



**New You
Breakfast Ideas**

6

***NEW YOU
Breakfast
Recipes***

Apple Cinnamon Pancakes (Gluten-Free Recipe)

SERVING: Serves: 4 – 6 pancakes

INGREDIENTS

- Serves: 4 – 6 pancakes
- 1/2 cup coconut flour
- 4 eggs
- ½-1 cup coconut water
- 2-4 Tsp. coconut palm sugar
(depending on taste preference,
start with 4 Tbsp. in your First batch)
- ¾ tsp sea salt, Himalayan salt or your favorite healthy salt
- 2 tsp cinnamon
- ½ apple very finely chopped
- cold pressed coconut oil, ghee or your favorite healthy cooking oil



DIRECTIONS

- 1) Combine all the ingredients in mixing bowl. Use only ½ cup coconut water to start.
Mix ingredients together to create a consistency similar to a traditional pancake batter, only slightly thicker. Add more coconut water if needed to create desired consistency. Use a medium/high heat on the stove.
- 2) Grease pan with healthy cooking oil. Use a ladle to pour pancake batter into pan. Flatten with a spatula to about ¼-1/2 inch thickness.
- 3) Let sit a few minutes until the bottom is firm enough to flip the pancake. Let sit slightly longer if you desire a crispier consistency.
- 4) Flip the pancake and let sit another minute or so (about ½ the time as the first side). Remove from heat and serve. Serve with coconut yogurt, or your favorite pancake toppings. Note: It's ok if the pancake's center is slightly moist when you take it off the heat. It will continue to dry even after it is done cooking.

Superfood Breakfast Balls (Gluten-Free, Dairy-Free Recipe)

SERVING: 20 balls

INGREDIENTS

- ½ cup almonds
- ⅓ cup pepitas (pumpkin seeds)
- ⅓ cup walnuts
- ¼ cup black sesame seeds
- ⅓ cup chia seeds
- ¼ cup almond butter
- ½ cup tahini
- ¼ cup coconut palm sugar
- 2 tablespoons of your favorite super green powder (optional)



DIRECTIONS

- 1) Combine all of the ingredients in a food processor. If the mixture is not moist enough to make balls out of, add 2-3 tablespoons of water and continue mixing.
- 2) Scoop out mixture with tablespoon and mold into balls. Eat right away, or refrigerate. Lasts several days in the refrigerator.

Tip: Keep some in the refrigerator for days when you don't have time to make breakfast. You'll have a fast, nutritious breakfast that will keep you going.

Banna Muffins

SERVING: 6-8 muffins

INGREDIENTS

- 1/2 cup almond or coconut flour
- 3 eggs
- 1-2 tbs coconut palm sugar
- 2 sliced bananas
- a dash of cinnamon
- 1 tsp of vanilla
- 1 tbs butter/ ghee for the pan



DIRECTIONS

- 1) Measure out your flour, egg, coconut palm sugar, and vanilla. Put into a large mixing bowl. Cut up your bananas and place as well into the mixing bowl along with a dash of cinnamon.
- 2) Preheat the oven to 150 celcius. Place your batter into either a cupcake or muffin pan to bake.
- 3) Remember to wet the pan with butter or ghee so the mixture doesn't stick.
- 4) Pour your muffin mix into the pan and bake at 150 celcius for ten to fifteen minutes!

Mango Go Juice

SERVING: 1 serving

INGREDIENTS

- ½ frozen mango
- 1 cup coconut water
- 1 cup water
- 1 cup spinach
- 1 tbs ground chia seed
- 1 -2 tbs protein powder
- ¼ cup blueberries



DIRECTIONS

- 1) Measure and mix all of your ingredients in a blender. Wait until your mixture is thick and smooth and pour into a glass and enjoy!

Green Powerhouse

SERVING: 1 shake

INGREDIENTS

- A ton of spinach (1-2 cups)
- ½ Pear
- 1 Cup coconut water
- 1 TSP flax oil
- 1 cup water



DIRECTIONS

- 1) Measure out your spinach, coconut water, flax oil, and water. Cut up your pear.
- 2) Pour your ingredients into a blender and blend. When your shake is thick and blended, pour into a glass and enjoy!

Grain-Free Muesli Recipe

SERVES: 8

SERVING SIZE: ½ Cup

PREPARATION TIME: 10 Minutes

INGREDIENTS

- 1 ½ cups almonds
- 1 ⅓ pumpkin seeds
- ¾ cup sunflower seeds
- ¼ cup sesame seeds
- ¾ cup desiccated coconut
- 1 cup flax seeds or chia seeds
- ¼ cup almond butter
- ⅓ cup tahini
- ¼ cup coconut palm sugar
- ¼ cup water or almond milk



DIRECTIONS

- 1) Place all ingredients in food processor. Mix together until well combined and beginning to stick together.
- 2) Refrigerate mixture in an airtight container. Serve with fresh fruit and nut milk as a delicious start to your day.

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February

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