

Better *Breakfasts*

*15 Low-Glycemic, Gluten-Free
Pancakes, Popovers, Waffles,
French Toast, Muffins & More!*



INSIDE:
FLUFFY, FLAKY,
BUTTERY
GOODNESS!

www.HealingGourmet.com

BETTER BREAKFASTS™

15 Low-Glycemic, Gluten-Free Pancakes, Popovers, Waffles, French Toast, Muffins & More!

By Kelley Herring & the Editors of Healing Gourmet®

DISCLAIMER: This book is offered for information purposes only and is protected under freedom of speech. It is not medical advice nor should it be construed as such. Nothing in this book is intended to diagnose or treat any disease. Always work with a qualified health professional before making any changes to your diet, prescription drug use, lifestyle or exercise activates. This information is provided as-is, and the reader assumes all risks from the use, non-use or misuse of this information.

COPYRIGHT NOTICE: THIS E-BOOK IS PROTECTED UNDER FEDERAL COPYRIGHT LAW. All information contained herein is copyright © 2012 by Health-e Enterprises, doing business as Healing Gourmet. All rights are reserved. You do not have the right to reprint, resell, auction or re-distribute this e-book. You may not give away, sell, share, or circulate this e-book or any of its content in any form.

The copy that you have purchased is for your own personal use. You are welcome to print this book for your own use and you may copy the e-book to a CD, Zip disc or other storage media for backup for your own personal use. A reviewer may quote brief passages in connection with a review written for inclusion in a magazine or newspaper or online article, with written approval from the author prior to publishing.

If you have received a copy of this e-book without purchasing it, then you have an illegal, pirated copy in violation of international copyright law. All persons found violating these copyrights will be prosecuted within the fullest extent of the law.

I know you've heard it before.... *Breakfast is the most important meal of the day.*

But unfortunately most of us are filling up on JUNK to start our day.

You know what I'm talking about – the sugary toaster pastries... the syrup-soaked waffles... the bowl of processed cereal... or the drive-thru disasters that are so hard to pass up when you're starved and in a rush to work.

Those foods will put you in the fast lane to an unsightly body... and chronic disease!

Here's what most Americans are fueling up on each morning:

- **Sugar & Refined Carbohydrates:** A grain-based breakfast is a high carb – and usually – a high sugar breakfast. And I'm not just referring to *Froot Loops*, donuts and French toast sticks. Even the "whole grain" breakfasts will spike your blood sugar, drive up insulin levels and promote the storage of fat, especially around your waist. This "visceral" fat is not just the most unsightly... it is also the most dangerous.
- **Trans Fats:** The Institute of Medicine has stated that there is "no safe level" of this industrially-produced fake fat in your diet. But commercial breakfast foods are still notoriously laden with it! Trans fats promote inflammation, insulin resistance and diabetes, heart disease, weight gain, cognitive decline and more. Do not consume anything with the words "hydrogenated" or "partially hydrogenated" in the ingredients.
- **Additives & Preservatives:** Whether your breakfast comes from the freezer case, the drive-thru window or the cereal aisle, chances are that it contains an assortment of unhealthy additives and preservatives, including:
 - **Sodium nitrites** are found in cured conventional meats (like bacon, sausage and deli slices). These preservative chemicals are known to be powerful carcinogens. Do not consume meats with the words "nitrites" or "sodium nitrite" on the ingredients list. Opt for breakfast meats that are pasture-raised and uncured, like those offered by [U.S. Wellness Meats](#).
 - **BHA and BHT** are preservatives used in a wide array of processed foods, including some packaged meats and breakfast cereals. These chemicals have been linked to hyperactivity and ADHD in children. Studies also show that they can be carcinogenic.
 - **MSG** (monosodium glutamate) is a flavor enhancer used in many processed foods. It is also an excitotoxin that damages brain cells. MSG is often hidden in breakfast foods and other products under names such as, textured vegetable protein, calcium caseinate, yeast extract, natural flavors and more.
 - **Food dyes** including Red #40 and Yellow #5 have been linked to serious health and behavioral problems in children. They are also linked to allergies. And some have been proven to promote cancer.
- **Antibiotics & Growth Hormones:** If you're eating factory-farmed eggs and meats for breakfast, then you are almost certainly getting an unhealthy dose of these "hormonal hellions". Not only do these substances wreak havoc on your own hormones, they promote weight gain too!

Now, those are a lot of risks to consider. And while a few breakfasts of processed food probably won't hurt you, those risks can add up to some very serious consequences as the months and years go by.

The good news is that enjoying a proper, nutritious breakfast doesn't have to be bland and boring. And making it doesn't have to be a time-consuming chore. In fact, it can be a JOY!

