



Spinach & Sausage Egg Muffins

6 servings

30 minutes

Ingredients

1 1/2 tsps Extra Virgin Olive Oil
8 3/4 ozs Pork Sausage (casing removed)
6 cups Baby Spinach (chopped)
8 Egg
1/4 cup Water
1/4 tsp Sea Salt
1 stalk Green Onion (chopped)

Directions

- 1 Preheat your oven to 350°F (176°C) and grease a muffin pan with the oil.
- 2 In a pan over medium-high heat, cook the sausage until no longer pink, about 5 to 8 minutes. Break it up into little pieces as it cooks. Drain the excess drippings from the pan and stir in the spinach. Cook until the spinach has wilted then remove the pan from heat to let cool slightly.
- 3 In a mixing bowl whisk the eggs together with the water and sea salt. Fold in the green onion.
- 4 Divide the sausage mixture evenly into the muffin tins and pour in the egg mixture. Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is two egg muffins.

More Flavor: Use milk of choice instead of water. Add chili flakes, black pepper or hot sauce to the eggs.

Make it Vegetarian: Omit the sausage.

No Sausage: Use ground pork, turkey or chicken instead. Season the ground meat with additional salt.

No Spinach: Use kale or chard instead.



Blueberry Sweet Potato Breakfast Meatballs

8 servings

35 minutes

Ingredients

2 lbs Ground Pork (may also use turkey)
1 Sweet Potato (large-peeled)
1 1/2 cups Kale Leaves (de-stemmed & finely chopped)
2/3 cup Blueberries (fresh or frozen)
1 tbsp Maple Syrup
1 1/2 tsps Sea Salt
1 1/2 tsps Thyme (fresh/chopped or substitute 3/4 tsp. dried)
1 1/2 tsps Fresh Sage (Fresh/chopped or may substitute 3/4 tsp dried)

Directions

- 1 Preheat the oven to 400 F and line a rimmed baking sheet with parchment paper, then set aside.
- 2 Grate the sweet potato then add to a large bowl along with the ground pork, kale, blueberries, maple syrup, salt, and spices. Work the mixture with your hands until fully combined.
- 3 Shape the mixture into one inch balls and place on the rimmed baking sheet. Bake at 400 F for 20-25 minutes until the meatballs are browned and the blueberries have burst.
- 4 Let cool slightly then enjoy!

Notes

Storage: These will keep up to 5 days in the fridge or up to 3 months in the freezer.

Cook Now Eat Later: Make a double batch and freeze half for later.

Additions: Try crushed red peppers and fennel.



Cinnamon Pear Collagen 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 Maple Syrup
1 scoop Collagen Powder

Directions

- 1 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.
- 2 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. Mix in the maple syrup & collagen powder at the end.
- 3 Add the oats to a bowl and top with pears. Add the pecans & 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.



Amaranth Super Seed Porridge

4 servings

30 minutes

Ingredients

1 cup Amaranth Seeds
3 cups Water
1 cup Frozen Blueberries (or Fresh)
1 tsp Ground Cinnamon (Dash)
1/2 cup Organic Coconut Milk (Or
hemp, almond or oat.)
1/2 cup Unsweetened Coconut Flakes
(optional)

Directions

- 1 Combine amaranth seeds and water in a saucepan. Bring to a boil over medium heat, then lower heat to a simmer and cook, stirring, until creamy, about 20-25 minutes. Be sure to stir constantly the last five minutes of cooking (porridge will sputter). If porridge seems thick, add more water.
- 2 Stir in fruit, cinnamon and coconut milk before serving. Top with nuts, unsweetened coconut flakes, or nut butter of choice. Enjoy!

Notes

Optional: Add 2 tbs of almond or other nut butter for added protein and creaminess.



Protein Berry Oatmeal Cups

12 servings
35 minutes

Ingredients

- 1 Banana (mashed)
- 2 Egg
- 1/4 cup Maple Syrup
- 1/2 cup Unsweetened Almond Milk
- 1/2 cup Oat Flour
- 2 cups Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1 tbs Coconut Oil (melted)
- 1 1/2 cups Frozen Berries (thawed)

Directions

- 1 Preheat the oven to 350F (177°C). Line a muffin tin with liners.
- 2 Add mashed banana, eggs, maple syrup and almond milk to a medium-sized bowl. Mix well.
- 3 In a large bowl, whisk the oat flour, rolled oats, protein powder, baking powder, cinnamon and sea salt. Combine the wet ingredients into the dry then add the melted coconut oil. Mix again until combined.
- 4 Fold the thawed berries into the mixture. Once combined, scoop into the muffin tin and bake for 18 to 20 minutes. Remove, let cool and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze in a storage bag for up to three months.

Serving Size: One serving size is equal to one oatmeal cup.

Nut-Free: Use boxed coconut milk instead of almond milk.

No Frozen Berries: Use fresh berries instead.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.

No Protein Powder: Omit or use collagen instead.



Breakfast Sausage & Potato Meal Prep

4 servings
40 minutes

Ingredients

2 Sweet Potato (washed & cubbed or
1lb baby potatoes)
1 lb Breakfast Sausage
2 cups Baby Spinach
2 tbsps Butter
1 tbsp Rosemary
2 tsps Sea Salt

Directions

- 1 Preheat oven to 450.
- 2 Wash & chop potatoes, set in a steamer basket and steam for 5-7 minutes, until a fork can be inserted.
- 3 Remove potatoes and toss in a bowl with butter, salt & rosemary. Place on a baking sheet & bake for 15-20 minutes until crispy. (may toss around midway thru)
- 4 While potatoes cook add sausage to a pan over medium heat, crumble and cook. Add spinach at the end and cook until wilted. Note: if sausage is not pre-seasoned add fennel, cumin, oregano, garlic salt or any spices as desired.
- 5 Add cooked potatoes & sausage/spinach mixture to storage containers and store for up to 3-4 days. Can reheat in the oven or skillet.

Notes

Add ins: Add in grape tomatoes, peppers or onions after sausage is browned.