

# Banana Oat Pancakes



## INGREDIENTS

- 2 large bananas  
peeled (the riper the better)
- 4 eggs
- $\frac{1}{4}$  tsp baking powder
- 1 tsp cinnamon
- $\frac{1}{2}$  cup dried oats

## DIRECTIONS

1. In a large bowl, whisk your eggs with a fork.
2. Add your bananas and mash them until smooth mixing with the eggs.
3. Add the baking powder, cinnamon, and dried oats mixing well all together.
4. In a large skillet, lightly spray with olive oil and heat until hot.
5. Scoop the batter (using an ice cream scooper makes it super simple ~2 Tbsp each) onto the hot skillet.
6. Cook for about a minute and then flip and cook on the other side until both sides are golden brown. Cooking times may vary so just make sure they're cooked golden brown on both sides.
7. You can lightly drizzle maple syrup or honey for some added sweetness but they're pretty sweet without any additions.

NOTES: 4 SERVINGS TOTAL



## Banana Vegan Pancakes

### INGREDIENTS

- 1 large bananas peeled (the riper the better)
- 1 1/4 cup wheat flour
- 1 Tbsp baking powder
- 1 tsp cinnamon
- 2 Tbsp Truvia
- 1/4 tsp salt
- 1 Tbsp coconut oil
- 3/4 cup almond milk
- 1 tsp vanilla

### DIRECTIONS

1. In a large bowl, mash together banana, and coconut oil.
2. In a separate bowl, combine flour, trivia, baking powder, salt, cinnamon.
3. Combine the mixture.
4. Add almond milk and vanilla and mix well.
5. Scoop the batter (using an ice cream scooper makes it super simple ~2 Tbsp each) onto the hot skillet.
6. Cook for about a minute and then flip and cook on the other side until both sides are golden brown. Cooking times may vary so just make sure they're cooked golden brown on both sides.
7. You can lightly drizzle maple syrup, banana slices, nuts, or honey to your liking.

NOTES: 2 SERVINGS TOTAL

# Blueberry Pancakes



## INGREDIENTS

- 4 whole eggs
- 2 cups liquid egg whites
- 2 cups oat flour (you can take oats in a food processor and make it really fine for oat flour)  
OR just use quick oats
- 4 packets of Truvia or Stevia
- 4 tsp cinnamon
- 1 cup blueberries (if you put them in the microwave for about 20 seconds they'll be good and juicy for the top!)

## DIRECTIONS

1. Preheat your non-stick skillet on medium heat. If you don't have a non-stick skillet, use a small spray of olive oil spray.
2. Mix all ingredients with a fork in a bowl.
3. Pour mixture in the skillet dividing it into 4 large pancakes or 8 medium sized pancakes and cook until the liquid is firmed up on the edges.
4. Flip pancakes and cook until the egg is cooked all the way through.
5. Top with your warmed-up blueberries for some natural sweetness.
6. This recipe is for 4 servings. If you divide it into 4 equal parts, it will be 4 large pancakes. You can divide it how you wish, but it's intended for 4 servings total.

**NOTES: 4 SERVINGS TOTAL**

# Chocolate Chip Pumpkin Pancakes



## INGREDIENTS

- 1 cup vanilla protein powder (about 2 scoops depending on scoop size)
- ½ cup oat flour (you can use oats and put them in the food processor until ground fine like flour)
- ¼ tsp baking powder
- 1 tsp cinnamon
- 1 tsp nutmeg
- Combine the above dry ingredients well with a fork first.
- ½ cup egg whites (or 2 whole eggs)
- ¼ tsp pure vanilla extract
- ½ cup canned pumpkin
- ¼ cup Enjoy Life Dairy free chocolate chips
- Mix the wet ingredients in a separate bowl and then combine with dry ingredients.

## DIRECTIONS

1. Heat a non-stick skillet and scoop the batter into 4 pancakes on skillet.
2. Flip when you start to see the edges forming.

NOTES: 4 SERVINGS TOTAL

# Egg Turkey Muffins



## INGREDIENTS

- 18 oz liquid egg whites
- 1 pound of ground turkey breakfast sausage
- 1 Tbsp Italian Seasoning
- Dash of salt and pepper for taste

## DIRECTIONS

1. Preheat oven to 400 degrees
2. Line muffin pan with parchment paper baking cups or Olive oil spray
3. Brown the ground turkey sausage and add the Italian seasoning
4. Spoon the ground turkey sausage into each cup evenly
5. Pour 3 Tbsp of liquid egg whites into each cup
6. Bake for 15-18 minutes until eggs are cooked through and fluffy.
7. Store in airtight container in fridge.

Eat 3 muffins for one serving. You can add a Tbsp of salsa to each for some added flavor or a dash of salt/pepper.

**NOTES: 4 SERVINGS TOTAL (12 MUFFINS)**

# Egg and Veggie Wrap



## INGREDIENTS

- 1 Cup fresh spinach
- 3 tomato slices
- 1/2 Cup Egg Whites or 2 whole eggs
- 1 spinach or low carb whole wheat wrap
- non-stick spray
- salt & pepper to taste

## DIRECTIONS

1. Heat skillet and add non-stick spray or drizzle olive oil.
2. Add and cook until done
3. Layer spinach, egg, tomato onto wrap and roll.
4. Serve with fresh avocado or a TBSP of salsa

NOTES: 1 SERVINGS TOTAL

# Egg White Veggie Muffins



## INGREDIENTS

- 3 cups of egg whites
- ½ cup diced bell pepper sautéed
- 2 cups spinach sautéed
- 1 cup diced asparagus or broccoli sautéed
- 1 Tbsp Mrs. Dash seasoning

## DIRECTIONS

1. Preheat oven 350 degrees F
  2. Spray a muffin tin pan with olive oil spray
  3. Mix together all of the ingredients with a fork.
  4. Evenly spoon the mixture into the muffin cups.
  5. Bake for 25 minutes or until the egg whites are set up and fluffy.
- Eat 3 muffins for one serving and store the remaining 9 in airtight container in fridge.