In this book, we'll show you how to make delicious waffles, pancakes and egg breakfasts with the same crave-worthy flavor as those "junk" breakfasts. The better-for-you breakfasts you'll find in this book are low glycemic and gluten-free.

And instead of the additives, preservatives, trans fats, chemicals and sugar – you and your family will fill up on protein, healthy fats, fiber and antioxidants to start your day!

Best of all, you can whip up these breakfasts for your whole family in less than one hour.

And we're not talking about an hour each morning. Who has time for that? We're talking about an entire week's worth of food! That's right – these are **make-ahead breakfasts** that can easily be frozen or stored in the refrigerator and then reheated, as needed.

Imagine sinking your teeth into a *crisp, buttery waffle* or a *cheesy egg "muffin"* that you heated up in the time it takes for your coffee to brew... and no messy cleanup!

Or picture the smile on your child's face when you offer a sit-down breakfast – even if it's just for five minutes – before school.

Of course, each recipe is easy to make and takes just minutes. So you can always prepare and enjoy these healthy meals on the spot, if you prefer. Most ingredients are readily available at your local grocer or health food store. And don't forget to check out our [Amazon list for easy, one-click shopping](#).

The bottom line is that your entire family will love these better-breakfast recipes. And not only will you and your family be properly nourished, you'll feel good about your choices and starting the day on a healthy note!

So, here's to never again having to think or say – "*What about breakfast?*"

Kelley Herring

Kelley Herring
CEO & Editor in Chief
Healing Gourmet

Table of Contents

Sweet & Chewy Grain-Free Cinnamon Rolls	6
Mexican Beef, Salsa & Jalapeño Cheese Egg “Muffins”	8
Paleo Breakfast Popovers	9
Buttery & Golden Coconut Flour Waffles.....	10
Healthy “Bakeover” Bread.....	11
Fat-Burning French Toast (or French Toast Sticks)	12
Paleo Pumpkin Flapjacks	13
Pumpkin Protein Pancakes	14
Fluffy “Buttermilk-Style” Pancakes	15
German “One-Pan” Pancakes	16
Antioxidant Super-Syrup	17
Paleo Protein Donuts	18
Flat Belly Donuts	19
Chocolate “Melt Your Middle” Frosting.....	20
Sinless Cinnamon “Sugar”	21
Surprise Cinnamon “Apple” Muffins.....	22
Paleo Baking Powder.....	22
“Stick-to-Your-Ribs” Paleo Breakfast Porridge	23

Sweet & Chewy Grain-Free Cinnamon Rolls

Does the heavenly scent of *Cinnabon* at the mall prove difficult to resist? It might be a little easier to resist, when you consider that their cinnamon rolls pack 880 calories apiece and are loaded with white flour, sugar, high fructose corn syrup and artificial flavorings. So pass those up, and opt instead for these delicious, moist and buttery cinnamon rolls with good-for-you ingredients!

Yield: 10 iced cinnamon rolls

Active Time: 30 minutes

Total Time: 1 hour

Preferences: Gluten Free, Dairy Free, Paleo*

Ingredients

For the biscuit rolls

- 3 cups blanched almond flour (plus more for dusting, as needed)
- 1/2 tsp. ***Celtic Sea Salt***
- 1/4 tsp. baking soda
- 1/4 cup virgin coconut oil
- 2 Tbsp. coconut sugar
- 2 large pastured eggs

For the filling

- 2 Tbsp. coconut sugar
- 1/2 cup pecans, finely chopped
- 1/2 cup raisins
- 2 Tbsp. cinnamon

For the Frosting

- 1/4 cup ***Native Forest Coconut Milk***
- 1 Tbsp. virgin coconut oil
- 1/4 tsp. organic vanilla extract
- 1 Tbsp. organic erythritol*
- 8-10 drops liquid stevia, to taste

Directions

1. Pre-heat the oven to 350 degrees F.
2. In a large bowl, combine the blanched almond flour, salt and baking soda.
3. In a separate bowl, gently beat together the coconut oil, 2 T coconut sugar, and room temperature eggs. If the eggs are too cold, they might cause the coconut oil to harden.
4. Add the egg mixture to the blanched almond flour mixture. Mix gently to form a smooth dough.

