

# Breakfast Recipes

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Wellness & Fitness Center

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# Overnight Oats

- 1/2 cup old-fashioned oats
- 4 tbsp. chia seeds
- 2 tsp cinnamon
- 1 3/4—2 cup unsweet almond milk
- Drizzles of honey
- Mix it all together and put in a jar or container with a lid in the fridge for a minimum of 4 hours
- You can eat it cold in the morning but if you prefer it warm, you can zap it in the microwave after putting it in a bowl.
- Then, add your toppings of fruit, nuts, nut butter or whatever you prefer

Insider Tip: I only eat about half and save the rest for the next day.



# Blackberry Banana Pancakes

- 1 cup Bob's Red Mill gluten-free flour (or regular flour)
- 1/4 cup gluten-free overnight oats (or regular oats)
- 2 brown eggs (or any eggs)
- 1 ripe banana, medium-sized
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- Pinch of salt
- 1 tsp cinnamon
- 1/2 cup fresh blackberries (or more if you choose)
- 1 tbsp. flaxseed meal (optional)



## Instructions:

In a medium size bowl, mash a banana with a fork. Then, add in eggs and mix well. Add rest of ingredients and mix. In a medium size skillet, heat 1 tablespoon of coconut Oil over medium heat. Pour batter into pan. Cook each side for about 3-4 minutes

Serve with fresh fruit, honey, or almond butter.

# Smiley Face Overnight Oats

Blue eyes, luscious lips, sandy-blond hair . . . I've got a hot date for breakfast!

- 1/2 cup old-fashioned oats
- 3 tbsp. chia seeds
- 2 tsp cinnamon
- Dash of nutmeg and pumpkin spice
- 1 3/4—2 cup unsweet almond milk
- Drizzles of honey
- Mix it all together and put in a jar or container with a lid in the fridge for a minimum of 4 hours
- You can eat it cold in the morning but if you prefer it warm, you can zap it in the microwave after putting it in a bowl.
- Then, add your toppings of fruit, cacao nibs, nuts, nut butter
- Pictured here: Banana coins, cacao nibs, blueberries, green apple, and raspberries

Insider Tip: I only eat about half and save the rest for the next day.



# Monkey Face Overnight Oats

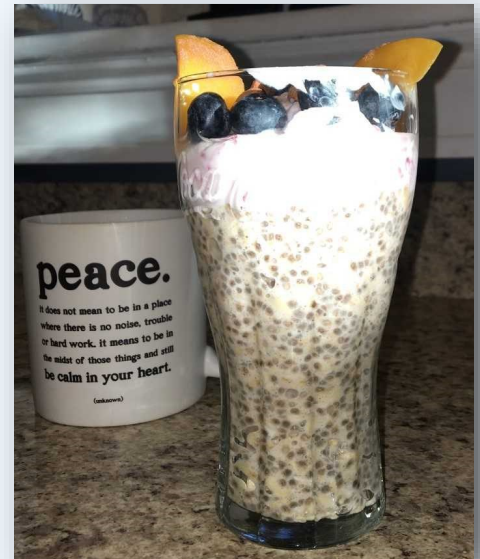
In this one, use all the same ingredients for the overnight oats except top it with:

Kiwi for the eyes, blackberry for the nose, pomegranate arils for the mouth, Brazil nuts for the ears and white chocolate chips for the hair.



# Overnight Oats Parfait

- Overnight oats: 1/2 cup old-fashioned oats, 1 tbsp chia seeds, 1 cup unsweet almond milk, 1/2 tsp cinnamon, 1/1 tsp honey, shake well (Put this in an air-tight container in the fridge overnight.)
- Add Vanilla Green Yogurt on top
- Topped with peaches, blueberries, almonds, and cinnamon.



# Blueberry Baked Oats

- 1 cup of old-fashioned oats
- 1 ripe banana (mashed)
- 1 egg (can be subbed with flax egg if vegan)
- 1/2 cup of almond milk
- Dash of pumpkin pie spice and cinnamon
- 1 - 1 1/2 cup of blueberries
- 1 tsp baking powder
- Blend together and place in baking dish



Bake for 25 minutes at 350 degrees

Top it off with all-natural peanut butter, dates, banana slices, dark chocolate chips, honey, or whatever you prefer.

