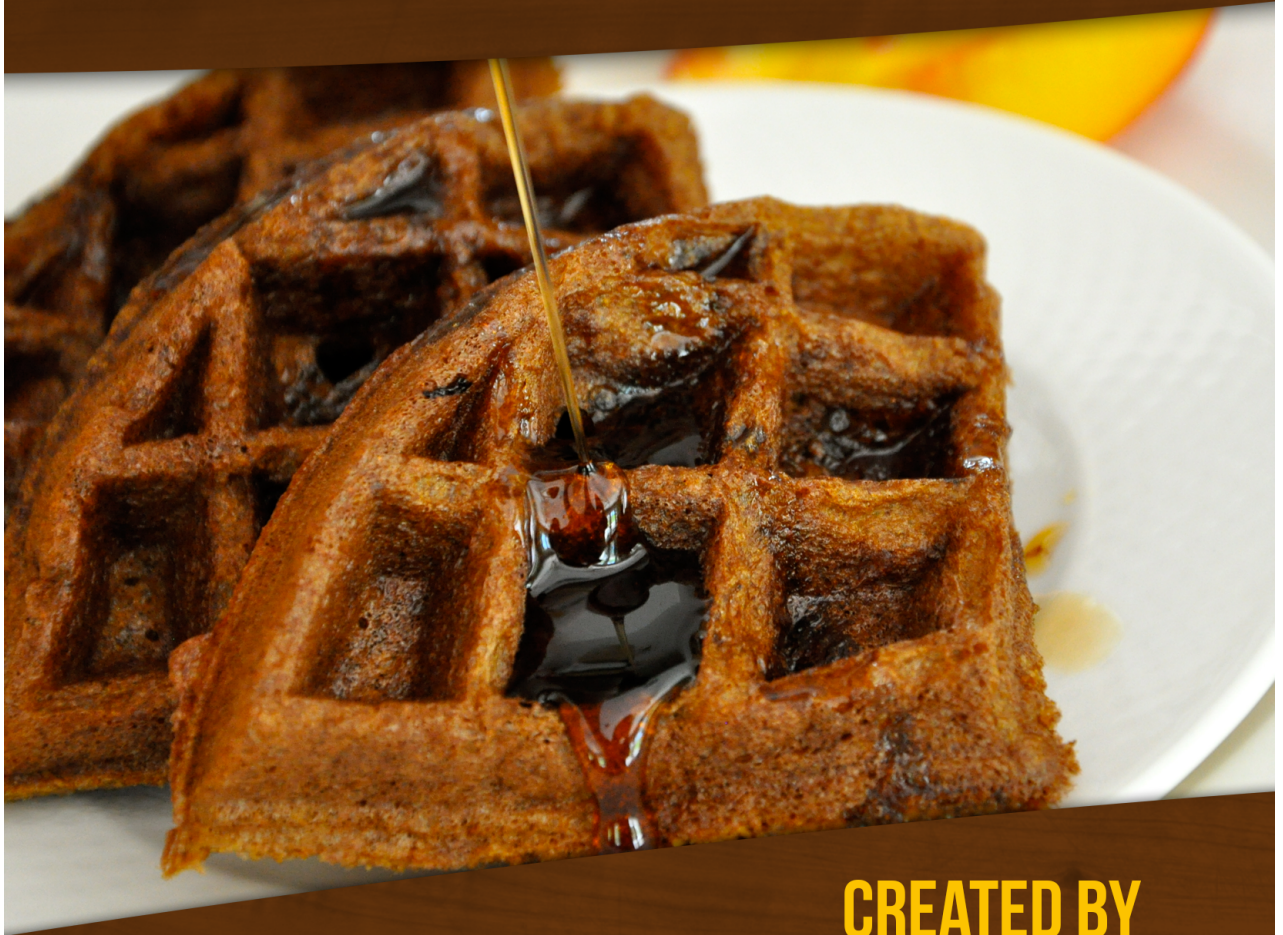


47 FAT BURNING BREAKFAST RECIPES



**CREATED BY
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Ever since I can remember, breakfast foods have been my favorite.

As a child I would watch my dad cut thick slices of French bread to soak in a creamy egg mixture overnight. In the morning the air would smell as sweet as a bakery as he cooked them to golden perfection on an oversized skillet. What had been crusty bread the night before now melted in my mouth.

Pure buttery maple bliss.

Some Saturdays he would bake eggs, sausage and lots of cheese in a casserole pan and serve it with a platter of donuts from Thrifty Foods, cut in halves so we could try all the flavors.

Summer breakfasts tended to include fresh berries, grown locally in Skagit Valley. Strawberries, blueberries, raspberries and occasionally the black berries that grew wild along the country roads. Swedish pancakes were one of my favorites--delicate crepes filled with home made raspberry butter and dusted with powdered sugar.

Yes, breakfast foods are a passion of mine. And before having my son, Andrew, in 2005, and daughter, Chloe, in 2007, I gave no thought to the nutritional impact of my favorite breakfasts. Once my kids started eating solid foods everything changed for me.

Suddenly nutrition mattered more than taste.

In order to feed my kids the best nutrition possible, I started modifying my favorite breakfast recipes to exclude grains, gluten, refined sugar, dairy and soy. What came as a surprise was that these new, healthier recipes tasted amazing!