5. On a large piece of parchment paper, place the dough. Place another piece of parchment on top of the dough. Flatten a bit with your hands. Now roll the dough out into about a 9x13 rectangle with approximately 1/2 to 3/4 inch thickness.
6. In a small bowl, combine the cinnamon, raisins, nuts and remaining coconut sugar.
7. Remove the top layer of parchment covering the dough. Sprinkle the cinnamon-nut mixture evenly over the dough to cover the whole surface. Be gentle not to tear the dough.
8. Now roll up the dough. Begin with the short end of the rectangle; start to roll the edge of the dough away from you, making a tight roll. Continue rolling to create a uniform log, using the parchment paper to help you roll. Take your time! Keep it tight but be gentle. Blanched almond flour dough is not as flexible as grain-based dough.
9. Once you have rolled the dough, it is time to lengthen it. Gently roll the whole log of dough to make it longer and uniform in thickness. (The ends will be narrow)
10. With a sharp knife, slice the roll into 2 inch thick slices (about two fingers wide).
11. Lay the slices cut-side down onto a parchment lined cookie sheet. Space them a few inches apart.
12. Transfer to oven and bake for 10-15 min. Stay close to the oven and start checking around 8 minutes. They should be golden with slight browning at the top. The center of the rolls should be soft but not mushy. Do NOT overbake.
13. When done, remove from the oven and let cool. Do not move them before cooling – they will break.
14. Meanwhile, make the Frosting.
15. Add the coconut milk to a small saucepan over low heat. Add the organic erythritol and stir to dissolve crystals. Add in the coconut oil and the vanilla. Sweeten with stevia to taste. Remove from heat. As the mixture cools, it will thicken. You can either drizzle your rolls individually, or save the Frosting in the fridge in a covered container and spread on a cinnamon roll and reheat in the toaster oven.

PALEO OPTION: Substitute coconut sugar for organic erythritol.

Nutrition Information per Serving

349 calories, 29 g fat, 8.7 g saturated fat, 19 g carbohydrate, 8.5 g sugar, 6 g fiber, 9 g protein, 42 mg cholesterol, 218 mg sodium

Mexican Beef, Salsa & Jalapeño Cheese Egg “Muffins”

Are you a fan of egg-and-meat breakfasts... but not the cooking and clean up? Then this recipe is for you! These completely customizable egg “muffins” are perfectly portable, so you can grab and go for a breakfast on the run. Try sausage and gouda or bacon and Swiss for a delicious riff on this all-in-one breakfast.

Yield: 12 “muffins”

Active Time: 10 minutes

Total Time: 30 minutes

Preferences: Gluten Free

Ingredients

- 12 pastured eggs
- 1 lb. grass-fed beef (85%)
- 1/2 organic onion, chopped
- 1/2 cup organic salsa
- 2 oz. grass-fed raw jalapeño cheese (grated or cut into bits)
- 2 tsp. virgin coconut oil, butter or bacon grease

Directions

1. In a cast iron skillet, add oil. Add the onions and cook, stirring until translucent.
2. Add the grass-fed beef and cook. Stir with a wooden spoon until cooked through. Drain the fat and set aside.
3. Line a stainless steel or cast iron muffin pan with unbleached muffin liners. Divide the onion/beef mixture among 12 lined muffin cups.
4. In a medium bowl, beat the eggs until frothy. Use a small ladle to divide the beaten eggs among the muffin cups. Pour over the ground beef mixture.
5. Spoon the salsa over the eggs and top with cheese.
6. Transfer to the oven and bake at 375 for 20-25 minutes.
7. Cool and store in a glass container for the week.

Nutrition Information per Serving

174 calories, 12 g fat, 5 g saturated fat, 2 g carbohydrate, 1 g sugar, 0 g fiber, 15 g protein, 240 mg cholesterol, 190 mg sodium

Paleo Breakfast Popovers

These soft and chewy popovers are best eaten fresh out of the oven. Add herbs and spices (like dried rosemary and fresh ground black pepper) or your favorite cheese (try sharp cheddar or goat cheese) for a bold boost of flavor.

Yield: 6 popovers

Active Time: 15 minutes

Total Time: 30 minutes

Preferences: Gluten Free, Dairy Free, Paleo

Ingredients

- 4 pastured eggs
- 1/2 cup *Native Forest Coconut Milk*
- 1/4 tsp. *Celtic Sea Salt*
- 2 Tbsp. coconut flour

Directions

1. Preheat your oven to 425 degrees F.
2. Put all ingredients in a bowls and stir until well combined.
3. Line a muffin tin with muffin liners and fill about 2/3 full.
4. Put in the oven and bake for 20 minutes, or until tops are lightly browned. (NOTE: No peeking! If you open the oven door, popovers may collapse.)
5. Allow to cool slightly before enjoying.
6. Store in a glass container in the refrigerator for up to one week. Reheat in a toaster oven.

