

# Primal Beauty Breakfast Recipes

By Neely Quinn

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By Neely Quinn, <http://NeelyQuinn.com>

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# About Neely Quinn



My name is Neely Quinn (of [NeelyQuinn.com](http://NeelyQuinn.com)), and I'm a Certified Integrative Clinical Nutrition Therapist living in Boulder, Colorado. In 2009, after many years of weird health issues and weight

struggles, I realized my body didn't tolerate grains, legumes, or dairy very well, so I cut them out of my diet. I immediately started seeing my health issues disappear one by one. I realized after the fact that I was what was being called "Paleo", and soon implemented it with a lot of success into my nutrition practice.

I teamed up with [Paleohacks.com](http://Paleohacks.com) to create Primal Beauty because I've found that most of the people taking an active role in changing their health and transforming their bodies are women. But in my opinion, women aren't given enough guidance on how to take care of their special health needs (and we do have special needs, as I've learned personally over and over again).

I wanted to help get that information to you, so here in this program, I put everything together to make sure you are taken care of in your weight loss journey. I really hope the gems in here help you start feeling better and getting the body you want - starting right now :)

Before setting up shop at NeelyQuinn.com, I was with PaleoPlan.com, starting in 2011 until July of 2014, as the blogger and nutritionist there. I wrote over 400 blog posts about the hows, whys, and whats of Paleo, weight loss, and optimal health. I watched as thousands of people's bodies and lives were changed just by making simple changes to their diet - something that will never stop inspiring me.

I'm a no-nonsense kind of girl, and I generally cut to the heart of the matter, whether it's in my writing, my teaching, my interviews, or in my sessions with clients. I like to see people get better as quickly as possible because I know what it's like to feel awful. While I'm definitely interested in the science of nutrition and the nitty gritty details of how things work, I'm more interested in how to best put that science into practice in real people's lives.

I've dealt with parasites, bacterial infections, asthma, constant dizziness, temporary blindness in one eye, being overweight, eczema, endometriosis, and terrible digestive problems, among other things. I know what it's like to be uncomfortable, and my mission is to use my personal experience and my education to help you get out of discomfort quickly and live a life you love.

This program, Primal Beauty - is just that. It's me providing all the information from my brain (and the experts I've worked with over the years), trying to get you the most useful, practical information so that you can, indeed, lose that extra fat, and be a healthier, more vibrant version of yourself.

If you have questions about the program or anything at all, please email me at [Neely@neelyquinn.com](mailto:Neely@neelyquinn.com) - I'd love to hear from you! However, please do not send tech support or product support questions to that address – please send them directly to the customer service team at PaleoHacks – the e-mail address for that is [support@paleohacks.com](mailto:support@paleohacks.com).

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## **Almond Banana Pancakes**

1 banana, mashed

1 free-range egg

1 Tbsp almonds chopped

1 Tsp vanilla extract

Step 1: Mash on whole banana and lightly beat with an egg.

Step 2: Add almond chips and vanilla (take to next level with a dash of cinnamon)

Step 3: Pour mixture into a frying pan and cook, flip when golden on each side.

Step 4: When both sides are done serve and enjoy.

## **Caribbean Fried Plantains with Eggs**

1 ripe plantain

1 Tbsp ghee or coconut oil

1 Tsp cinnamon

Dash of sea salt

2 free range eggs

Step 1: Peel plantain and slice into ¼” diagonal rounds

Step 2: Heat skillet over medium-high heat and add ghee or coconut oil.

Step 3: Fry plantains until golden brown, 2-3 minutes each side.

Step 4: Remove from heat and dust with cinnamon, sprinkle sea salt

Step 5: Fry eggs and serve with plantains

## **Scotchy Scotch Scotch Eggs**

6 hardboiled eggs peeled

1 lbs lean ground pork

1 Tsp chili powder

½ Tsp smoked paprika

2 Tbsp fresh chives, chopped

2 cloves garlic minced

1 Tsp ground black pepper

Step 1: Preheat oven to 375° F.

Step 2: Mix sausage, chili powder, paprika, chives, garlic, and pepper in a bowl until well combined.

Step 3: Separate sausage mix into 6 sections and flatten.

Step 4: Wrap eggs in sausage molding around until the egg is completely covered.

