



PUMPKIN GRANOLA

Jam packed with micronutrients!

SERVINGS: 12

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN

INGREDIENTS

- 3 c old fashioned rolled oats
- 1/2 c rice flour
- 1 c pumpkin seeds (or slivered almonds)
- 1/4 c chia seeds
- 1/4 c flax seeds
- 1/2 c honey or maple syrup
- 1/4 c canola (or coconut) oil
- 1 tsp vanilla
- 1 tsp almond extract
- 1 tsp cinnamon
- 1/2 tsp salt

DIRECTIONS

1. Preheat oven to 325°F. In a large mixing bowl, combine all the dry ingredients.
2. Drizzle all liquid ingredients over the dry ingredients and gently fold/stir until evenly coated. Spread out onto a large baking sheet lined with parchment paper or foil and bake at 325°F for 18-20 minutes.
3. Remove from the oven and let cool completely then crumble with your hands and store in an airtight container at room temperature.

NUTRITION FACTS

Serving size is about 65 g

241 calories; 35g carbs, 5g protein, 10g fat, 5g fiber, 11g sugar



VEGGIE-LOADED EGG BITES

An easy way to eat veggies for breakfast

SERVINGS: 12

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

INGREDIENTS

12 eggs
3 c raw spinach
1 lb carrots / butternut
squash / sweet potato
1 onion
1 T olive oil
1/2 tsp salt
1/4 tsp pepper
1 tsp garlic powder
1 T hot sauce

DIRECTIONS

1. Preheat the oven to 375 F. Peel the root veggies and rough chop. Quarter the onion. Toss in olive oil and roast for 25 min or just until tender. Bring the oven temp down to 325.
2. Place eggs, spinach, roasted veggies, and spices into a blender. Blend until smooth.
3. Spray a muffin tin with non-stick spray and place on a rimmed baking sheet. Pour mixture into muffin tin, about 3/4 full. Place the baking sheet with egg bites into oven and fill the baking sheet with water about halfway up the muffin tins.
4. Bake for 30-35 minutes or until the tops are firm to the touch.
5. Enjoy those bad boys!

NUTRITION FACTS

Nutrition for one egg bite:

103 cal; 5g carbs, 7g protein, 6g fat, 1g fiber, 2g sugar



HEALTHY BREAKFAST DONUTS

Everyone loves donuts for breakfast!

SERVINGS: 12

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

INGREDIENTS

- 1 ½ cup whole wheat flour
- 2 tsp baking powder
- 3 tsp ground cinnamon
- ¼ teaspoon salt
- 1 cup cooked mashed sweet potato
- ½ cup pure maple syrup
- 2 large eggs
- 3 tbsp coconut oil, melted and cooled
- 1 teaspoon vanilla extract
- ⅓ cup mini chocolate chips

DIRECTIONS

1. Preheat oven to 350 degrees F. Grease a donut pan with nonstick cooking spray. OR a muffin tin works also!
2. In a large bowl, whisk together flour, baking powder, cinnamon and salt; set aside.
3. In a separate bowl, blend together the sweet potato, maple syrup, egg, coconut oil and vanilla extract until smooth and creamy.
4. Add wet ingredients to dry ingredients and mix until just combined. Avoid over mixing here as it can make the donuts tough instead of light and fluffy. Fold in the chocolate chips. Spoon the batter into the donut pan (or muffin tin), filling almost to the top.
5. Bake for 11-14 minutes or until cake tester comes out clean. Turn the donuts onto a wire rack to cool completely. **Muffins will take slightly longer: 14-18 minutes.

NUTRITION FACTS

Nutrition for one donut/muffin:

188 calories; 28g carbs, 4g protein, 7g fat, 3g fiber, 16g sugar