Nutrition Information per Serving

91 calories, 7 g fat, 4 g saturated fat, 3 g carbohydrate, 1 g sugar, 1 g fiber, 5 g protein, 141 mg cholesterol, 60 mg sodium

Buttery & Golden Coconut Flour Waffles

Do you love filling the nooks of a crisp and chewy waffle with butter and syrup? Unfortunately, most syrup is full of sugar and the waffles are made with high-glycemic grains and unhealthy fats. Our grain-free version is rich and buttery – and packed with protein and fiber, not sugar! Top with a pat of Kerrygold Irish butter and our **Antioxidant Super-Syrup** (see p. 17) for a breakfast the whole family will love!

Yield: 4 waffles

Active Time: 15 minutes

Total Time: 30 minutes

Preferences: Gluten Free, Dairy Free*, Paleo*

Ingredients

- 4 Tbsp. melted **Kerrygold Irish Butter** or virgin coconut oil*
- 6 pastured eggs
- 1/2 tsp. liquid stevia (to taste)
- 1/2 tsp. **Celtic Sea Salt**
- 1/2 tsp. non-aluminum baking powder*
- 1/3 cup coconut flour

Directions

1. Put the butter and eggs in a blender and blend until well combined.
2. Add the stevia, salt and baking powder, and mix to combine.
3. Add coconut flour and blend until there are no lumps.
4. Pour the batter into a preheated, greased waffle iron and cook until waffles are golden brown.
5. Enjoy warm with **Antioxidant Super-Syrup** (p. 17).
6. Store in the refrigerator for up to one week. To reheat, pop in the toaster or toaster oven until warm.

***PALEO OPTION:** See the *Paleo Baking Powder* recipe on page 20.

Nutrition Information per Serving

248 calories, 20 g fat, 11 g saturated fat, 6 g carbohydrate, 1 g sugar, 3 g fiber, 11 g protein, 357 mg cholesterol, 190 mg sodium

Healthy “Bakeover” Bread

If you’re watching your weight and your blood sugar, bread just isn’t on the menu. But we’ve given the much-loved loaf a healthy “bakeover” by trading in refined flours for low-glycemic, grain-free nut flours and seeds – ingredients that help keep insulin levels low and your fat-burning metabolism in gear!

Yield: One 7.5" x 3.5" loaf (12 slices)

Active Time: 10 minutes

Total Time: 40 minutes

Preferences: Gluten Free, Dairy Free, Paleo

Ingredients

- 2 cups blanched almond flour
- 2 Tbsp. coconut flour
- 1/4 cup golden flaxseed meal
- 1/4 tsp. **Celtic Sea Salt**
- 1/2 tsp. baking soda
- 5 pastured eggs
- 1 Tbsp. **Coconut Secret Raw Coconut Nectar**
- 1 Tbsp. organic raw apple cider vinegar

Directions

1. Preheat oven to 350 degrees F.
2. In a food processor or blender, place the blanched almond flour, coconut flour, flax, salt and baking soda. Pulse a few times until ingredients are combined.
3. Add the eggs, oil, coconut nectar and vinegar, and pulse a few more times until well combined and you have a thick batter.
4. Pour the batter into a 7.5 x 3.5 loaf pan greased lightly with coconut oil. **Note:** Using a pan that is larger may result in bread that does not rise properly.
5. Bake for 30 minutes or until top is golden-brown.
6. Cool completely before slicing.
7. Keep cooled slices in a zip-top bag in the refrigerator for up to a week. Freeze for up to one month.

Nutrition Information per Serving

159 calories, 13 g fat, 2 g saturated fat, 7 g carbohydrate, 2 g sugar, 3 g fiber, 7 g protein, 88 mg cholesterol, 98mg sodium

Fat-Burning French Toast (or French Toast Sticks)

With as many as 400 calories and 20 grams of sugar per serving, French toast is no “breakfast of champions.” On the other hand, our simple (and delicious!) makeover packs brain-nourishing fats and muscle-building protein to get the day started on a healthy and fat-burning note!

Yield: 12 servings

Active Time: 15 minutes

Total Time: 1 hour, plus chilling

Preferences: Gluten Free, Dairy Free, Paleo

Ingredients

- 1 loaf **Healthy “Bakeover” Bread** (see p. 11)
- 2 pastured eggs
- 1/4 cup **Native Forest Coconut Milk**
- 1 tsp. cinnamon
- 1 tsp. organic vanilla extract
- 1 Tbsp. virgin coconut oil (for frying)
- Optional: **Kerrygold Butter** and **Antioxidant Super-Syrup** for serving

Directions

1. Slice bread into traditional slices. (For French toast sticks, slice once or twice more). Place bread slices in a single layer in a shallow baking dish.
2. In a blender or Magic Bullet, mix the eggs, coconut milk, cinnamon and vanilla until smooth.
3. Pour wet ingredients over the bread and let stand 5 minutes to absorb.
4. If Baking: Preheat oven to 350 degrees F. Lay slices on a baking sheet and bake 20-25 minutes.
5. If Frying: Preheat a cast-iron or enamel pan with coconut oil. Add slices and cook, flipping after 1-2 minutes or golden and cooking an additional minute to firm.
6. Serve warm with butter and **Antioxidant Super-Syrup**
7. To make freezer-friendly, allow French toast/sticks to cool completely, and then place in airtight freezer bags. Reheat for 5 minutes in toaster or toaster oven.