Step 5: Place sausage covered eggs on baking pan and bake for 30 minutes or until sausage is cooked throughout and brown on top.

Step 6: Eat and enjoy!

## **Grizzly Scramble**

4 oz wild smoked salmon

4 eggs

1 cup spinach

1 Tsp coconut oil or ghee

Step 1: Heat a medium sized skillet and add oil.

Step 2: Break salmon into chunks and cook for about 1 minute.

Step 3: Crack eggs directly into the pan and scramble.

Step 4: When eggs are almost completely cooked add spinach and stir until wilted

## **Avocado BLT Bowl**

4 large avocados, peeled and halved, pits removed

4 strips of bacon

1 tomato diced

¼ head of lettuce diced or ½ red onion chopped

Step 1: Set avocado halves on serving place with cut side facing up

Step 2: Fry bacon in skillet, when ready crumble into pieces

Step 3: Add bacon, diced tomatoes, and lettuce to the center of the avocados (substitute onion for lettuce as a zesty alternative making it a BLO instead)

Step 4: Enjoy.

## **Bacon Poppers of the Sea**

8 pieces of sliced bacon cut in half

1 lbs fresh tuna cut into 16 chunks

1 Tsp paprika

Toothpicks

Step 1: Preheat oven to 350° F.

Step 2: Wrap bacon around tuna chunks and secure with toothpicks

Step 3: Sprinkle with paprika.

Step 4: Cook in oven until the back is crispy, about 25 min

## **Tapioca-nana Crepes**

7 brown eggs

5 ripe bananas

1 can of coconut milk

1 Tsp Himalayan sea salt

2-1/4 cups tapioca flour (about 10 oz)

Step 1: Mix and mash all ingredients together to make a lovely soupy batter.

Step 2: Heat a large pan over medium heat.

Step 3: When the pan is hot, cover the bottom of the pan with a thin layer of 1 cup of batter.

Step 4: Flip when bottom is golden brown. Cook until both sides are brown.

Step 5: Wrap around your favorite vegetable and eat.

## **Cauliflower Kielbasa Hash**

¾ lbs cauliflower, chopped into small pieces

1 lbs Kielbasa diced

1 medium yellow onion diced

½ Tsp paprika

3 Tbsp water

1 clove garlic, minced

1 Tsp lemon juice

2 Tsp fresh parsley minced

2 Tbsp ghee

Salt and pepper to taste

Step 1: Cook kielbasa in a skillet until crisp and golden then remove and set aside.

Step 2: Cook cauliflower, garlic, and onion, cover for 2-3 min until golden.

Step 3: Add paprika and season to taste with salt and pepper.

Step 4: Add water. Cover the skillet and cook until the cauliflower is tender, about 5 minutes.

Step 5: Return kielbasa to the skillet.

Step 6: Add lemon juice and cook for another 2 minutes, then remove from heat and sprinkled with fresh parsley on top.

Step 7: Serve with eggs or with any side you desire.

## **Paleo Chorizo**

12 dried guajillo chilies, stemmed  
8 dried chilies de árbol, stemmed  
1 cup finely chopped cilantro  
¼ cup apple cider vinegar  
2 Tbsp paprika  
2 Tbsp kosher salt  
1½ Tbsp dried orégano  
1 Tbsp ground black pepper  
2 Tsp ground cumin  
1 Tsp ground coriander  
6 cloves garlic, finely chopped  
2 lb ground pork  
8 oz. pork fatback, chilled and minced

Step 1: Heat chilies in a skillet over medium-high heat until toasted, about 5 minutes.

Step 2: Transfer chilies to a bowl and cover with 4 cups boiling water. Stir until soft about 15 minutes.

Step 3: Drain chilies and keep the soaking liquid. Transfer to a blender along with cilantro, vinegar, paprika, salt, oregano, pepper, cumin, coriander, and garlic. Blend until smooth.

Step 4: Transfer to a bowl and add pork and fatback. Mix until combined.

Step 5: Grill and serve with eggs or other sides.

## **Sweet Papas Con Chorizo**

1 lbs sweet potatoes

½ lbs chorizo

3 fresh eggs

1 Tsp ghee or coconut oil

½ cup chives diced

Dash of hot sauce

Step 1: Chop sweet potatoes into chunks and fry with oil in a large skillet.