In the following pages I share with you 47 of my most delicious, healthy breakfast recipes. This collection of innovative creations is proof that healthy can taste just as good, and sometimes even better, than your old favorites. I hope that your family comes to love these recipes as much as mine does. Enjoy!

Happy Cooking :)

Diana Keulian

PS - Are we friends on Facebook? Like my [Real Healthy Recipes Fan Page](#) to get access to daily recipes, healthy cooking tips, motivation and support.

Disclaimer: The information contained in this book is for educational purposes only. This content is meant to supplement, not replace, medical advice. Always consult your physician prior to starting a new nutrition plan.

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Breakfast Bird Nests

Prep: 20 minutes **Bake:** 10-20 minutes **Oven:** 400 **Makes:** 4 servings

One serving equals:

149 calories, 7g fat, 280mg sodium, 9g carbohydrate, 3g fiber, and 13g protein



Here's a fun way to serve eggs and veggies for breakfast. The tomato makes such a fun delivery system that my kids gobble it right up.

Here's what you need:

- 4 large, round tomatoes
- 1 teaspoon olive oil
- 1 clove garlic, minced (or 1 frozen minced garlic cube from Trader Joe's)
- 1 small onion, finely chopped
- 3 slices turkey bacon, chopped
- dash of dried oregano, plus more for garnish
- dash of salt
- dash of pepper
- 4 organic, omega-3, free range eggs

1. Preheat oven to 400 degrees F.
2. Wash tomatoes, slice off the tops and scoop out the insides. Place tomatoes on a pan, and bake for 5 minutes.
3. In a skillet, heat the oil over medium heat. Add garlic. Add onion. Add chopped bacon. Sauté for 5 minutes, until mostly cooked. Add the spices and mix well.
4. Turn oven to broil. Fill each tomato with the bacon mixture, leaving about 1/2 inch of space at the top of each tomato. Crack an egg into each tomato then sprinkle with oregano. Place in the oven under broiler for 5 minutes. Remove from oven once the top has set, and you'll have perfectly done over easy eggs.
5. For well done eggs: change oven setting back to 400 degrees F, and continue to bake for an additional 10 minutes.

Egg White Broccoli Frittata

Prep: 10 minutes **Cook:** 30 minutes **Makes:** 8 servings

One serving equals:

59 calories, 2g fat, 206mg sodium, 3g carbohydrate, 1g fiber, 8g protein



It doesn't get much healthier than this...egg whites and broccoli! This recipe is truly lean and green, while tasting delicious.

Here's what you need:

- 1 Tablespoon olive oil
- 2 cloves garlic, minced
- 1 medium, yellow onion, chopped
- 1 head broccoli, chopped
- 2 cups (16oz) egg whites
- ½ teaspoon sea salt
- ½ teaspoon fresh pepper

1. Place the olive oil in a 9-inch skillet over medium heat. Add the garlic and onions. Sauté for 10 minutes, until soft. Add the broccoli and continue to cook for 10 minutes, until tender.
2. Pour the egg whites over the vegetables, tilting the skillet to evenly distribute. Sprinkle with salt and pepper. Reduce the heat to low, cover and cook for 20-30 minutes, until the eggs are set. Slice into 8 wedges and enjoy.

Bacon Frittata

Prep: 10 minutes **Cook:** 30 minutes **Makes:** 8 servings

One serving equals:

120 calories, 9g fat, 143mg sodium, 2g carbohydrate, 1g fiber, and 6g protein



Mmmm, bacon and eggs. It doesn't get much tastier than this classic breakfast combo. This frittata is quick and delish!

Here's what you need:

- 1 Tablespoon olive oil
- 2 cloves garlic, minced
- 1 medium, yellow onion, chopped
- 5 slices bacon, crumbled
- 6 eggs
- ½ teaspoon fresh pepper
- 2 Tablespoons fresh parsley, minced

1. Place the olive oil in a 9-inch skillet over medium heat. Add the garlic and onions. Sauté for 10 minutes, until soft. Add the crumbled bacon.
2. In a medium bowl, beat the eggs. Pour over the onion and bacon, tilting the skillet to evenly distribute. Sprinkle with pepper and parsley. Reduce the heat to low, cover and cook for 15-20 minutes, until the eggs are set. Slice into 8 wedges and enjoy.

Turkey, Apple & Goat Cheese Omelet

Prep: 10 minutes **Cook:** 30 minutes **Makes:** 2 servings

One serving equals:

239 calories, 10g fat, 455mg sodium, 10g carbohydrate, 1g fiber, 25g protein



While I don't eat dairy often, when I do it's always organic goat cheese. This combination of salty bacon, cinnamon-y apple and creamy goat cheese is truly divine. This recipe makes a wonderful dinner too!

Here's what you need:

- 3 slices organic nitrate-free turkey bacon
- 1 small organic apple
- dash of cinnamon
- 4 egg whites
- 2 whole free range eggs
- dash of salt
- dash of pepper
- 1 Tablespoon of unsweetened coconut milk
- 3 Tablespoons organic goat cheese

1. Place a non-stick skillet over medium heat. Cook the bacon strips for 4 minutes each side, until golden.
2. While bacon cooks, dice the apple. Remove bacon strips from skillet, place on a cutting board. Place the apple pieces in the heated skillet and saute for 5 minutes, sprinkling with a dash of cinnamon. Dice the bacon and place in a medium sized bowl.