NOTE: While most grain-based foods spike blood sugar, **Ezekiel Bread** made by **Foods for Life** is certified low glycemic. It is also sprouted, making the grains more digestible. If you don’t have an issue with gluten, Ezekiel bread makes a good stand-in for the fresh-baked loaf we recommend. You can find it in the frozen section of most grocery stores.

Nutrition Information per Serving

161 calories, 13.3 g fat, 2.8 g saturated fat, 7.1 g carbohydrate, 2.1 g sugar, 3.2 g fiber, 5.6 g protein, 35.2 mg cholesterol, 82.3 mg sodium

Paleo Pumpkin Flapjacks

Do you love flapjacks, hot of the griddle... just waiting for a caress of golden butter and a drizzle of sweet syrup? These super-simple, protein-packed jacks will satisfy even the biggest IHOP devotee.

Yield: 2 servings

Active Time: 15 minutes

Total Time: 30 minutes

Preferences: Gluten Free, Dairy Free, Paleo

Ingredients

- 1/4 cup coconut flour
- 1/4 tsp. baking soda
- 1/4 tsp. **Celtic Sea Salt**
- 1/2 tsp. cinnamon
- 1 pinch nutmeg
- 1/4 cup organic pumpkin puree
- 3 pastured eggs
- 1 Tbsp. **Native Forest Coconut Milk**
- 1 Tbsp. virgin coconut oil
- 1/4 tsp. organic raw apple cider vinegar
- 1/2 tsp. pure maple syrup

Directions

1. Combine the coconut flour, baking soda, salt, cinnamon, and nutmeg in a bowl and whisk to mix.
2. In a separate bowl, beat the eggs with the coconut oil, coconut milk, apple cider vinegar, maple syrup and pumpkin.
3. Slowly add the coconut flour to the eggs and stir until well combined.
4. Heat a cast iron skillet or griddle over medium-low heat. Add butter or coconut oil to the pan.
5. When the butter or coconut oil is melted, spoon the batter into your skillet. Cook for about 2 minutes or so and carefully flip (they will not bubble up like traditional pancakes so you'll need to keep an eye on them). Continue cooking until browned on both sides and cooked in the middle.
6. Serve the pancakes warm with butter and **Antioxidant Super-Syrup** (p. 17).
7. Keep in the refrigerator for up to one week. To freeze, cool completely, and then place in airtight freezer bags. Reheat for 5 minutes in toaster or toaster oven.

Nutrition Information per Serving

256 calories, 18 g fat, 12 g saturated fat, 13 g carbohydrate, 3.5 g sugar, 6 g fiber, 12 g protein, 317 mg cholesterol, 310 mg sodium

Pumpkin Protein Pancakes

With 16 grams of protein per serving, these fast-and-easy pancakes fill you up without weighing you down. Serve with [pastured bacon](#) and our delicious blueberry *Antioxidant Super-Syrup*.

Yield: 2 servings

Active Time: 15 minutes

Total Time: 15 minutes

Preferences: Gluten Free, Dairy Free, Paleo

Ingredients

- 2 Tbsp. canned pumpkin
- 1/2 medium banana
- 1 pastured egg
- 1 scoop **Jay Robb's Vanilla Protein Powder** (egg or whey protein)
- 1 Tbsp. ground flaxseed meal
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg

Directions

1. Put all ingredients in the bowl of a food processor and process until smooth.
2. Heat a skillet or griddle over medium-low heat, and add a bit of butter or spray with cooking spray.
3. Spoon the batter onto the pan and cook each pancake for 2-3 minutes. Flip and cook for another minute or so until pancakes are lightly browned and cooked through.
4. Serve warm with butter and ***Antioxidant Super-Syrup*** (p. 17).
5. Keep in the refrigerator for up to one week. To freeze, cool completely, and then place in airtight freezer bags. Reheat for 5 minutes in toaster or toaster oven.

Nutrition Information per Serving

149 calories, 4 g fat, 1 g saturated fat, 12 g carbohydrate, 4.4 g sugar, 3 g fiber, 16 g protein, 106 mg cholesterol, 227 mg sodium

Fluffy “Buttermilk-Style” Pancakes

These sweet silver-dollar pancakes are sure to put a smile on kids’ faces. Serve with pastured [Chicken Apple Sausage](#) for the perfect (protein-packed!) start to your day.