# French Toast

Bonjour! Comment vas-tu?

This breakfast is not only simple but super yummy!

French Toast: using one egg, cinnamon, pumpkin spice, vanilla extract, splash of unsweet almond milk.

Mix all the ingredients together then soak both sides of two pieces of bread in a bowl. Use whole grain bread. Cook in a frying pan until golden brown.

On top, I used bananas sautéed in coconut oil, blueberries, pure maple syrup, and cacao nibs.



# Apple-Banana Pie Oatmeal

This tasted amazing on a cold, fall morning and it's full of protein and fiber to make you feel full longer!

I added one cup of water 1/2 cup old-fashioned oats and a half banana chopped. (Tip: Add the oats to the water before you turn on the stove then bring to a boil before you lower to a simmer. SO MUCH THICKER/CREAMIER). As I cooked it, I mashed the banana with a fork then added a scoop of vanilla protein powder (optional) and stirred it in completely.

I sautéed the apple slices in coconut oil and coconut sugar in a skillet to add on top.

Then, I drizzled all natural peanut butter and cinnamon on top and garnished with pomegranate arils and almonds. Yummy!



# Oatmeal Breakfast Bowl

Here's another AmAZInG breakfast bowl!!

- Soak 1/3 cup of oats in a little less than 1/2 a cup of almond milk (I use unsweet) in a small pan. Let it soak for about 10 min. or so.
- Once it's all soaked in, add one cup of water and cook slowly on low heat.
- While the oats cook, add a little coconut oil to another pan with some banana coins and coconut sugar. Cook a little on each side until they start to turn golden and soft.
- When the oats are done, stir in a little cinnamon, maca powder, vanilla protein powder (optional), chia seeds, and a little coconut sugar.
- Top with caramelized banana coins, almonds, dates, raspberries (I used frozen), and cacao nibs.



(Tip: Maca powder comes from a plant grown in Peru and has some amazing health benefits including, protein, fiber, vitamin C, potassium, iron, manganese, and vitamin B6. Maca powder is great for smoothies, oatmeal, breakfast bowls, etc. Also, cacao nibs are THEE best and HEALTHIEST dark chocolate you can eat. They are chock full of antioxidants and fiber and are great to use as a topper on many foods.)

# Kodiak Pumpkin Chocolate Chip Pancakes

Pumpkin is high in fiber, potassium and vitamins A and C which make it a great immunity booster to help ward off cold and flu germs.



Kodiak Pumpkin Chocolate Chip Pancakes:

- 1 cup Kodiak Cakes buttermilk cake mix (for the protein)
- 1 cup water
- 3 tbsp canned pumpkin purée
- 1 tbsp pure maple syrup (or use honey )
- 1 tsp cinnamon
- 2 tsp pumpkin pie spice
- Dash of nutmeg
- Combine all ingredients and stir together
- Stir in about 2 tbsp dark chocolate chips
- Prepare a large skillet with coconut oil over medium heat
- Use a 1/4 measuring cup to scoop out batter into skillet
- When you start to see bubbles flip to other side for about 1-2 min or until lightly brown
- I topped mine with a little vanilla Greek yogurt, cacao nibs, chopped pecans, and

# Pecan Pie Oatmeal Bake

Get Thanksgiving started off on the right foot with this Pecan Pie Oatmeal Bake for breakfast!

Pecan Pie Oatmeal Bake:

- 1/2 cup old-fashioned oats
- 1/2 cup cashew or almond milk
- 1/2 mashed banana
- 1/2 tsp cinnamon
- 1/2 tsp vanilla
- 1 tsp baking powder
- 1 scoop vanilla protein powder



Topping:

- Pecans (as many as you want)
- 1/2 tsp coconut oil
- 1/2 tsp maple syrup
- 1/2 tsp coconut sugar

Directions:

- Preheat oven to 400 degrees and grease or spray an oven safe dish.
- Mix all ingredients (except toppings) in separate bowl then pour into baking dish.
- For the topping, microwave the pecans mixed with coconut oil, maple syrup and coconut sugar until the oil is melted and the pecans are coated.
- Cook the oatmeal bake for 15 min. then add the Nut mixture and bake for 10 more min.
- Optional: While the oatmeal is baking, sauté some apples on a skillet with coconut oil and coconut sugar until golden and soft.
- Once the oatmeal is done baking, let cool for 5 min then add the apples on top and drizzle with maple syrup and sprinkle with bee pollen (optional).

