

Kale, Feta & Egg Burrito

1 SERVING 15 MINUTES



INGREDIENTS

2 **tsps** Extra Virgin Olive Oil (divided)
1/2 **cup** Kale Leaves (tough stems removed, chopped)
3 **Egg** (whisked)
Sea Salt & Black Pepper (to taste)
1 **tbsp** Feta Cheese (crumbled)
1 **Whole Wheat Tortilla** (large)
1/3 **cup** Salsa

DIRECTIONS

- 01 Heat half the oil in a pan or skillet over medium heat. Cook the kale until tender, about three minutes. Set aside.
- 02 Heat the remaining oil in the same pan. Add the eggs and move them around with a spatula continuously, until fluffy and barely set, about two minutes. Stir in the kale, salt, and pepper.
- 03 Arrange the eggs and kale down the middle of the tortilla. Top with feta and salsa. Fold into a wrap and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

DAIRY-FREE

Use nutritional yeast instead of feta cheese.

MORE FLAVOR

Add red pepper flakes.

ADDITIONAL TOPPINGS

Fresh herbs, sliced red onions, smoked salmon, salsa, or guacamole.

Mashed Sweet Potato Breakfast Bowl

1 SERVING 35 MINUTES



INGREDIENTS

- 1 Sweet Potato (medium sized, cut in half)
- 2 tbsps Unsweetened Almond Milk
- 1/3 cup Blueberries
- 1 tbsp Almond Butter
- 1 tsp Hemp Seeds

DIRECTIONS

- 01 Heat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the sweet potato on the pan, cut side down. Cook for 25 to 30 minutes, or until cooked through.
- 02 Remove the sweet potato and let it cool for a few minutes. Once cool to touch, scoop out the flesh and add it to a blender along with the almond milk. Blend until smooth.
- 03 Pour the sweet potato into a bowl and top with blueberries, almond butter and hemp seeds. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NUT-FREE

Use coconut milk instead of almond milk. Omit the almond butter or use tahini or sunflower seed butter.

MORE FLAVOR

Add a dash of cinnamon to the sweet potato.

ADDITIONAL TOPPINGS

Top with coconut or Greek yogurt and a drizzle of honey.

SAVE TIME

Use canned pumpkin or canned sweet potato instead and heat through on the stove in a small pot.

Chickpea Omelette with Asparagus

1 SERVING 15 MINUTES



INGREDIENTS

- 1/2 cup Chickpea Flour
- 1/2 cup Water
- 1 tbsp Nutritional Yeast
- 1/4 tsp Turmeric
- 1/8 tsp Sea Salt
- 1 1/2 tps Extra Virgin Olive Oil
- 1/2 cup Asparagus (trimmed, chopped)
- 2 tbsps Fresh Dill (chopped)
- 1/2 Avocado
- 1 stalk Green Onion (chopped)

DIRECTIONS

- 01 In a medium bowl, add the chickpea flour, water, nutritional yeast, turmeric and sea salt. Whisk well to combine. Set aside.
- 02 In a skillet over medium heat add the oil and the asparagus. Cook, turning occasionally until the asparagus is fork tender, but still crisp, about 5 to 6 minutes. Remove and set aside.
- 03 In the same skillet, add more oil if necessary. Over medium heat, pour the chickpea omelette mixture and move the pan around to ensure it covers the skillet evenly, in one layer. Let it cook for 3 to 4 minutes until golden brown on the bottom. Add the asparagus to the omelette, then fold in half over the filling.
- 04 Gently, remove the omelette from the skillet and place on a plate. Top with dill, sliced avocado and green onion. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to one omelette with all the toppings.

MORE FLAVOR

Add chili flakes or black pepper.

ADDITIONAL TOPPINGS

Top with goat cheese or feta.

Cinnamon Pear Oatmeal

1 SERVING 15 MINUTES



INGREDIENTS

- 1/2 Pear (sliced)
- 1/8 tsp Cinnamon
- 1/2 cup Oats (rolled)
- 1 cup Water
- 2 tbsps Pecans (roughly chopped, optional)
- 1 tbsp Almond Butter (optional)

DIRECTIONS

- 01 Heat a small non-stick pan over medium heat. Once warm, add the pear and cinnamon. Cook, stirring often until softened and cooked through, about 5 to 7 minutes. Remove the pears and set aside.
- 02 Meanwhile, add the oats and water to a small saucepan and cook over medium heat, stirring often until gently boiling. Reduce the heat and simmer until cooked through, about 5 to 7 minutes.
- 03 Add the oats to a bowl and top with pears. Add the pecans and almond butter, if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Reheat with a splash of water or oat milk or eat cold.

NUT-FREE

Use pumpkin seeds instead of pecans. Omit the almond butter or use tahini instead.

MORE FLAVOR

Add a splash of oat milk and/or vanilla. Cook the pear in coconut oil.

ADDITIONAL TOPPINGS

Sweeten with a drizzle of maple syrup.

Black Bean Egg White Omelette

1 SERVING 10 MINUTES



INGREDIENTS

1/2 cup Black Beans (cooked and rinsed)
1/4 cup Salsa
1/2 tsp Cumin (optional)
1/2 cup Baby Spinach (chopped)
Sea Salt & Black Pepper (to taste)
1/2 tsp Extra Virgin Olive Oil
1/2 cup Egg Whites

DIRECTIONS

- 01 Add the black beans, salsa, and cumin to a pot over medium. Cook for three to five minutes or until the salsa is simmering and the black beans have warmed through. Add the spinach and cook until wilted. If the sauce becomes too thick add a splash of water. Season with salt and pepper and set aside.
- 02 Heat the oil in a non-stick pan over medium heat. Season the egg whites with salt and pepper then pour into the pan and cook until almost set. Place the black beans 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

Add red pepper flakes, cilantro, lime juice, or taco seasoning to the black beans.

ADDITIONAL TOPPINGS

Shredded or feta cheese, avocado slices, hot sauce, or more salsa.

NO SPINACH

Use another leafy green, like kale or arugula.