Yield: 24 silver dollar pancakes (6 servings of 4 pancakes each)

Active Time: 15 minutes

Total Time: 15 minutes

Preferences: Gluten Free, Dairy Free, Paleo

Ingredients

- 1 1/2 cups blanched almond flour
- 1/2 tsp. baking soda
- 1/4 tsp. **Celtic Sea Salt**
- 1/2 tsp. cinnamon
- 3 pastured eggs
- 4 Tbsp. **Native Forest Coconut Milk**
- 2 Tbsp. **Coconut Secret Raw Coconut Nectar**
- 1 tsp. organic vanilla extract
- Coconut oil or butter for frying

Directions

1. Combine the blanched almond flour, baking soda, salt and cinnamon in a medium bowl. Lightly stir the ingredients until combined.
2. Put the eggs, coconut milk, coconut nectar and vanilla in a separate bowl and whisk until combined.
3. Add the dry ingredients to the liquid and mix well. Allow to rest for about 5 minutes.
4. Heat a cast iron skillet or griddle over medium heat and add butter or oil to the pan.
5. When melted, add the batter to the pan and allow it to cook for about 2 minutes. Flip, cook for another minute or until pancakes are done.
6. Serve warm with butter and **Antioxidant Super-Syrup**.
7. Keep in the refrigerator for up to one week. To freeze, cool completely, and then place in airtight freezer bags. Reheat for 5 minutes in toaster or toaster oven.

Nutrition Information per Serving

254 calories, 20 g fat, 5 g saturated fat, 12 g carbohydrate, 6 g sugar, 4 g fiber, 9 g protein, 106 mg cholesterol, 160 mg sodium

German “One-Pan” Pancakes

Do you love golden, bubbly pan-style pancakes? IHOPs version packs a whopping 830 calories and 23 grams of sugar. Our grain-free riff on the classic cuts the carbs and sugars, while still delivering big flavor.

Yield: 12 servings

Active Time: 10 minutes

Total Time: 30 minutes

Preferences: Gluten Free, Dairy Free, Paleo

Ingredients

- 1/4 cup virgin coconut oil
- 12 pastured eggs, beaten
- 1 cup blanched almond flour
- 1 cup shredded, unsweetened coconut
- 1/4 tsp. **Celtic Sea Salt**
- 1 tsp. cinnamon

Directions

1. Preheat oven to 325 degrees F.
2. Put the coconut oil in an 11x13 baking dish and put in the oven for about five minutes or until melted.
3. Combine the rest of the ingredients in a large mixing bowl and pour into the hot pan.
4. Bake for 15-20 minutes until the center is cracked and the sides are pulling away from the pan.
5. Slice and serve warm with fresh fruit or **Antioxidant Super-Syrup**.
6. Keep in the refrigerator for up to one week. To freeze, cool completely, and then place in airtight freezer bags. Reheat for 5 minutes in toaster or toaster oven.

Nutrition Information per Serving

204 calories, 18 g fat, 8 g saturated fat, 4 g carbohydrate, 1 g sugar, 2 g fiber, 9 g protein, 211 mg cholesterol, 72 mg sodium

Antioxidant Super-Syrup

What's a fluffy pancake or a crisp waffle without a drizzle of sweet syrup? We've made over maple to cut the calories and sugar... while boosting the antioxidants in your breakfast. So go ahead and melt a pat of golden butter and drizzle on the healthy flavor of our blueberry "super-syrup"!

Yield: 2 cups (32 servings of 1 Tbsp. each)

Active Time: 15 minutes

Total Time: 15 minutes

Preferences: Gluten Free, Dairy Free, Paleo, Vegan

Ingredients

- 1 cup organic blueberries
- 1 cup water
- 2 Tbsp. pure maple syrup or *Coconut Secret Raw Coconut Nectar*
- 2 Tbsp. arrowroot powder

Directions

1. Put the ingredients in a blender and blend until smooth.
2. Pour the liquid into a saucepan and heat over medium heat until the mixture begins to bubble. Reduce heat and whisk constantly until thickened, about 3-5 minutes.
3. Serve warm over pancakes, French toast or waffles.
4. Keep refrigerated in an airtight container.

Nutrition Information per Serving

15 calories, 0 g fat, 0 g saturated fat, 4 g carbohydrate, 2.5 g sugar, 0 g fiber, 0 g protein, 0 mg cholesterol, 0 mg sodium

Paleo Protein Donuts

Do you love sinking your teeth into a hot and fresh donut, covered with chocolate frosting? Unlike Dunkin's (which are loaded with corn syrup, hydrogenated oil and artificial ingredients) our quick and easy recipe is high in protein and low in sugar for a tasty treat you can feel good about.