# Black Forest Pancakes

RiCh and AmAZInG is how I would describe these Black Forest Pancakes!

Makes 3-4 pancakes

- 1/2 cup gluten-free flour or regular flour
- 1 ripe banana
- 1/3 cup unsweet almond milk
- 1 tsp honey
- 1 tbsp Hershey's dark cocoa powder
- 2 tbsp maple syrup
- 1 tbsp flaxmeal
- 1 tsp maca powder (optional)
- 1/2 tsp cinnamon
- 1 tsp baking powder
- Pinch of salt
- Frozen dark cherries
- Dairy-free vanilla yogurt (or any yogurt)
- Cacao nibs (dark chocolate)
- Coconut oil for cooking



## Instructions:

- Add all ingredients in a blender (aside from cherries, yogurt and cacao nibs) and blend until smooth
- Add 1 tsp coconut oil to frying pan and put on medium heat
- Add around a 1/4 of the pancake mix to the pan. Once bubbles begin to appear, then flip to the other side (approx. 3-4 min each side)
- Stack with warm cherries, yogurt, cacao nibs, and walnuts (optional)



# Blueberry Banana Pancakes

Makes 3-4 pancakes

- 1 cup Buttermilk Kodiak Cake Mix (Kodiak Mix has more protein and fiber and will help you stay full longer.)
- 1/2 ripe banana, mashed
- 1/2 cup frozen or fresh blueberries
- 1 egg
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- Pinch of salt
- About a 1/4 cup of water
- 1 tsp coconut oil
- Combine everything into a bowl (except coconut oil and blueberries)
- Mix all ingredients with mixer until smooth
- Stir in a half cup of blueberries
- Pour about a 1/4 of the batter into a frying pan and cook until you see bubbles then flip over (about 2-3 minutes on each side)
- Cut up the other half of the banana into coins and put in frying pan with coconut oil and coconut sugar. This will caramelize the bananas to place on top of the pancakes.
- Optional: Add butter and pure maple syrup on top of the pancakes. (I use Promise light vegetable oil spread.)



Enjoy!

# Variations of Healthy Toast

Breakfasts don't have to be complicated especially when your mornings are rushed. You can make it quite simple and still have something healthy, filling, and delicious!

This is just a piece of whole grain toast with a little almond butter, coconut Greek yogurt, raspberries, hemp seeds and bee pollen. (Ask me about the benefits of the latter two. )

I like to use Greek yogurt as it has more protein and it's much smoother and creamier for spreading it on toast. (I sometimes use dairy-free yogurt.) You can choose any nut butter and fruit that you prefer.

These choices will provide you with protein, fiber, omega 3s (healthy fat), antioxidants, and whole grains which will not only fill you up but will be good brain power food so you can have a more productive day!



Here's another version of jazzing up your toast for breakfast:

- Whole grain toast
- Coconut Greek yogurt
- Banana coins
- Cinnamon
- All natural peanut butter (Smuckers)
- Honey drizzle



Who else loves blackberries?? I love to put them in gluten-free oatmeal, too. Pictured here is whole grain wheat toast, almond butter, blackberries, and hemp seeds. Simple and delicious for a quick breakfast or a snack.

I also do this with banana coins, almond butter, chia seeds, honey and dark chocolate chips drizzled on top.



# St. Nick Overnight Oats

I usually top my overnight oats with either yogurt or a nut butter along with some fruit and nuts.

This breakfast was created on St. Nicholas Day (December 6):

- About 1/2 cup old-fashioned oats
- About 3/4 cup of unsweet almond milk
- 1 1/2 tbsp of chia seeds
- Drizzles of honey
- Sprinkles of cinnamon
- Shake it and mix it up good
- Store in a mason jar in the fridge overnight
- Added vanilla Greek yogurt and some raspberries, blueberries and a Brazil nut the next morning.