Step 2: Add chorizo and continue to cook until crispy.

Step 3: Crack eggs over mixture in pan and continue to fry until eggs are scrambled and cooked, about 10 min.

Step 4: Once everything is cooked sprinkle with chives and serve. Add hot sauce to taste.

## **Rosemary Sausage Balls**

1 lbs ground pork

¼ cup coconut flour

2 fresh eggs

1 teaspoon baking soda

1 Tbsp rosemary dried

Step 1: Preheat oven to 350° F.

Step 2: Combine all ingredients in a mixing bowl.

Step 3: Form into balls 1 ¼ inches in diameter.

Step 4: Place on a greased baking sheet and bake for 20 minutes.

## **Bacon Wrapped Eggs**

4 slices of bacon

4 eggs

1 Tsp ghee

½ Tsp black pepper

Step 1: Preheat oven to 375° F.

Step 2: In a pan fry the bacon until it begins to brown but not fully cooked.

Step 3: In a greased muffin sheet arrange bacon into 4 cups covering the bottoms of the muffin sheet.

Step 4: Crack one egg into each bacon filled cup and back for 15 minutes.

Step 5: Remove from oven and remove individually from muffin sheets to serve. Sprinkle with pepper to taste.

## **Mexican Breakfast**

½ lbs kielbasa

2 tomatoes diced

1 yellow onion diced

2 cloves of garlic minced

½ bell pepper chopped

½ cup nopales (cactus) chopped

1 jalapeno chopped

1 cup water

½ Tsp curry powder

1 cup pork rinds

6 eggs

Step 1: In a large skillet grill kielbasa at medium-high heat until golden.

Step 2: Add onions and jalapeno then grill until golden.

Step 3: Add tomatoes and enough water to slightly submerge everything.

Step 4: Add bell pepper, nopales, and curry powder and bring to a boil then lower heat and let simmer for 10 min.

Step 5: Add pork rinds and stir until soggy.

Step 6: With a spoon create 6 spaces in a circle around the pan then crack the eggs into the spaces to poach them in the juices.

Step 7: Cover at medium heat. Let simmer for 10 min until eggs are completely cooked.

Step 8: Serve and be sure that everyone gets an egg.

## American Apple Pie Omelet

2 large eggs

½ large apple thinly sliced

¼ Tsp ground cinnamon

1/8 Tsp ground nutmeg

1/8 Tsp sea salt

1 Tsp honey

2 Tsp coconut oil

Step 1: Use oil to grease pan on medium-low heat.

Step 2: Season apple slices with cinnamon and nutmeg and add to the pan in a single layer. Cook for 4-5 minutes turning occasionally.

Step 3: Crack eggs into a bowl and add vanilla and salt. Beat with for fork until fluffy.

Step 4: Add another Tsp to oil to the pan and melt. Pour eggs over the apple slices and swirl to coat the entire pan. Cook for 3-4 minutes or until eggs begin to set.

Step 5: Tilt pan over a plate and fold the omelet in half.

Step 6: Garnish with additional cinnamon and drizzle with honey.

## **Breakfast of the Gods**

2 figs halved

½ cup dates

½ cup grapes

1 Tbsp almonds chopped

1 Tsp honey

½ Tsp cinnamon

Step 1: Mix figs, dates, grapes, and almonds into a bowl

Step 2: Sprinkle with cinnamon and drizzle with honey

Step 3: Indulge

## **Strawberry Balsamic Fruit Salad**

1 cup strawberries diced

3 Tbsp balsamic vinegar

2 Tbsp honey

1 cup blueberries

½ cup or mint leaves roughly torn

Step 1: Combine all ingredients into a mixing bowl making sure to cover everything with balsamic.

Step 2: Drizzle honey over the top and serve at room temperature.

## **Spicy Chorizo Breakfast Stew**

½ lbs chorizo

4 pieces of bacon, chopped

1 ½ Tsp olive oil

1 onion sliced

½ cup spinach

1 cup diced tomatoes

½ cup chicken stock

1 Tsp chili powder

½ Tsp paprika

1 garlic clove

3 eggs

2 Tsp vinegar

Salt and pepper to taste

Step 1: Heat oil and garlic in a pot at medium-high heat.

