES

Ingredients

- 3 pounds (6 medium) summer squash and/or zucchini
- Salt
- 2 tablespoons extra-virgin olive oil
- 4 scallions, thinly sliced, white and green parts separated
- 1 jalapeno pepper, seeded and minced
- 3 tablespoons chopped fresh parsley
- 1/4 teaspoon freshly grated nutmeg
- Freshly ground pepper
- 1 tablespoon unsalted butter
- 6 large eggs
- 1/2 cup grated pepper jack or sharp white cheddar cheese

Instructions

1. Grate the squash into a colander using the large holes of a box grater (or use a food processor fitted with the shredding attachment). Toss with 1 tablespoon salt, then let drain in the sink, 30 to 40 minutes. Squeeze the squash to remove as much liquid as possible.
2. Preheat the oven to 375 °F. Heat the olive oil in a large ovenproof skillet over medium-high heat. Set aside 3 tablespoons scallion greens. Add the remaining scallions (white and green parts), the jalapeno, and salt to taste and cook until the scallions are soft, about 3 minutes.
3. Add the shredded squash and cook, stirring occasionally, until tender, about 7 minutes. Stir in the parsley, nutmeg, and pepper to taste. Cook until the mixture is slightly dry, about 1 more minute. Remove from the heat and let cool, 5 minutes.
4. Spread the squash evenly in the skillet. Make six 2 1/2-inch wide indentations in the mixture with the back of a spoon; put 1/2 teaspoon butter in each one. One at a time, crack each egg into a small bowl and pour into an indentation. Season with salt and pepper, and sprinkle with the cheese.
5. Transfer the skillet to the oven and bake until the egg whites are set and the yolks are cooked to desired doneness, 10 to 12 minutes. Scatter the reserved scallion greens on top.

Chia Seed Pudding



Ingredients

- 2 cups light coconut milk
- 6 tablespoons chia seeds
- 1 tablespoon maple syrup
- ¼ teaspoon cinnamon
- ⅛ teaspoon sea salt

Optional Toppings

- Strawberries
- Blueberries
- Chopped nuts or granola
- Coconut flakes
- Maple syrup

Instructions

1. In a lidded 3- to 4-cup jar, combine the milk, chia seeds, maple syrup, cinnamon, and salt. Cover and shake to combine. Chill for a few hours, then give it a good stir to loosen any clumps. Continue chilling for 12 to 18 hours for the pudding to set.
2. Serve with fruit, nuts, coconut flakes, and maple syrup as desired.



SERVINGS: 4



PREPPING TIME: 10 MINUTES
AND CHILL TIME OVERNIGHT