

5-DAY SUGAR-FREE CHALLENGE

DAY 3 | Three Sugar-Free Breakfast Recipes

BLUEBERRY COCONUT FLOUR PANCAKES

Makes 2 servings

Ingredients:

- ½ cup almond milk, unsweetened
- ¼ cup coconut flour, sifted
- 2 eggs, lightly beaten
- 2 tbsp almond butter, natural unsweetened
- ½ tsp baking soda
- ¼ tsp vanilla extract
- ½ cup blueberries
- coconut oil for cooking the pancakes

Instructions:

1. In a small bowl combine milk, flour, eggs, nut butter, baking soda, and vanilla. Whisk until blended. Stir in the blueberries. Let stand for 10 minutes.
2. Heat 1 tsp oil in a large skillet over medium heat until it is hot enough for a spritz of water to sizzle on it. Pour batter in ½ cup dollops onto skillet.
3. Cook 2 minutes until bubbles form on top and the bottom is golden brown. Flip and cook two more minutes or until bottom is golden brown.

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GLUTEN FREE FLAX FOCACCIA BREAD

Makes 8 servings

Ingredients

- 1.5 cups freshly ground flaxseed
- 1 Tbsp baking powder
- ¼ cup olive oil
- 5 large eggs
- ½ tsp garlic powder
- ½ tsp paprika
- ½ to 1 tsp of dried rosemary
- 1 tsp sea salt
- ½ cup water

Directions:

1. Preheat oven to 350° F and line a 13x9 baking pan with parchment paper.
2. Combine flaxseed, baking powder, spices and sea salt in a bowl. Stir to combine well.
3. Add the eggs, water, and oil to a medium-sized bowl and whisk thoroughly until foamy
4. Transfer egg mixture and combine with flax mixture and stir until well combined.
5. Allow mixture to sit for 3-5 minutes.
6. Transfer the mixture into baking pan and evenly smooth out the batter.
7. Bake for 20 minutes, until the top, begins to turn a golden colour.
8. Once removed from oven allow to cool before removing parchment paper

Slice up the bread into 8-12 slices depending on your desired thickness.

**Top with your favourite unsweetened nut butter, sliced avocado or hummus for a sugar-free breakfast.*

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LEMON VANILLA CHIA PUDDING

Ingredients

- 1.5 cups unsweetened almond milk
- 1/3 cup whole chia seeds
- 2 tsp vanilla extract or a better option is the seeds of 1 vanilla bean.
- 1 Tbsp pure maple syrup
- 2 tsp freshly squeezed lemon juice
- zest of half a lemon

Directions:

1. Combine all ingredients in a medium-sized bowl.
2. Whisk thoroughly until all ingredients are well combined.
3. Place the bowl in the fridge covered in plastic wrap or foil and allow to set for a minimum of 4 hours but up to 12 hours (overnight) is preferred.