Step 2: Add onions and sauté for 5 minutes until translucent.

Step 3: Add chorizo and cook for 5 minutes until fully cooked.

Step 4: In a separate pan cook bacon until crispy then set aside.

Step 5: Add tomatoes, chicken stock, spinach and spices into the pot and mix.

Step 6: Poach the egg by cracking it into 3 cups of water on the stove with a dash of vinegar. Carefully swirl the egg around as the water begins to boil.

Step 7: Once egg is hard remove and serve with stew. Add salt and pepper to taste.

## **Chorizo Butternut Squash Hash**

1 small butternut squash, peeled and diced into small chunks

½ yellow onion diced

½ lbs chorizo

5 eggs

1/4 cup diced chives

Salt and pepper to taste

Step 1: In a cast iron skillet over medium-high heat cook butternut squash and onions for 5-8 minutes.

Step 2: Add chorizo and cook until crispy, about 10 min. Add salt and pepper to taste.

Step 3: Use a spoon to make 5 crevices. Add the 5 eggs to the crevices. Place a lid over the pan and cook until the eggs are cooked to over easy, about 5 minutes.

Step 4: Top with chives and serve. Be sure everyone gets an egg.

## **Chai Blueberry Smoothie**

2 cups almond milk

1 ½ cup blueberries

2 chai tea bags (spices removed from tea bags)

1 tablespoon honey

Step 1: Remove chai spice from tea bags.

Step 2: Add all ingredients to blender and blend until smooth.

Step 3: Serve chilled (use frozen blueberries for instantly chilled drink)

## **Portobello Baked Eggs**

5 eggs

5 Portobello mushroom caps

½ lbs sliced prosciutto

¼ cup fresh parsley

1 Tsp olive oil

Salt and pepper to taste

Step 1: Preheat oven to 375° F.

Step 2: Clean out the mushroom cap and scrape out the gills to make room for the egg.

Step 3: Rub olive oil on the outside of the mushroom and arrange the caps on a baking sheet.

Step 4: Place a slice of prosciutto inside the mushroom cap.

Step 5: Crack an egg into each cap and sprinkle with herbs.

Step 6: Carefully place in oven and bake for 20-30 minutes until eggs are cooked as desired. Sprinkle with salt and pepper to taste.

## **Yucca Bacon Hash**

1 medium yucca

1 small onion diced

4 strips of bacon

½ Tsp salt

½ Tsp paprika

¼ Tsp black pepper

¼ cup chives

Step 1: Peel and slice the yucca into tiny chunks. Place in boiling water and let cook for 3-4 minutes until soft. Set aside.

Step 2: Cook bacon until crispy then dice into small bits. Set aside.

Step 3: Cook the diced onion in the bacon fat until soft, about 4 minutes.

Step 4: Add the yucca, salt, pepper, bacon and paprika to pan until fully cooked and browned on the outside, approximately 10 minutes.

Step 5: Serve with eggs or whatever side you want.

## **Caribbean Plantain Porridge**

1 large very ripe plantain, mashed

2 cups coconut milk

$\frac{3}{4}$  cups almond meal

$\frac{1}{4}$  cup flax meal

1 Tsp cinnamon

$\frac{1}{8}$  Tsp ground cloves

$\frac{1}{8}$  Tsp ground nutmeg

1 Tsp honey

Toppings such as fruit or nuts of your choice

Step 1: Combine all ingredients (except for honey) in a medium saucepan and heat to a slow simmer until thick and bubbly.

Step 2: Once thick pour into a bowl and drizzle with honey. Top with fruit or nuts of your choice and enjoy.

## **Sweet and Spicy Fried Plantains**

2 very ripe plantains

3 Tbsp coconut oil

¼ cup water

1 Tsp ground cinnamon

½ Tsp chili powder

Dash of salt

Step 1: Peel plantains and cut into slightly diagonal slices.

Step 2: In frying pan heat oil on medium-high and sauté plantains with a dash of salt until golden, about 8 minutes.

Step 3: Remove from pan and sprinkle with cinnamon and chili powder to taste.