3. In a bowl whisk the egg whites, whole eggs and coconut milk. Beat the eggs until frothy and add dash of salt and pepper.
4. Remove apples from skillet and add to the bowl of bacon. Pour half of the egg mixture in the skillet, cook until set and then flip and cook the other side. Repeat with the other half of egg mixture.
5. While eggs cook, mix the bacon, apples and goat cheese together.
6. Fill each omelet with half of the bacon, apple and goat cheese mixture.

Hearty Hash & Eggs

Prep: 15 minutes **Cook:** 30 minutes **Makes:** 4 servings

One serving equals:

333 calories, 16g fat, 640mg sodium, 27g carbohydrate, 2g fiber, and 24g protein



My family can't get enough of this hash. It's just so satisfying and tasty! This is another breakfast recipe that doubles as a quick dinner.

Here's what you need:

- 2 Tb olive oil
- 2 cloves garlic
- 1 small red onion, thinly sliced
- 1 cup diced mushrooms
- 1 small sweet potato, peeled and cubed
- 1 small butternut squash, peeled, seeded and cubed
- 7oz uncured Canadian Bacon, chopped
- 1 tsp rubbed dried sage
- sea salt and black pepper to taste
- 1 tsp smoked paprika
- 6 eggs
- finely chopped cilantro for garnish

1. In a large skillet place the olive oil over medium heat. Add the garlic and onions. Sauté for 4 minutes.
2. Add the mushroom, sweet potato and butternut squash. Continue to cook until tender. Add the bacon, sage, salt, pepper and paprika.

3. Create 6 holes in the hash and crack one egg into each hole. Cover with a lid and cook on medium-low until the egg whites are done all the way through and the yolk is still runny.
4. Scoop out the eggs and serve with a generous portion of the hash.

Farmer's Casserole

Prep: 15 minutes **Bake:** 45 minutes **Oven:** 350 **Makes:** 12 servings

One serving equals:

84 calories, 5g fat, 189mg sodium, 4g carbohydrate, 2g fiber, and 5g protein



Most farmer's casseroles are filled with cheese, starchy potatoes and cream. I've replaced all of the offensive ingredients and turned this farmer's casserole into a wholesome, fat burning breakfast.

Here's what you need:

- 1 small, organic butternut squash
- 1 cup diced cooked ham
- ¼ cup green onions, chopped
- 4 eggs, beaten
- ½ cup canned coconut milk
- ¼ cup flax meal
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

1. Preheat the oven to 350 degrees F. Lightly grease a small casserole dish with olive oil.
2. Peel and seed the butternut squash. Slice into strips narrow enough to fit into the food processor opening. With the grating attachment on, shred all of the butternut squash. Arrange evenly in the casserole dish. Sprinkle with the ham and onions.

3. Remove the grating blade from the food processor and insert the chopping blade. Combine the eggs, coconut milk, flax meal, salt and pepper in the food processor. Blend until smooth. Pour over the layers in the casserole dish.
4. Bake, uncovered for 45 minutes. Let stand 5 minutes before slicing.

Greens, Eggs and Ham

Prep: 20 minutes **Bake:** 20 minutes **Oven:** 350 **Makes:** 12 servings

One serving equals:

135 calories, 8g fat, 437mg sodium, 2g carbohydrate, 1g fiber, and 12g protein



This is a fun recipe to make on Dr. Seuss day or while reading Green Eggs & Ham! The kids willingly eat their veggies with this recipe.

Here's what you need:

- 1 teaspoon olive oil
- 1 clove garlic, minced
- 1/2 yellow onion, chopped
- 12 slices of nitrate free ham
- 1 cup broccoli, steamed and chopped
- 1/4 cup shredded cheddar cheese
- dash of salt and pepper
- 12 eggs

1. Preheat oven to 350 degrees F. Lightly spray a muffin pan with nonstick cooking spray. Set aside
2. In a medium sized skillet, heat the olive oil over medium heat. Add the garlic and onions. Cook until tender.
3. Add the steamed broccoli, cheese, salt and pepper. Mix until fully combined. Remove from heat.

4. Using kitchen scissors, make a slice to the center of each piece of ham, then fold into a cone shape in each muffin cup. Fill halfway with the broccoli mixture.
5. Crack an egg into each ham cup. Bake for 16-20 minutes, or until the edges of the ham are crispy.

Perfect Scrambled Eggs

Prep: 5 minutes **Cook:** 3 minutes **Makes:** 1 serving

One serving equals:

121 calories, 10g fat, 266mg sodium, .5g carbohydrate, 0g fiber, and 6g protein



My scrambled eggs used to turn out runny and lumpy until I came across this technique. Turns out the secret is to whip the eggs in a bowl first, and then to not stir at all once the eggs hit the pan.

