

BRILLIANT BREAKFASTS

PERFECT PANCAKES

Whole Grain, Gluten-Free, Dairy-Free, Vegan Pancakes

Ingredients:

Makes 10-12, 4" pancakes

- ◆ ½ Cup Buckwheat or Millet Flour
- ◆ ¼ Cup Sprouted Garbanzo Flour
- ◆ ¼ Cup Arrowroot
- ◆ 1 Tablespoon Ground Golden Flaxseed
- ◆ ¼ Teaspoon Salt
- ◆ 2 Teaspoons Baking Powder
- ◆ 1 Teaspoon Cinnamon
- ◆ 1 Packet Stevia Powder (0.8 g)
- ◆ 1 Cup Almond, Hemp, Rice, Soy, or other Non-Dairy Milk
- ◆ ¼ Cup Unsweetened Applesauce
- ◆ 1 Teaspoon Vanilla



Instructions:

- ◆ In a medium mixing bowl whisk together all the dry ingredients;
- ◆ In a separate bowl, whisk together the wet ingredients (non-dairy milk, applesauce, & vanilla);
- ◆ Add ⅔ of the wet mixture to the dry and begin to mix thoroughly. Once the mixture is fairly uniform, add the last of the wet ingredients and mix well until there are no lumps;
- ◆ Heat a griddle or pan on medium heat. Once the griddle or pan is hot (test by flicking droplets of water on the pan until they sizzle), lightly grease if not using a non-stick pan, add about ¼ cup of batter to the pan for each pancake (adjust amount to desired size of pancakes);
- ◆ Once the pancakes start to bubble, flip and cook another 30-60 seconds until done;
- ◆ Serve with pure maple syrup or fresh fruit spread and fresh berries or other sliced fruit. You can also add chopped pecans or walnuts to add some crunch.

MIXED BERRY GARDEN SMOOTHIE

Ingredients:

**Makes 1-2 servings depending on hunger level **

- ◆ 2 cups of fresh Beet Greens, Swiss Chard, or Kale
- ◆ ½ Beet (peeled if you desire)
- ◆ 1 Carrot
- ◆ ½ Avocado
- ◆ 1 Ripe Banana
- ◆ 1 Tablespoon Chia Seeds
- ◆ 1 Tablespoon Pine Nuts (or other nut of your choice)
- ◆ 2 Cups Frozen Mixed Berries
- ◆ ½ Cup Almond, Hemp, Rice, Soy, or other Non-Dairy Milk
- ◆ ½ Cup Water

Instructions:

- ◆ Place all ingredients, except frozen mixed berries in a high-powered blender;
- ◆ Add non-dairy milk and water;
- ◆ Blend on a low-speed until the hard ingredients break down, then on a low-medium speed for about 45 seconds;
- ◆ Add the frozen mixed berries and blend again on low-medium for another 45 seconds or so, until all the texture is smooth;
- ◆ Pour into glass(es) and serve.

BRILLIANT BREAKFASTS

TOFU VEGGIE SCRAMBLE

Ingredients:

****Makes 2 Servings****

- ◆ ½ Bell Pepper
- ◆ ½ Medium Onion
- ◆ 1 Zucchini
- ◆ ½ Cup Cherry Tomatoes
- ◆ 2 Cups Spinach
- ◆ 2 Cloves Garlic
- ◆ 1 Tablespoon Olive Oil or Coconut Oil
- ◆ ½ Block Extra Firm Tofu
- ◆ 1 Teaspoon Cumin
- ◆ 1 Teaspoon Turmeric
- ◆ 1 Teaspoon Salt
- ◆ 2 Tablespoon Chopped Sundried Tomatoes

Instructions:

- ◆ Chop: Bell pepper, onion, and zucchini;
- ◆ Mince garlic;
- ◆ Add olive oil to a warm skillet, then add onions and peppers and garlic and sauté for 3-4 minutes. Add zucchini and tomatoes and sauté another 2 minutes. Add ½ teaspoon cumin, ½ teaspoon turmeric, and ½ teaspoon salt;
- ◆ Add spinach sauté another 1 minute or until wilted all the way. Add crumbled tofu. Add ½ teaspoon cumin, ½ teaspoon turmeric, and ½ teaspoon salt. Add sundried tomatoes. Stir and allow to simmer for 1-2 minutes.