# Holiday Toast

Cheers to the holidays!

Get your protein, healthy fat, grains, fruit, and vitamins and minerals from this simple breakfast!

Holiday Toast:

- Sourdough toast
- Cashew butter
- Vanilla Greek yogurt
- Kiwi
- Pomegranate arils
- Hemp seeds



# Fancy French Toast

Mais oui . . . I always love a good French Toast for breakfast. It's really simple to make, only takes a few extra minutes of your morning, and you can make it so healthy!

Fancy French Toast:

- I mix two eggs, unsweet almond milk, a little honey, vanilla extract, cinnamon, nutmeg, and flax meal in a small square container.
- Then, I take two pieces of whole grain wheat toast and dip each side in the mixture.
- I place each piece of bread in a frying pan and cook on each side until golden brown.
- For extra flavor and health benefits, I like to top mine with various things: Coconut Greek yogurt, raspberries, banana coins caramelized in coconut oil and coconut sugar on the skillet, and sprinkled with cacao nibs and bee pollen.



This concoction gives you protein, healthy fat, whole grains, fiber, and plenty of vitamins and minerals. The best part is it keeps you feeling full longer!

# Tropical Oatmeal Bowl

It's always a great time to think of the beach and this warm, tropical oatmeal bowl will do the trick!

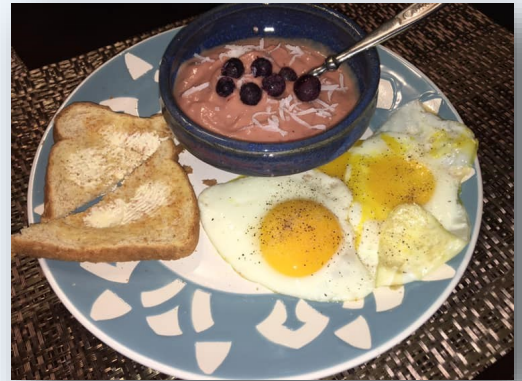
- 1/2 cup old-fashioned oats
  - 1 cup water
  - 1/2 scoop of vanilla protein powder
  - 1 tbsp maca powder (optional)
  - Dash of turmeric spice
  - Cook oats and water then mix in everything else in sauce pan.
  - In a frying pan, add coconut oil, banana coins, and chopped mango and sprinkle with coconut sugar and cook until golden brown.
  - Top the oatmeal with caramelized banana coins, mango, kiwi, Brazil nuts, and chopped dates.
- Protein, fiber, and a great immunity booster!



# Eggs, Toast, and Homemade Froyo

Healthy breakfast inspired by my 13-year old!

- Eggs sunny-side up with pepper and sea salt sprinkled on top
- Whole grain wheat toast with Smart Balance Butter Spread
- Homemade Froyo: Blend 1 cup frozen raspberries, 1 cup frozen mango, 1 frozen banana, 1/2 cup coconut Greek yogurt, 1 date for sweetness, 1/2 cup unsweetened cashew (or coconut or almond) milk, 1 tbsp maca powder, 1 tbsp matcha tea powder (for the health benefits), garnished with coconut flakes and blueberries



Protein, healthy fat, fiber, antioxidants and a great immunity booster during cold and flu season. I just heard, "Seconds, please!"

## Blueberry Lemon Waffles

I like to use Kodiak Cake Mix as it's packed with protein and fills me up longer. Today's creation is Blueberry Lemon Waffles and they are the bomb! (My kiddo loved them, too, which is always a plus!)

- 1-1/2 cup Kodiak Cakes Buttermilk Power Cakes Flapjack and Waffle Mix
- 2 tablespoons coconut flour
- 1 teaspoon baking powder
- Pinch of salt
- 2 large whole eggs
- 1-1/2 cup unsweetened almond milk or milk of choice
- 2 tablespoons freshly-squeezed lemon juice
- 2 teaspoons lemon zest
- 1/2 cup wild blueberries



### Instructions

1. Combine all ingredients except for blueberries in a large bowl. Mix well until smooth. Let sit 5 minutes. Stir in blueberries.
2. Preheat waffle maker and coat with non stick spray.
3. Pour batter onto waffle maker and cook on each side until golden brown.
4. Repeat with remaining batter.
5. I topped mine with extra blueberries, Smart Balance Butter Spread, and pure maple syrup.