Here's what you need:

- 1 teaspoon olive oil
- 1 egg
- 1 teaspoon canned coconut milk
- dash of sea salt
- crack of fresh pepper

1. Place a skillet over medium heat. Add the olive oil.
2. In a small bowl, beat the egg with milk, salt and pepper.
3. Pour the egg mixture into the warmed skillet, tilt the pan to evenly distribute. Allow the egg to set slightly, then use a spatula to push the set egg to the center, allowing the remaining runny egg to make contact with the pan. Do NOT stir! Continue cooking over medium heat for 2-3 minutes, until the egg is cooked through, but still glossy and moist.

Pesto & Eggs

Prep: 15 minutes **Cook:** 5 minutes **Makes:** 4 servings

One serving equals:

116 calories, 9g fat, 76mg sodium, 1.5g carbohydrate, .5g fiber, and 7g protein



If you haven't yet tried pesto with eggs then you are in for a big treat. This is one of my all-time favorite things to eat for breakfast or lunch. Serve with a couple of slices of toasted nut-free bread. Page 50

Here's what you need:

For the Pesto:

- 1/2 cup toasted almonds, walnuts or macadamia nuts
- 2 cups fresh basil leaves
- 2 garlic cloves
- 1/3 cup nutritional yeast
- Juice from half a lemon
- 1/4 cup olive oil
- dash of sea salt

For the Scrambled Eggs:

- 1 teaspoon olive oil
- 4 egg
- 1 Tablespoon canned coconut milk
- dash of sea salt
- crack of fresh pepper

1. For Pesto: Place the nuts, basil leaves, garlic, nutritional yeast, salt and pepper and lemon juice in a food processor. Pulse until well combined while drizzling in the olive oil.
2. For the Eggs: Place a skillet over medium heat. Add the olive oil.
3. In a small bowl, beat the egg with milk, salt and pepper. Add 2 Tablespoons of pesto, mix well.
4. Pour the egg mixture into the warmed skillet, tilt the pan to evenly distribute. Allow the egg to set slightly, then use a spatula to push the set egg to the center, allowing the remaining runny egg to make contact with the pan. Do NOT stir! Continue cooking over medium heat for 2-3 minutes, until the egg is cooked through, but still glossy and moist. Immediately remove from heat and serve with more pesto.

Real Healthy Bran Muffins

Prep: 30 minutes **Bake:** 20 minutes **Oven:** 350 **Makes:** 24 muffins

One muffin equals:

88 calories, 6g fat, 65mg sodium, 7g carbohydrate, 1g fiber, and 3g protein



I first came up with this muffin recipe for a friend who was hooked on store-bought, gluten-filled bran muffins. She loved these and so did my kids, so it has become a favorite in my house.

Here's what you need:

- 1/2 cup blanched almond flour
- 1/2 cup flax meal
- 1 Tablespoon coconut flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 3 eggs
- half of a ripe banana, mashed
- 1/3 cup coconut crystals
- 2 Tablespoons pure maple syrup, grade b
- 1/4 cup coconut milk, canned, full fat
- 2 Tablespoons almond butter
- 1 teaspoon vanilla extract
- 1 Tablespoon coconut oil, melted
- 1/2 cup golden raisins
- 1/2 cup raw pecans, chopped

1. Preheat oven to 350 degrees F. Lightly grease a mini muffin pan with coconut oil.

2. In a medium bowl combine the almond flour, flax meal, coconut flour, baking soda, salt and cinnamon.
3. In another medium bowl combine the eggs, banana, coconut crystals, maple syrup, coconut milk, almond butter and vanilla. Mix until smooth. Add the dry ingredients into the wet ones and mix well.
4. Slowly add the melted coconut oil, mix until all the lumps disappear.
5. Add the raisins and pecans and mix well.
6. Divide the batter for 24 mini muffins. Bake for 15-20 minutes, until golden and fully set.
7. Cool on a wire rack for 10 minutes. Store in an airtight container in the fridge.

Apple Fritter Muffins

Prep: 20 minutes **Bake:** 35 minutes **Oven:** 350 **Makes:** 12 muffins

One muffin equals:

117 calories, 7g fat, 84mg sodium, 7g carbohydrate, 2g fiber, and 6g protein



This recipe for Apple Fritter Muffins captures the flavor and experience of an apple fritter doughnut without any of the repercussions! In fact you'll be getting protein and even some fiber from these tasty treats.

Here's what you need:

- 1 Tablespoon coconut oil
- 2 organic apples, chopped
- 1/4 cup organic golden raisins
- 1/4 cup pecans, chopped
- 4 Tablespoons water
- 1 Tablespoon ground cinnamon plus a dash
- 1 Tablespoon pure grade B maple syrup
- 9 organic cage-free eggs
- 3 Tablespoons unsweetened coconut milk
- 1 1/2 Tablespoons coconut flour
- 1/4 teaspoon baking soda
- dash of salt

1. Preheat oven to 350 degrees F. Lightly grease a 12-muffin pan with coconut oil.

2. In a skillet heat the coconut oil over medium. Add the apples, raisins, pecans, water, cinnamon and maple syrup. Cook, mixing often until the apples become tender. Remove from heat and cool.
3. In a bowl combine the eggs, coconut milk, coconut flour, baking soda, dash of cinnamon and salt. Add two thirds of the apple mixture to the eggs. Mix until well combined.
4. Using a 1/4 cup, fill each prepared muffin tin with the egg mixture. Place a spoonful of the reserved apple mixture on top of each muffin.
5. Bake for 35 minutes, or until fully set.