## **Sweet Nature Omelet**

2 eggs

1 Tsp vanilla extract

1 Tbsp ghee or coconut oil

1 cup or fruit and nuts of choice

(Bananas, apples, almonds, pecans, coconut, blueberries, etc.)

Step 1: In a bowl beat eggs and vanilla together until thick. Set aside.

Step 2: Heat oil in frying pan then add egg mixture making sure it is evenly spread around the pan.

Step 3: Cook until it is firm and all the liquid is cooked. Fold the omelet in half and add fruits and nuts of your choosing.

## **Big Bang Omelet**

4 bacon slices

1 Poblano, green chili or bell pepper

2 Tbsp minced red onion

1 avocado

1 dash hot sauce

1 Tbsp minced fresh cilantro

Step 1: Cook bacon until crisp.

Step 2: Put pepper in a heavy bottomed pan over high heat. Turn pepper as skin begins to blacken and blister on each side. When blistered on all sides, remove from pan and put in a plastic bag with a few drops of water; seal the bag immediately with plenty of air trapped inside. Wait 5 minutes. Remove from bag, cut out seeds, remove skin and dice.

Step 3: While bacon is cooking chop avocado, onions, and cilantro.

Step 4: Heat medium non-stick skillet over medium heat. Beat eggs and add half of the egg mixture to hot pan. As the egg starts to set, add half of the remaining ingredients one at a time to one half of the pan.

Step 5: When fully set, fold half of the egg over the filling, and cook a minute more.

Step 6: Add hot sauce to taste and repeat with second omelet.

## **Sweet Potato Sunshine**

2 medium sweet potatoes

4 slices of bacon

1 medium red onion diced

4 cloves garlic minced

4 eggs

¼ cup chives

Step 1: Preheat oven to 350° F.

Step 2: Poke Sweet potatoes with a knife, wrap them in aluminum foil and place directly on oven rack. Cook for 40 minutes until soft.

Step 3: Fry bacon on a skillet at medium-high heat until bacon is crispy. Cut into small pieces and set aside.

Step 4: Once potatoes are cooled cut the sweet potatoes in half and mash them up inside their skin.

Step 5: Add garlic, salt, onions and half the bacon bits to the mashed center of the sweet potato and continue to mash it together a bit more.

Step 6: Make a divot in the center of each potato half and break one egg into each into each. Sprinkle the remaining bacon bits on top and return to the oven. Cook for 15 minutes or until the egg is as desired.

## **Muscles from Brussels Breakfast Hash**

4 slices of bacon

½ red onion diced

1 sweet potato, peeled and cut into ½ inch cubes

2 garlic cloves, minced

10-12 Brussels sprouts, sliced

½ cup fresh basil

Step 1: Fry bacon in skillet over medium-high heat. Cook until crispy and set aside.

Step 2: Fry onions garlic, and sweet potatoes in bacon grease until soft, about 6-8 minutes.

Step 3: Add sliced Brussels sprouts and basil. Stir for about 5 min until basil is soft and Brussels sprouts are golden.

Step 4: Serve with eggs or side of your choice.

## **Avocado Alien Eggs**

2 avocados sliced in half with pits removed

4 eggs

1 Tsp balsamic vinegar

1 tomato diced

½ Tsp paprika

¼ cup cilantro

1 tomato diced

Step 1: Scoop out a bit of room in the avocado halves with a spoon to make space for the eggs. Set aside what you remove.

Step 2: Grill avocado halves face down in a skillet on medium heat to get them golden brown.

Step 3: Flip the avocados over and crack eggs into the cavity in their center. Cover the skillet and let cook for 15- 20 minutes until eggs are as desired.

Step 4: Remove avocados and sprinkle with paprika, diced tomatoes, cilantro, balsamic vinegar and the remaining avocado bits that were removed.

## **Mighty Mushrooms with Bacon**

2 cups sliced mushrooms

1 cup diced tomatoes

3 slices of bacon

1 Tsp rosemary dried

3 garlic cloves, minced

Salt and pepper to taste

Step 1: Fry bacon in skillet at medium-high heat until crispy.

Step 2: Add mushrooms, tomatoes garlic and rosemary. Cook until soft.

Step 3: Serve in bowl and season with salt and pepper to taste.