# Apple Raisin Oatmeal

Wanting to add more fiber to your diet? Then, try this oatmeal concoction. It will also give you protein and healthy fat which is a perfect way to start your day and fill you up longer.

Apple Raisin Oatmeal:

- 1 cup water
- 1/2 cup old-fashioned oats
- 1 tbsp yellow raisins
- Dash of cinnamon and nutmeg
- Half scoop of vanilla protein powder (optional)
- Cook on stove until oats are done
- Topped the Oatmeal with apple slices sauteed in a skillet in coconut oil and coconut sugar  
Also, added dates, almonds, cinnamon, and drizzled almond butter on top



Mmm, mmm good!

# Blackberry Walnut Oatmeal

A chilly day calls for a warm bowl of Blackberry Walnut Oatmeal.

- 1 cup water
- 1/2 cup old-fashioned or gluten-free oats
- 1/2 chopped banana
- Small scoop vanilla protein powder (optional)
- Cook on the stove on low heat and mash banana while it cooks
- Once it's almost finished cooking, add a 1/4 cup of blackberries and stir in
- Top with extra blackberries and a few chopped walnuts



Aside from protein and healthy fat, this bowl is chock full of fiber. Why is fiber an important part of your diet?

- Normalizes bowel movements.
- Helps maintain bowel health.
- Lowers cholesterol levels.
- Helps control blood sugar levels.
- Aids in achieving healthy weight.

# Hummus Bread Toast

I highly recommend this Hummus Bread from Great Harvest Bread Co. It's made with chickpeas which have a lot of health benefits.

I don't normally eat many carbs/sweets in general, but I am definitely more likely to in the winter time. One way to combat this is to always eat protein with carbs. This will help regulate blood sugar levels and even out mood swings.

I like to eat hummus bread with turkey, avocado, and/or eggs, but it also goes well with something sweeter.

Pictured here:

- Hummus Bread Toast
- Almond butter
- Coconut Greek yogurt
- Raspberries and blackberries
- Bee pollen and hemp seeds sprinkled on top



This brings me to the question, "Why do we crave more carbs and/or sweets in the winter time?" This is a simple scientific explanation:

- ⇒ Natural sunlight converts to vitamin D in the body. Vitamin D is the "hormone of sunlight" because it naturally boosts serotonin levels.
- ⇒ Adequate serotonin is required for a healthy mood.
- ⇒ When the body is low in vitamin D due to the decreased sunlight of fall and winter, serotonin levels drop.
- ⇒ Low serotonin levels lead to carbohydrate cravings, because the body is seeking other ways to increase serotonin, and one way is through diet.

# Blueberry Kiwi Oatmeal

You can never go wrong with a warm bowl of oatmeal on a bitterly cold morning. This is an excellent way to get more fruit in your diet, aside from all the other health benefits.

- 1 cup water
- 1/2 cup old-fashioned oats
- 1/2 chopped banana
- 1 tbsp flax meal for health benefits (optional)
- Cook in pan until boil then to low heat
- Mash the chopped banana while it cooks
- Stir in a 1/4 cup of frozen blueberries and let them cook on low heat
- Stir in 1-2 tbsp vanilla protein powder for taste and extra protein (optional)



Tip: If you use protein powder and/or flax meal, then add a little more water.

- For toppings: Sliced kiwi, extra thawed out blueberries, and some walnuts

You're getting fiber, protein, healthy fat, antioxidants, and vitamins and minerals which are all things our bodies need. Besides all of that, this is absolutely delicious!

# Chocolate Raspberry Oatmeal

I love oats for all the health benefits and the fact that you can make them a 100 different delicious ways!