Blueberry & Lemon Mini Muffins

Prep: 30 minutes **Bake:** 32 minutes **Oven:** 350 **Makes:** 24 muffins

One muffin equals:

84 calories, 5g fat, 55mg sodium, 4g carbohydrate, 1g fiber, and 2g protein



When you make the decision to be healthier, by cutting gluten, sugar and dairy from your diet, your body responds immediately. You feel lighter, tighter, and energetic. This recipe allows you to enjoy a delicious mini muffin while still sticking to your clean diet.

Here's what you need:

- 6 eggs
- 1/2 cup coconut oil, melted over low heat
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 1/4 cup grade B maple syrup
- 1 lemon, zest and juice
- 1/2 cup coconut flour
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 1 cup organic, fresh blueberries
- 1/4 cup sliced almonds

1. Preheat oven to 350 degrees F. Grease a mini muffin pan with coconut oil
2. In a medium bowl combine the eggs, melted (and cooled) coconut oil, vanilla and almond extract, maple syrup, lemon juice and zest.
3. In a small bowl, whisk the coconut flour to remove lumps, add salt and baking soda.

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4. Mix the dry ingredients into the wet ones, then gently fold in the blueberries.
5. Fill each mini muffin tin to the top, then sprinkle with sliced almonds.
6. Bake for 30 minutes, then turn on the broil for 1-2 minutes (watch close!) to lightly brown the tops.
7. Allow to cool before removing from muffin tin. Store in an airtight container in the fridge for up to a week.

Orange Blueberry Muffins

Prep: 15 minutes **Bake:** 35 minutes **Oven:** 325 **Makes:** 12 muffins

One 1/2 muffin serving equals:

128 calories, 10g fat, 93mg sodium, 7g carbohydrate, 2g fiber, and 4g protein



The sweet-tart flavor of blueberry pairs perfectly with refreshing orange. These muffins are low carb, protein-filled and delicately flavored. Enjoy one for an energizing power breakfast.

Here's what you need:

- 3 cups blanched almond flour
- 1/4 teaspoon salt
- 1 1/2 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 Tablespoon flax meal
- 3 omega-3, free range eggs
- 1/4 cup fresh squeezed orange juice
- 1/4 cup coconut oil, melted over low heat
- 1/4 cup pure maple syrup
- 1 Tablespoon orange zest
- 1/2 teaspoon vanilla extract
- 1 1/2 cup fresh blueberries

1. Preheat oven to 325 degrees F. Generously grease 12 muffin tin pan with coconut oil.
2. In a medium bowl combine the almond flour, salt, baking soda, flax meal, and cinnamon. Mix until well combined.

3. In a large bowl combine the eggs, orange juice, maple syrup, coconut oil, orange zest and vanilla. Mix until well combined.
4. Add the dry ingredients to the wet ones in small batches, mix until fully incorporated. Fold in the blueberries.
5. Fill the prepared muffin tin and bake for 30-35 minutes, until golden.

Carrot & Apple Muffins

Prep: 15 minutes **Bake:** 40 minutes **Oven:** 300 **Makes:** 12 muffins

One 1/2 muffin serving equals:

209 calories, 16g fat, 102mg sodium, 9g carbohydrate, 4g fiber, and 8g protein



These muffins are a break from the ordinary grain-free, sugar-free fare. You don't have to ruin your diet to enjoy a big fluffy, fiber-packed muffin.

Here's what you need:

- 1 teaspoon chia seeds plus 3 Tablespoons filtered water
- 5 cups almond meal
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 6 omega 3, free range eggs
- 2 Tablespoons raw honey, melted
- 1 Tablespoon coconut oil, melted
- 2 teaspoon apple cider vinegar
- 1/2 teaspoon almond extract
- 1/2 teaspoon vanilla extract
- 1/4 cup apple sauce
- 1 cup carrots, grated
- 1 apple, grated
- 1 cup fresh pineapple, chopped
- 1 cup walnuts, chopped and toasted - divided
- 1/4 cup shredded, unsweetened coconut

1. Preheat oven to 300 degrees F. Generously grease a muffin tin with coconut oil. Set aside.

2. In a small cup combine the chia seeds and water. Set aside for 15 minutes.
3. Mix the almond meal, baking soda, salt and cinnamon in a medium bowl.
4. In a large bowl combine the eggs, honey, coconut oil, vinegar, extracts, applesauce, and chia seed gel.
5. Add the dry ingredients and mix until just combined. Add the carrots, apple, pineapple and 1/2 cup of the walnuts. Do not over mix.
6. Fill each greased muffin tin with a generous amount of batter. Form a rounded muffin top for each one, then press toasted walnuts and shredded coconut onto each top.
7. Bake for 40 minutes, or until golden brown.

Cherry Lemon Drop Muffins

Prep: 15 minutes **Bake:** 25 minutes **Oven:** 350 **Makes:** 12 muffins

One 1/2 muffin serving equals:

148 calories, 7g fat, 70mg sodium, 16g carbohydrate, .2g fiber, and 3g protein



I love the flavor combo of lemon and sweet cherry, and couldn't wait to bake these two together. Look for organic dark sweet cherries in the freezer section of your healthy grocery store. The kids and I have found the frozen cherries by themselves also make an awesome after dinner treat – just watch out for brain-freeze!