## **Cashew Coconut Colada**

2 tbs coconut meat

2 tbs raw cashews or cashew butter

2/3 cup water or almond milk

Ice cubes

1 sprig of mint

Step 1: Place coconut meat, cashews, water/almond milk, and ice cubes in blender on high speed for 30 seconds.

Step 2: Once it reaches the desired consistency pour into a glass and add the sprig of mint as a garnish. Serve chilled.

## **Asparagus Steak and Eggs**

1/2 lb boneless beef steak, sliced into 1/4-1/2" pieces

1/4 Tsp black pepper

1/4 Tsp cumin

2 Tsp olive oil

1/4 yellow onion, diced

2 stalks of asparagus

2 eggs

Step 1: Season sliced steak with pepper and cumin.

Step 2: Heat a large sauté pan over medium-high heat.

Step 3: Add 1 Tsp olive oil, onions, asparagus, and steak when pan is hot, and sauté until steak is cooked to your liking and vegetables are soft.

Step 5: Meanwhile, heat a small fry pan over medium heat. Add remaining olive oil, and fry two eggs.

Step 6: Divide steak and vegetables on two plates. Top each with a fried egg to serve.

## **Skillet of the Sea**

¾ lbs smoked salmon cut into bite sized pieces

2 medium sweet potatoes, peeled and chopped into small cubes

1 yellow onion chopped

1 bell pepper chopped

1 tomato sliced

6 eggs

1 Tbsp ghee

Salt and pepper to taste

Step 1: Preheat oven to 350° F.

Step 2: Melt ghee into skillet over medium-high heat. Add salmon and cook until tender.

Step 3: Add onions, bell pepper and sweet potatoes and cook until soft, about 10 minutes.

Step 4: Make 6 indentations with a spoon into the mixture and crack the eggs into the spaces created. Place tomatoes around the eggs and sprinkle with salt and pepper.

Step 5: Cover place in oven for 12 minutes or until eggs are cooked as desired. Remove from oven and serve.

## **Chorizo Egg Salad**

1 small to medium sweet potato, diced

2 eggs boiled

½ lbs chorizo

4 Tbs cilantro chopped

2 Tbs mayonnaise

2 Tbs lemon juice

Step 1: Dice boiled eggs and sweet potatoes and set aside in separate containers.

Step 5: Heat skillet over medium-high. When hot, add chorizo and cook for 5 minutes. Add diced sweet potato and continue to cook until potato is tender and bacon is fully cooked.

Step 6: In a small bowl, mix cilantro, mayo, and lemon juice.

Step 7: Add eggs, sweet potato and bacon, and mix.

Step 8: Serve warm or cold.

## **Tamago Yaki**

2 eggs

½ cup water

1 tsp fish sauce

1/4 cup chives

1 tsp olive oil

Step 1: Mix eggs, water, and fish sauce together in a bowl until the consistency is smooth.

Step 2: In a skillet heated to medium-high pour a thin layer of the egg mixture and wait for it to cook solid, about 2 minutes.

Step 3: fold the egg over itself then pour more of the egg mixture into the open area of the pan.

Step 4: Repeat steps 2 and 3 over until all of the mixture has been poured out.

Step 5: Remove eggs from skillet and sprinkle with chives to serve.

## Tomato in Onion Casserole

4 large red tomatoes cut crosswise into 1/2-inch slices

2 medium red onions cut crosswise into 1/4-inch rounds

2 tablespoons olive oil

Dash of Himalayan pink sea salt

Ground pepper

Step 1: Preheat oven to 450° F.

Step 2: In a sizeable baking dish, arrange tomatoes and onions in rows, overlapping *slightly*.

Step 3: Drizzle generously with oil and season with Himalayan pink sea salt and pepper.

Step 4: Bake for 50 minutes. Tomatoes should be lightly browned and onions tender.

Step 5: Serve warm and enjoy!

## **Berry Hemp Granola**

1 cup almonds, sliced

½ cup hemp seeds

¼ cup raw honey

2 tablespoon sunflower oil

3 tablespoon no pulp orange juice

1 teaspoon vanilla extract

¾ cup dried strawberries

Step 1: Preheat oven to 300 F.

Step 2: In a large bowl combine the almonds and hemp seeds.

Step 3: In a separate bowl, combine all the wet ingredients and whisk together.