NOTES: 4 SERVINGS TOTAL (12 MUFFINS)

# Green and White Omelet



## INGREDIENTS

- 1 Cup fresh spinach
- 1/2 Cup chopped bell peppers
- 1/2 Cup Egg Whites
- 1/4 sliced avocado
- non-stick spray
- salt & pepper to taste

## DIRECTIONS

1. Heat skillet and add non-stick spray or drizzle olive oil.
2. Add spinach and bell pepper and sautee until cooked.
3. Add egg whites and cook until edges form and flip to cook other side.
4. Serve with fresh avocado or a TBSP of salsa or fresh tomato slices.

NOTES: 1 SERVINGS TOTAL



# Overnight Oats



## INGREDIENTS

- 2 Cups Oats
- 2 Cups Almond Milk (or skim milk)
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 Tbsp Honey
- 1 ½ Cups of fresh blueberries (or diced peaches)

## DIRECTIONS

1. Combine all of the ingredients in a large bowl and mix until the oats are wet and everything is combined well.
2. Cover the bowl with saran wrap tightly or a lid and place into the refrigerator overnight.
3. The next morning, divide the mixture evenly into 4 portions and serve!

NOTES: 4 SERVINGS TOTAL

# Smoked Salmon English Muffin



## INGREDIENTS

- 1 English muffin whole grain toasted
- 3 Oz Smoked salmon
- 1 Tbsp butter
- 1/2 tomato sliced
- salt and pepper to taste

## DIRECTIONS

1. Toast the muffin
2. Spread butter on muffin
3. Slice tomato and layer on muffin
4. Layer with smoked salmon
5. Serve with salt and pepper

NOTES: 1 SERVINGS TOTAL

# Sweet Potato Pancakes



## INGREDIENTS

- 1/2 cup ground oatmeal
- 1 scoop PCN protein powder
- 1/4 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/2 tsp ground nutmeg

*Mix above ingredients together.*

- 1/4 tsp vanilla extract
- 1/2 cup egg whites (or 2 whole eggs)
- 1/4 cup sweet potato pureed (or canned for convenience)

*Mix wet ingredients in a bowl.*

- 1/8 tsp coconut oil for pan
- 2/3 cup dairy-free chocolate chips

## DIRECTIONS

1. Mix dry ingredients, followed by wet ingredients in a separate bowl.
2. Combine the wet & dry ingredients and stir well.
3. Add the optional chocolate chips and stir.
4. Heat pan with coconut oil and scoop 1/3 cup portions of batter onto pan. Flip when edges form.
5. Cook through for approx. 5-8 min total until done.

NOTES: 2 SERVINGS TOTAL

# Yogurt Granola Parfait



## INGREDIENTS

- 1 Cup Plain non-fat Greek Yogurt
- 1/2 Cup Low sugar granola
- 1 whole banana

## DIRECTIONS

1. Slice banana
2. Layer yogurt, banana, granola in a cup and enjoy!

NOTES: 1 SERVINGS TOTAL

# Zucchini Bread Pancakes



## INGREDIENTS

- 1 medium zucchini coarsely grated
- 6 Tbsp coconut sugar
- 1/4 Cup olive oil
- 1 Tbsp vanilla extract
- 1 1/3 Cups unsweetened almond milk
- 2 tsp apple cider vinegar
- 4 tsp ground flaxseed
- 2 Cups gluten-free flour
- 4 tsp baking powder
- 1 tsp baking soda
- 2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/8 tsp coconut oil for pan
- 2/3 cup dairy-free chocolate chips

## DIRECTIONS

1. Combine the grated zucchini, sugar, oil, vanilla, almond milk, vinegar, & flaxseed. Allow to sit for a few min then stir to dissolve the sugar.
2. Sift the flour, baking powder, baking soda, cinnamon, nutmeg, & salt into a separate bowl.
3. Combine the wet & dry ingredients and stir well.
4. Add the chocolate chips and stir.
5. Heat pan with coconut oil and scoop 1/3 cup portions of batter onto pan. Flip when edges form.
6. Cook through for approx. 5-8 min total until done.

NOTES: 4 SERVINGS TOTAL

# Zucchini Breakfast Lasagna



## INGREDIENTS

- 2 tsp olive oil
- 1/4 Cup chopped onions
- 1/4 Cup chopped mushrooms
- 1/4 Cup diced bell peppers
- 1 zucchini sliced lengthwise
- 4 oz cooked breakfast sausage
- 1 TBSp almond milk
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/2 tsp Italian Seasoning
- 1 egg
- 1/4 sliced avocado
- non-stick spray
- salt & pepper to taste

## DIRECTIONS

1. Preheat oven 375 degrees
2. Saute onions, mushrooms, and peppers in skillet with oil.
3. Cook breakfast sausage.
4. Spray bottom of 6x8 pan with non-stick spray.
5. Layer the sliced zucchini with sauteed veggies then meat repeating layers.
6. Wisk together the almond milk, garlic powder, onion powder, italian seasoning, and pour over lasagna. Sprinkle with salt & Pepper.
7. Bake for 30 min
8. When there's about 5 min remaining, scramble the egg and serve on top with avocado.

NOTES: 2 SERVINGS TOTAL