Here's what you need:

- 2/3 cup coconut flour
- 1/2 teaspoon sea salt
- 1 teaspoon baking powder
- 8 omega-3 eggs
- 2 Tablespoons vanilla extract
- 1/2 cup pure maple syrup, grade b
- 1/2 cup coconut milk
- 2 Tablespoons fresh lemon juice
- lemon zest from one lemon
- 1 teaspoon lemon extract
- 1/2 cup coconut oil, melted
- 1 cup frozen, organic, pitted cherries

1. Preheat the oven to 350 degrees F. Lightly grease a 12 muffin tin pan with coconut oil.
2. In a medium bowl whisk together the coconut flour, salt and baking powder.

3. In another medium bowl combine the eggs, vanilla, syrup, coconut milk, lemon juice, lemon zest, and lemon extract. Add the dry ingredients and mix well. It will still be lumpy at this point. Add the melted (and cooled) coconut oil and whisk into the batter. Continue to whisk until all lumps disappear.
4. In a high speed blender, or food processor, puree the frozen cherries.
5. Fill each of the prepared muffin tins with batter $\frac{3}{4}$ of the way to the top. Drop a spoonful of frozen cherry puree on the top of each muffin. The cherry will drop during baking to settle in the lower portion of each muffin.
6. Bake for 25 minutes, or until lightly golden and fully set. Allow to cool in the pan, then remove and place on a wire cooling rack. Store in an airtight container in the fridge.

Pumpkin Muffins

Prep: 15 minutes **Bake:** 20 minutes **Oven:** 400 **Makes:** 12 muffins

One muffin equals:

176 calories, 10g fat, 136mg sodium, 15g carbs, 3g fiber, 5g protein



Pumpkin has a wonderful flavor and consistency for baking, so don't limit yourself to pumpkin pie twice a year. These muffins are packed with protein, vitamins and minerals, and low on waist-expanding carbs.

Here's what you need:

- ½ cup coconut flour
- 1 Tablespoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup canned pureed pumpkin
- 6 eggs, beaten
- 3 Tablespoon coconut oil, melted
- 1/3 cup raw honey, melted
- 1 teaspoon vanilla extract
- 1/2 cup walnuts, chopped
- 12 walnuts for topping
- 1/4 cup Coconut crystals
* optional *

1. Preheat oven to 400 degrees F. Oil muffin pans.
2. In a medium bowl, combine the coconut flour, spices, baking soda and salt.

3. In another bowl, place the pumpkin puree then add the eggs one at a time, mixing well after each addition. Add melted coconut, honey, vanilla, and nuts. Mix until well combined.
4. Add the flour mixture to the pumpkin mixture, blend with a whisk until most lumps have disappeared.
5. Spoon into prepared muffin pan, filling each muffin 2/3 full. Sprinkle the tops with coconut crystals and one walnut.
6. Bake for 18-20 minutes or until golden. Place on wire rack to cool.

Egg Muffins

Prep: 10 minutes **Bake:** 22 minutes **Oven:** 350 **Makes:** 6 muffins

One muffin equals:

92 calories, 6g fat, 141mg sodium, 4g carbohydrate, 0g fiber, and 7g protein



Who needs the drive-thru when you can whip up a batch of these tasty egg muffins? Get creative with the ingredients – add your favorite breakfast meat, chopped or crumbled, and add your favorite spices.

Here's what you need:

- 6 omega-3, organic, free range eggs
- 1/2 red bell pepper, finely chopped
- handful of organic shredded cheese
- sprinkle of salt and pepper

1. Preheat oven to 350 degrees F.
2. Line muffin tins with paper liners or grease with coconut oil.
3. Mix up the eggs, add bell pepper, cheese and seasonings. Fill 6 muffin tins. Bake for 20-22 minutes, or until the egg is fully set.

Chocolate Chip Pancakes

Prep: 15 minutes **Cook:** 20 minutes **Makes:** 15 pancakes

One pancake equals:

119 calories, 9g fat, 52mg sodium, 5g carbohydrate, 2g fiber, and 4g protein



Wholesome ingredients with a sprinkle of mini chocolate chips make this pancake recipe the most fun you'll ever try.

Here's what you need:

- 3 omega-3, free range eggs
- 1 Tablespoon pure maple syrup, grade b
- 1 Tablespoon vanilla extract
- 1/2 cup coconut milk
- 2 Tablespoon flax meal
- 1 1/2 cup blanched almond meal
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/3 cup mini chocolate chips
- 1 Tablespoon coconut oil

1. In a blender combine the eggs, syrup, vanilla and coconut milk, flax, almond flour, salt and baking soda. Blend until smooth.
2. Fold the chocolate chips into the batter.
3. Grease a large skillet with coconut oil and place over medium heat. Place heaping tablespoons of batter onto the skillet and cook until bubbles form. Flip each pancake and cook for another minute, until golden on both sides.

Real Healthy Puff Pancake

Prep: 10 minutes **Bake:** 20 minutes **Oven:** 425 **Makes:** 10 servings

One pancake slice equals:

155 calories, 11g fat, 203mg sodium, 7g carbohydrate, 1.2g fiber, and 9g protein



Puff pancakes are probably the easiest pancakes to make since you just pour all the batter into a pie pan and bake it for 20 minutes – no flipping necessary.