- 1 cup water
- 1/2 cup oats
- 1/2 smashed banana for sweetness
- 1 tsp honey (optional)
- Cook on stove in sauce pan
- Stir in 1 tbsp dark chocolate cocoa powder and 2 tbsp chocolate protein powder
- Top with frozen raspberries, almond butter or all natural peanut butter, and cacao nibs or almonds





# Banana Chia Oat Pudding

For a quick breakfast:

- 2 tbsp chia seeds
- 1/4 cup old-fashioned oats
- 1/2 tsp cinnamon
- 1-2 tbsp Cacau nibs (antioxidants)
- 1/2 banana, mashed
- 1/2 cup unsweetened almond milk
- Drizzles of honey
- 1/4 cup water
- 1 tbsp almond butter
- Stir everything together then store in airtight container in fridge overnight
- In the morning, I topped it with the other half of the banana, sliced, and a dab of vanilla Greek yogurt.



# Black Forest Oatmeal Bowl

- 2 cups water
- 1 cup old-fashioned oats
  - Cook on stove in sauce pan
- 1 ripe chopped banana, mash it with fork while it cooks
- 1 tbsp dark chocolate cocoa powder
- 2 tbsp chocolate protein powder
  - Stir these powders in the oatmeal once they are done cooking
- For more sweetness, stir in some drizzles of honey
- Top with frozen dark cherries (thaw out in microwave)  
Sprinkle chopped pecans and Cacau nibs on top



# Simple Pancake Recipe

The weekend is always the perfect time to try out new recipes. This is a super simple pancake recipe you can try.

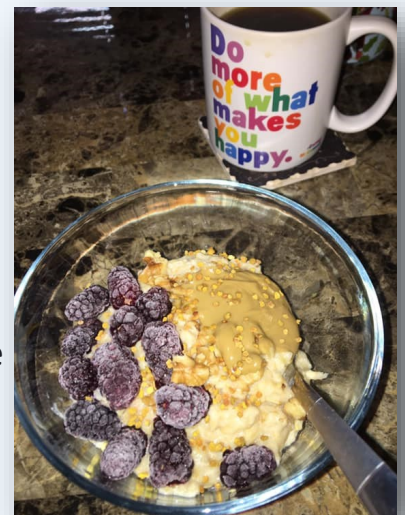
- 1 whole small, ripe banana
- About a 1/2 cup of old-fashioned oats
- 1 egg
- 1 egg white
- Dash of cinnamon
- 1/2 tbsp baking soda
- Mix really well in a blender
- Put some coconut oil in a skillet and pour in some of the batter. Cook until you start to see bubbles, then flip. Cook each side about 2-3 min.
- This recipe makes 2-3 pancakes.
- Use whatever toppings you want - Pictured here: A small amount of Promise light vegetable oil spread on each cake, vanilla Greek yogurt (for extra protein and flavor), peaches, pomegranate arils, and almonds.



Super nutritious and delicious!

# Sunday Funday Oatmeal Bowl

- 1/2 cup old-fashioned oats
- 1 cup water
- 1/2 banana smashed
- Cook on high heat then lower to medium heat and stir in 1 tbsp maca powder (optional) and 2 tbsp vanilla protein powder while cooking
- Toppings: Frozen blackberries, chopped walnuts, sunflower butter, and bee pollen



# Sunbutter Oatmeal Bowl

If you're not a fan of oatmeal due to its bland taste, you're not alone. This is what makes oatmeal bowls so much fun! You can jazz them up with flavor and nutrition any way you want. Oatmeal makes such a great fiber-filled breakfast keeping you full much longer, plus fiber can aid in weight loss (by keeping you regular) if that's your goal.

Recipe:

- 1/2 cup old-fashioned oats or gluten free oats
- 1 cup water
- 1/2 chopped banana, mashed
- Cook in sauce pan on high heat until boil then lower to medium heat, stirring occasionally  
Optional: While cooking, stir in 1/2 scoop vanilla protein powder and maca powder (for health benefits)
- Top with banana slices, cinnamon, frozen peaches, sun flower seed butter, bee pollen and a few pecans. (Tip: Sunbutter is great for those with nut allergies and it's delicious! It can be bought at Walmart.)



# Scrambled Eggs w/ Veggies

Fruit and veggies for breakfast?? Yes, please!

Scrambled eggs with spinach, red pepper, and mushrooms along with whole grain toast with almond butter and fresh strawberries. Chop up veggies and then cook them along with the eggs.

Protein-enriched with healthy fat, fiber, and fruit and veggies with antioxidants . . . the perfect breakfast!