Yield: 6 donuts

Active Time: 15 minutes

Total Time: 40 minutes

Preferences: Gluten Free, Dairy Free, Paleo

Ingredients

- 1 cup blanched almond flour
- 4 pastured eggs
- 1/4 tsp. **Celtic Sea Salt**
- 1/4 tsp. baking soda
- 1 tsp. organic vanilla extract
- 10-12 drops liquid stevia (to taste)

Directions

1. Preheat oven to 300 degrees F.
2. In a large mixing bowl, whisk all of the ingredients until well combined.
3. **DONUT PAN METHOD:** Spray a donut pan with cooking spray and fill the pan. Bake for about 20 minutes, or until they begin to turn golden brown.
4. **DONUT MAKER METHOD:** Alternatively, you can use a donut maker if you have one; follow the instructions for your particular donut maker.
5. Cool completely and dust with **Sinless Cinnamon "Sugar"** or **Chocolate Melt-Your-Middle Frosting** (see pages 20 and 21)
6. Keep refrigerated in an airtight container for up to one week.

NOTE: If you're looking for a donut maker or pan, consider the **Smart Planet Mini Donut Maker** and **USA Pans**. Both are PFOA/PFTE free.

Nutrition Information per Serving

163 calories, 13 g fat, 2 g saturated fat, 6 g carbohydrate, 3 g sugar, 2 g fiber, 8 g protein, 141 mg cholesterol, 104 mg sodium

Flat Belly Donuts

A donut that can help melt away unsightly (and dangerous) belly fat? Yes, please! Not only do these delicious pastries provide a healthy dose of protein, but they're also rich in *medium chain triglycerides* (MCTs) thanks to coconut. MCTs have been found to boost metabolism and help burn fat – especially in the belly.

Yield: 8 donuts

Active Time: 15 minutes

Total Time: 40 minutes

Preferences: Gluten Free, Dairy Free

Ingredients

- 1/2 cup coconut flour
- 1/4 cup shredded, unsweetened coconut
- 1/4 cup organic erythritol
- 1/4 tsp. stevia extract powder (to taste)
- 1/4 tsp. **Celtic Sea Salt**
- 1/4 tsp. baking soda
- 6 pastured eggs
- 1/2 cup virgin coconut oil
- 1/2 cup unsweetened almond milk
- 1 Tbsp. organic vanilla extract

Directions

1. Preheat oven to 350 degrees F.
2. Combine the coconut flour, shredded coconut, organic erythritol, stevia, salt and baking soda in a large mixing bowl.
3. In a separate bowl, beat the eggs with the coconut oil, almond milk and vanilla. Add this to the flour mixture and stir until combined.
4. Fill donut molds about 2/3 full and bake for about 20 minutes, or until a toothpick in the center comes out clean.
5. Cool completely and dust with **Sinless Cinnamon "Sugar"** or **Chocolate Melt-Your-Middle Frosting** (see pages 20 and 21)
6. Keep refrigerated in an airtight container for up to one week.

Nutrition Information per Serving

234 calories, 21 g fat, 16 g saturated fat, 5 g carbohydrate, 1 g sugar, 3 g fiber, 6 g protein, 159 mg cholesterol, 123 mg sodium

Chocolate “Melt Your Middle” Frosting

Could you eat chocolate frosting right from the container? It might taste good, but most commercial frostings are loaded with sugar and trans fats. Our healthy makeover has the same melt-in-your-mouth chocolate flavor, but it’s made with metabolic power ingredients that boost fat burning.

Yield: 1 cup (16 servings of 1 Tbsp.)

Active Time: 15 minutes

Total Time: 8 hours (overnight chilling)

Preferences: Gluten Free, Dairy Free, Vegan, Paleo

Ingredients

- 1 can *Native Forest Coconut Milk*
- 1/4 cup plus 1 Tbsp. unsweetened organic cocoa powder
- 1/2 tsp. organic vanilla extract
- 5-6 drops liquid stevia (to taste)

Directions

1. Pour the coconut milk in a bowl and refrigerate overnight to help it solidify.
2. Remove from the refrigerator and add cocoa powder, vanilla and stevia. Blend with a fork or a hand mixer until thick and creamy.
3. Refrigerate until ready to use.
4. For storing, keep refrigerated in an airtight container.

Nutrition Information per Serving

49 calories, 5 g fat, 4 g saturated fat, 3 g carbohydrate, 1 g sugar, 1 g fiber, 0 g protein, 0 mg cholesterol, 11 mg sodium

Sinless Cinnamon “Sugar”

This sugar-free cinnamon “sugar” is perfect for dusting our good-for-you donuts and for making homemade cinnamon toast. Make just what you need or keep it in a shaker to add a touch of sweetness (plus powerful antioxidants) to your favorite healthy baked goods.