Here's what you need:

- 2 Tablespoons organic butter
- 1/2 cup non-fat Greek yogurt
- 1/2 cup water
- 6 organic, omega 3, free range eggs
- 2 Tablespoons raw honey
- 1/2 cup low fat cottage cheese
- 1 cup almond meal
- 1 teaspoon baking powder
- 1/2 teaspoon salt

1. Preheat oven to 425 degrees F. Place butter in a pie plate and melt in the oven.
2. Place all the remaining ingredients in blender and blend for 1 minute. Pour batter into pie plate.
3. Bake until puffy and golden, about 20 minutes. Cut into wedges and serve with fresh strawberries and pure maple syrup.

Coconut Flour Pancakes

Prep: 15 minutes **Cook:** 20 minutes **Makes:** 10 pancakes

One pancake equals:

194 calories, 13g fat, 267mg sodium, 9g carbohydrate, 4.2g fiber, and 6g protein



This grain-free pancake recipe is also nut-free! Enjoy with a splash of pure maple syrup

Here's what you need:

- 6 omega-3, free range eggs
- 6 Tablespoons coconut oil, melted
- 3/4 cup unsweetened coconut milk
- 1 Tablespoon raw honey
- 2 teaspoons vanilla extract
- 1 cup coconut flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- 1 cup filtered water

1. Pre-heat your pancake griddle and grease with a touch of coconut oil.
2. In medium bowl whisk the eggs, oil, milk, honey and vanilla.
3. In another bowl, combine the coconut flour, salt and baking powder. Whisk to combine. Add the wet ingredients to the dry ones and mix well. Add the water and mix. Cook on the pancake griddle until golden.

Apple Pie Pancakes

Prep: 20 minutes **Cook:** 40 minutes **Makes:** 18 servings

One serving equals:

274 calories, 20g fat, 96mg sodium, 19g carbohydrate, 4g fiber, and 5g protein



This recipe was inspired by a seasonal Denny's menu item that I saw advertized on T.V.! I'm not proposing that you eat this recipe everyday, as it is rather sinful, but enjoy it once in awhile knowing that you're eating only wholesome ingredients. Enjoy!

Here's what you need:

For the Apple Pie Topping:

- 4 apples, thinly sliced
- ½ cup coconut crystals
- ½ cup blanched almond flour
- 1 Tablespoon coconut flour
- ¼ cup flax meal
- ¼ cup coconut oil
- ¾ teaspoon ground cinnamon
- crack of sea salt

For the Cinnamon Pancakes:

- ¾ cup almond flour
- ½ cup flax meal
- 2 Tablespoons coconut oil
- ½ teaspoon baking soda
- ¼ teaspoon sea salt
- 1 teaspoon ground cinnamon
- 5 eggs
- ¼ cup coconut oil
- 1 Tablespoon raw honey
- 1 Tablespoon apple cider vinegar
- ½ cup canned coconut milk, plus more if needed

For the Caramel Syrup:

- 1 cup coconut crystals
- ½ cup canned coconut milk
- 4 Tablespoons coconut oil
- pinch of sea salt
- 1 Tablespoon vanilla extract
- 1 teaspoon arrowroot starch

1. For the Apple Pie Topping: Preheat oven to 375 degrees F. Lightly grease an 8inch square pan with coconut oil. Arrange the sliced apples evenly in the pan. In a medium bowl combine the remaining ingredients. Mix well then sprinkle over the apples. Bake for 30 minutes or until golden.
2. For the Cinnamon Pancakes: Combine all of the pancake ingredients in a food processor. Blend until smooth. Lightly grease a skillet with coconut oil and place over medium heat. Drop the pancake batter by the tablespoon onto the warmed skillet. When bubbles begin to appear, after 2-3 minutes, use a spatula to flip the pancake over. When both sides are browned remove from heat.
3. For the Caramel Sauce: Combine all of the caramel sauce ingredients in a medium sized saucepan. Place over medium heat, stir often, and bring to a boil. Remove from heat and then chill for 20 minutes before serving.
4. To Serve: Plate a pancake, top with a spoonful of apple pie topping and drizzle with a Tablespoon of caramel sauce. Enjoy!

Harvest Nut Pancakes with Grilled Banana

Prep: 15 minutes **Cook:** 20 minutes **Makes:** 6 servings

One serving equals:

249 calories, 17g fat, 88mg sodium, 15g carbohydrate, 5g fiber, and 8g protein



I used to love Harvest Grain ‘n Nut pancakes from IHOP, but since I’ve gone grain-free these have been out of the question. This recipe is my rendition of the breakfast classic topped with grilled bananas, pecans and pure maple syrup.