Step 4: Pour wet mixture over almond mixture and stir so that every piece is coated.

Step 5: On a parchment covered tray, spread mixture so that it is a think layer.

Step 6: Bake for 60 minutes, stirring every 15 minutes so that the edges do not burn.

Step 7: Let cool for 10 minutes.

Step 8: Pour granola into a bowl and toss with dried strawberries.

Step 9: Enjoy with a glass of almond milk!

## **Baked Banana Mania!**

1 medium ripe banana, cut in half lengthwise

2 Tsp raw honey

Ground cinnamon

Step 1: Preheat oven to 400° F.

Step 2: Peel and cut bananas in half.

Step 3: Arrange banana on a sheet of aluminum foil. Sprinkle with cinnamon and honey.

Step 4: Cover and bake for 15 minutes.

Step 5: Chew and smile.

## **Nutty Brown Donuts**

1/2 cup coconut flour

1/2 Tsp cinnamon

1/2 Tsp baking soda

1/8 Tsp Himalayan pink sea salt

2 brown eggs

2 TBS raw honey

2 TBS melted coconut oil

1/2 cup warm apple cider

2 tablespoons butter

1/2 cup sugar

Step 1: Acquire mini-donut maker and preheat.

Step 2: In a small bowl whisk together flour, baking soda, cinnamon and salt.

Step 3: In a medium bowl whisk together the eggs, oil and honey.

Step 4: Add the dry ingredients to the wet ingredients and stir until combined.

Step 5: Add the warm apple cider to the bowl and mix until fully blended.

Step 6: Scoop the donut batter into the pre-heated donut maker.

Step 7: Cook for 3 minutes.

Step 8: Remove cooked donuts from the pan.

Step 9: Brush donuts with melted butter.

Step 10: Toss donuts with the cinnamon and sugar until coated.

Step 11: Enjoy with your morning tea!

## **Freshly Fried Plantains**

2 VERY ripe plantains

3 tablespoons coconut oil

1/4 cup fresh water

1 Tsp ground cinnamon

Step 1: Peel the plantains, cut them in half and then half again lengthwise.

Step 2: Heat the coconut oil in a skillet on medium heat for 60 minutes.

Step 3: Gently place the plantains in the pan and sauté on medium heat for 8 minutes.

Step 4: Turn the plantains over, add the water and simmer on low for 8 minutes.

Step 5: Once the plantains have cooked down and the water has been absorbed, sprinkle with cinnamon on all sides.

Step 6: Serve Happily.

## **Wake and Bake Biscuits**

2 ½ cups almond flour, plus about 1 cup for dusting the dough

½ teaspoon Himalayan pink sea salt

½ teaspoon baking soda

¼ cup ghee

2 brown eggs

1 Tbs raw honey

Step 1: In a mixing bowl, combine almond flour, salt and baking soda.

Step 2: In a larger bowl, blend together buttery spread, eggs and honey.

Step 3: Stir the dry ingredients into the wet until a nice dough forms.

Step 4: Roll out dough between 2 pieces of parchment paper to 1 ½ inches thick.

Step 5: Dust dough with extra almond flour if it is too sticky.

Step 6: Cut the dough into biscuits using a jar with 3-inch wide mouth.

Step 7: Using a spatula, transfer biscuits to a parchment lined baking sheet.

Step 8: Bake at 350° for 15 minutes, until biscuits are browned on the bottom edges.

Step 9: Serve with gravy, jelly or whatever else your heart desires

## **Yummy in My Tummy Breakfast Bars**

1 cup almond flour

¼ teaspoon Himalayan pink sea salt

¼ cup olive oil

2 Tbsp raw honey

1 Tbs water

1 Tsp vanilla extract

½ cup unsweetened shredded coconut

½ cup pumpkin seeds

½ cup sunflower seeds

¼ cup sliced almonds

Step 1: In a blender combine almond flour and salt.

Step 2: Pulse in olive oil, honey, water and vanilla.

Step 3: Pulse in coconut, pumpkin seeds, sunflower seeds, and almonds.

Step 4: Press dough into a baking dish, wetting your hands with water to pat dough down.

Step 5: Bake at 350° F for 25 minutes.

Step 6: Cool bars in pan for 2 hours.

Step 7: Serve and start your day!