Yield: 10 Tbsp. (20 servings of 1/2 Tbsp. each)

Active Time: 5 minutes

Total Time: 5 minutes

Preferences: Gluten Free, Dairy Free, Vegan, Paleo*

Ingredients

- 1/2 cup organic erythritol
- 1 pinch stevia extract (to taste)
- 2 Tbsp. organic cinnamon

Directions

1. Put all the ingredients in a food processor or Magic Bullet.
2. Pulse until well combined.
3. Store in an airtight container at room temperature.

PALEO OPTION: Replace organic erythritol with coconut sugar

Nutrition Information per Serving

2 calories, 0 g fat, 0 g saturated fat, 1 g carbohydrate, 0 g sugar, 0.4 g fiber, 0 g protein, 0 mg cholesterol, 0 mg sodium

Surprise Cinnamon “Apple” Muffins

What could be better than the smell of cinnamon apple muffins baking in the morning? Our low-calorie, low-sugar version of this favorite has a sweet secret: they’re apple-less! Chayote squash goes incognito and makes the perfect stand-in for high sugar apples. Serve these surprise muffins with pastured breakfast sausage for a perfect sweet-and-savory combination.

Yield: 1 dozen muffins

Active Time: 10 minutes

Total Time: 30 minutes

Preferences: Gluten Free, Dairy Free, Paleo*

Ingredients

- 3 medium chayote, peeled and diced
- 1/2 cup water
- 1 tsp. lemon juice
- 1/4 cup coconut flour
- 1/2 tsp. non-aluminum baking powder*
- 1/4 tsp. **Celtic Sea Salt**
- 1 1/2 Tbsp. cinnamon
- 3 pastured eggs
- 4 Tbsp. **Native Forest Coconut Milk**
- 1 Tbsp. **Coconut Secret Raw Coconut Nectar**
- 1 tsp. organic vanilla extract
- 10-12 drops stevia, to taste

Directions

1. Preheat oven to 400 degrees.
2. Put the chayote, water, lemon juice, stevia and 1 tablespoon of cinnamon in a medium saucepan and cook over medium heat until chayote are soft. Remove from heat.
3. In a medium bowl, combine the coconut flour, baking powder, salt, and remaining cinnamon. Set aside.
4. Whisk the eggs, coconut milk, and coconut nectar in a medium bowl. Add the dry ingredients and gently fold in the chayote mixture.
5. Fill muffin tins with the batter and bake for 18-20 minutes, until lightly browned and a toothpick inserted in the center comes out clean.

Nutrition Information per Serving

51 calories, 2.5 g fat, 1 g saturated fat, 5 g carbohydrate, 2 g sugar, 2 g fiber, 2 g protein, 53 mg cholesterol, 27 mg sodium

Paleo Baking Powder

Are you avoiding grain? Traditional baking powder contains cornstarch and is therefore not “Paleo”. Here’s a simple grain-free baking powder substitute:

- 1 part baking soda
- 2 parts cream of tartar
- 2 parts starch

“Stick-to-Your-Ribs” Paleo Breakfast Porridge

Do you think oatmeal is healthy? Think again! In fact, a bowl of oatmeal will raise blood sugar levels as much as a can of cola. So, trade in the high-glycemic breakfast (and the mid-morning energy slump) you’ll get from oats for this warmly spiced “stick-to-your-ribs” breakfast porridge.

Yield: 2 servings

Active Time: 10 minutes

Total Time: 30 minutes

Preferences: Gluten Free, Dairy Free, Vegan*, Paleo

Ingredients

- 1 acorn squash, roasted, seeded and pureed
- 1 cup **Native Forest Coconut Milk**
- 1/2 cup unsweetened, shredded coconut
- 2 tsp. cinnamon
- 1/2 tsp. powdered ginger
- 1/2 tsp. nutmeg
- 1 tsp. organic vanilla extract
- 1/4 tsp. **Celtic Sea Salt**
- 1-2 drops liquid stevia
- 1 scoop **Jay Robb Vanilla Egg White Protein**

Directions

1. Put the squash puree and coconut milk in a medium saucepan. Add the coconut, cinnamon, ginger, nutmeg, vanilla and stevia and stir until thickened.
2. Add the protein powder and stir until combined.
3. Simmer until desired thickness and serve warm.

***VEGAN OPTION:** Substitute *SunWarrior Protein* for egg protein.

Nutrition Information per Serving

387 calories, 27 g fat, 22 g saturated fat, 27 g carbohydrate, 4 g sugar, 5 g fiber, 14 g protein, 0 mg cholesterol, 246 mg sodium