Power up!



# Pear Oatmeal Bowl

This oatmeal bowl is so yummy and filling on those cool, rainy mornings. The extra carbs help with gaining energy pre-workout. The coffee was a bonus! (My daughter is from China so that's why the mug is significant.)

Did you know that pears are one of the leading fruit sources of fiber? A medium-sized pear packs 6 grams of fiber, which equals about 24% of the recommended daily value. The skin contains the majority of the fiber found in a pear.

- 1/2 cup old-fashioned oats
- 1 cup water
- 1/2 banana mashed
- Cook on high heat until boil then lower heat and continue to cook, stirring occasionally.
- Optional: Add a small scoop of maca powder (Comes from the Maca root and can boost mood, energy, etc.)
- Add 1/2 banana sliced on top
- Sautéed the pear in coconut oil and sprinkled cinnamon on top
- Added Sunbutter (delicious and more vitamins and minerals than nut butter) on top along with bee pollen (A protein rich in vitamins, minerals, enzymes, amino acids and antioxidants. Don't use if allergic to pollen.)

Tip: Everything can be bought at Walmart.

While getting in good nutrition (lean protein, fiber, healthy fat, fruits and veggies), eat what's yummy and delicious to you!



# Spinach Oatmeal Pancakes

Think Green!! Spinach Oatmeal Pancakes for St. Patty's Day!

## Ingredients:

- 1 ¼ cups old-fashioned oats (I put my oats in a blender.)
- 2 TBS ground flaxseed
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp sea salt
- 2 TBS coconut sugar
- ½ tsp ground cinnamon
- ¾ cup unsweetened almond milk
- ¼ cup plain Greek yogurt
- 3 TBS unsweetened applesauce
- 1 cup spinach
- 1 teaspoon pure vanilla extract
- 1 large egg
- 1-2 TBS coconut oil for greasing the skillet



## Instructions:

1. Place the old-fashioned oats in a blender and blend starting on low speed and increasing to high. Blend for 30-60 seconds or until oats have become a fine powder.
2. Remove oats from blender and place into a large mixing bowl.
3. Add flaxseed, baking powder, baking soda, salt, coconut sugar and cinnamon to the oat flour and stir to combine. Set aside.
4. Add milk, Greek yogurt, applesauce and spinach to the container of your blender.
5. Blend starting on low speed and increasing to high. Blend on high speed for 30-60 seconds until mixture is smooth.
6. Add vanilla extract and egg and pulse until just combined.
7. Pour wet ingredients into dry ingredients and mix until just combined.
8. Grease your skillet with coconut oil or cooking spray.
9. Carefully place 1/3 to 1/2- cup portions of pancake batter into the skillet.
10. Cook on the first side until the edges become firm and the batter begins to bubble slightly (3-4 minutes).
11. Flip and cook on the second side until golden brown (about 2-3 more minutes).
12. Repeat until all the batter has been used!
13. Top your pancakes with whatever you want. I used vanilla Greek yogurt and pistachios.

The kiddos will love these!

# Blueberry Protein Pancakes

Easiest blueberry protein pancake recipe ever!

Makes about 5 pancakes

- 1 cup water
- 1 cup Kodiak Cake Mix (buttermilk)
- 1/3 cup frozen blueberries, thawed
- Combine water and cake mix then stir in blueberries
- Cook on skillet for about 1 min on each side
- Thaw 1/3 cup frozen blueberries in microwave to pour on top

No syrup needed!



# Raspberry Chocolate Protein Pancakes

Raspberry Chocolate Protein Pancakes are the perfect way to start the day!

It's hard to believe that something so delicious can be so healthy AND simple to make.

Makes about 5 pancakes:

- 1 cup water
- 1 cup Kodiak Cake Mix (Buttermilk)
- 1 1/2 tbsp dark chocolate cocoa powder
- Stir together really good to get the clumps out
- Stir in 1/2 cup raspberries
- Put coconut oil or nonstick spray in skillet and pour about 1/4 cup of mixture in skillet. Cook for about 1-2 min on each side.
- Top with 1/4 cup raspberries, small amount of pure maple syrup, Cacau nibs, and chopped walnuts or whatever toppings you prefer.