BREAKFAST FACTS



TIPS AND TRICKS

- ◆ Breakfast should be high in nutrients, fat, and protein. Avoid processed food, simple carbohydrates, and sweet breakfasts.
- ◆ What we eat in the morning sets up our pattern for blood sugar balance for the day.
- ◆ Standard American breakfast foods are the absolute worst things you can eat in the morning. Think outside the box on this one for best results.
- ◆ Make double batches of batter. Freeze half and put the other half in easy dispense batter bottles for easy pour each morning.
- ◆ Prep smoothies the night before in the blender, leaving out liquids. In the morning, add liquids, blend and GO! You can even pre-chop your veggie and fruit ingredients in pre-measured containers and save time during the week.
- ◆ Make several breakfast burritos for the week, wrap in paper towel and plastic wrap. Grab one, warm up and GO!

BRILLIANT BREAKFASTS

PUMPKIN PIE OMEGA 3 OATMEAL

Ingredients:

**FAMILY SIZED!

- ◆ 3 Cups of Water
- ◆ 2 Cups of Unsweetened Soy, Almond or Hemp Milk
- ◆ 2 Cups of Steel Cut Oats
- ◆ 1 Can Organic Pumpkin (15oz or 2 cups)*
- ◆ 1 Tablespoon Ceylon Cinnamon or Pumpkin Pie Spice**
- ◆ 2 Teaspoons Vanilla
- ◆ 2 Ripe Bananas Sliced
- ◆ 4 Medjool Dates, Pitted and Chopped
- ◆ ¼ Cup Raisins
- ◆ 1 Tablespoon Chia Seeds
- ◆ ¼ Cup Chopped Walnuts (for kids who are sensitive to the texture of walnuts, grind in high powered blender into a fine powder and then mix in)
- ◆ ¼ Cup Chopped Pecans
- ◆ 1 Tablespoon Ground Flaxseeds
- ◆ ¼ Teaspoon Sea Salt

Instructions:

- ◆ In crockpot, mix all ingredients (except ground flaxseeds), set on low heat with timer set for 2 hours. Add more time if not fully cooked in 2 hours.
- ◆ Add or remove liquid based on preference for thickness vs. soupiness of oats. Stir in ground flaxseeds and garnish with your choice of fruit (raisins, berries, bananas, apples) and/or chopped nuts before serving.
- ◆ This can be stored in individual Pyrex containers for the week to have a quick breakfast ready to grab-n-go!

Another Option:

- ◆ Another option to try is 2 cups of roasted pumpkin or other winter squash of your choice if you are less rushed and prefer fresh squash.
- ◆ **DIY Pumpkin Pie Spice Ingredients (makes ~ ½ cup):
 - ◆ ¼ Cup Ceylon Cinnamon (4 tablespoons)
 - ◆ 2 Tablespoons Ground Ginger
 - ◆ 2 Teaspoons Ground Nutmeg
 - ◆ 1 Teaspoon Ground Cloves
 - ◆ 1 Teaspoon Ground Allspice
 - ◆ ½ Teaspoon Ground Cardamom
- ◆ Mix the spices together in a small bowl.

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PUMPKIN PIE OMEGA 3 OATMEAL

Try Different Flavors:

- ◆ Chocolate Peanut Butter: Add 2 TBSP of unsweetened cocoa powder and 2 TBSP of unsalted natural peanut butter
- ◆ Pineapple Mango
- ◆ Shredded Coconut
- ◆ Oaty Mac n' Cheese: Add chopped green onions and non-dairy cheese (EX: Daiya Cheddar or Mozzarella, Trader Joe's Vegan Mozzarella style shreds).

Notes:

- ◆ If this recipe is not sweet enough for you or your child's palate, add more whole fruit such as grapes, raisins, dates, ripe bananas, apples, pineapple, mango, etc. in order to sweeten to your taste preference.
- ◆ Steel cut oats take longer to cook than rolled or instant oats because of the thick squares that they are cut into. This is beneficial to our health because the way steel cut oats are cut makes blood sugar rise more slowly than rolled and instant oats.
- ◆ For those with busy schedules, cook your oats on Sunday and store them in individual serving sized glass containers to be quickly warmed up or for a grab-n-go breakfast on the run.
- ◆ If you are on a strict gluten free diet, make sure to purchase certified gluten free oats. Although oats are gluten free themselves, they are often manufactured in facilities that produce gluten containing products and the gluten dust from the other products can contaminate them.