Here’s what you need:

- 1 cup ground walnuts
- 1/4 cup coconut flour
- 4 eggs
- 1 Tablespoon unsweetened coconut milk plus more as needed
- 1 Tablespoon ground cinnamon
- dash of nutmeg
- 1/4 teaspoon baking soda
- 1 Tablespoon pure maple syrup
- 2 teaspoons coconut oil
- organic banana
- pecans

1. Preheat skillet with medium heat. Grease with coconut oil.
2. In a medium bowl combine the ground walnuts, coconut flour, eggs, coconut milk, cinnamon, nutmeg, baking soda and maple syrup. Add more coconut milk until desired consistency is reached.
3. Pour 1/8 cup of batter at a time on preheated skillet. Cook for 2 minutes, flip then cook for another 2 minutes.
4. For grilled banana: Heat the coconut oil over medium heat. Slice the banana in half lengthwise and then into 4 or more segments. Place banana pieces on heated skillet until brown and crispy, then flip and cook other side. Remove bananas from skillet, then add pecans. Heat for a few minutes, stirring frequently until lightly toasted.
5. Top each pancake with banana, pecans and a drizzle of pure maple syrup

Waffles with Tropical Fruit Topping

Prep: 15 minutes **Cook:** 15 minutes **Makes:** 8 servings

One serving equals:

203 calories, 12g fat, 180mg sodium, 17g carbohydrate, 4g fiber, and 7g protein



These Real Healthy Waffles with Tropical Fruit Topping are the perfect weekend indulgence that won't leave you bloated and lethargic. Instead, this breakfast of champions will fill you with real food energy to power you through your active weekend.

Here's what you need:

- 4 eggs
- 1/2 cup full-fat coconut milk
- 2 Tablespoons pure maple syrup
- 1 teaspoon vanilla extract
- 1 cup almond flour
- 1 Tablespoon coconut flour
- 1 teaspoon baking soda
- A pinch of sea salt
- 1/4 teaspoon cinnamon

Fruit Topping:

- 1 organic mango, sliced
- 1 organic banana, sliced
- 1 organic tangerine, halved
- ground cinnamon

1. Preheat your waffle iron and lightly grease with coconut oil.
2. In a medium bowl combine the eggs, coconut milk, syrup and vanilla. Mix well.

3. In another medium bowl combine the almond flour, coconut flour, baking soda, salt and cinnamon.
4. Add the dry ingredients to the wet, whisk until the lumps disappear.
5. Prepare waffles according to the manufacturer's directions.
6. In a medium bowl combine the sliced mango and banana. Squeeze the juice from the tangerine over the sliced fruit. Sprinkle with ground cinnamon and mix well.
7. Serve each waffle with a drizzle of pure maple syrup and a scoop of the tropical fruit topping.

Double Chocolate Waffles

Prep: 15 minutes **Cook:** 15 minutes **Makes:** 16 servings

One serving equals:

111 calories, 7g fat, 85mg sodium, 8g carbohydrate, 2g fiber, and 4g protein



Here's one wholesome breakfast that could pass as dessert! If you love chocolate, then this will be your new favorite indulgence. And if you don't love chocolate then please check your pulse...:)

Here's what you need:

- 1 cup blanched almond flour
- 1 Tablespoon coconut flour
- 1/3 cup unsweetened cocoa powder
- 1 teaspoon baking soda
- pinch of salt
- 4 eggs
- ¼ cup pure maple syrup
- ½ cup canned coconut milk
- 1 teaspoon vanilla extract
- ¼ cup mini chocolate chips

1. In a medium bowl combine the almond flour, coconut flour, cocoa powder, baking soda and salt.
2. In another bowl beat the eggs, add the syrup, milk and vanilla extract. Add the egg mixture all at once to the flour mixture. Stir just until moistened. Fold in chocolate chips.
3. Cook the batter in a preheated, greased waffle maker according to the manufacturer's directions. Serve warm with pure maple syrup

Gingerbread Waffles

Prep: 15 minutes **Cook:** 15 minutes **Makes:** 16 servings

One serving equals:

90 calories, 6g fat, 69mg sodium, 5g carbohydrate, 1g fiber, and 4g protein



We love to enjoy this recipe on Christmas morning. These soft and spicy waffles are delicious doused with maple syrup.

Here's what you need:

- 1 cup blanched almond flour
- 1 Tablespoon coconut flour
- ½ teaspoon ground ginger
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- 1 teaspoon baking soda
- pinch of salt
- 4 eggs
- 2 Tablespoons pure maple syrup
- ½ cup canned coconut milk
- 1 teaspoon vanilla extract
- 2 Tablespoons molasses

1. In a medium bowl combine the almond flour, coconut flour, spices, baking soda and salt.
2. In another bowl beat the eggs, add the syrup, coconut milk, vanilla extract and molasses. Add the egg mixture all at once to the flour mixture. Stir just until moistened.
3. Cook the batter in a preheated, greased waffle maker according to the manufacturer's directions. Serve warm with pure maple syrup.

French Toast

Prep: 20 minutes **Cook:** 15 minutes **Makes:** 8 servings

One serving equals:

240 calories, 19g fat, 265mg sodium, 8g carbohydrate, 3g fiber, and 7g protein



These tender, sweet slices bring back memories of childhood breakfasts. Of course this recipe leaves out the grains, dairy and refined sugar!

Here's what you need:

- 4 large eggs
- ¼ cup canned coconut milk
- 2 Tablespoons coconut crystals
- 1 Tablespoon vanilla extract
- 1 teaspoon ground cinnamon
- ¼ teaspoon sea salt
- 8 slices Nut-Free Bread (pg 50)
- 2 Tablespoons coconut oil

1. In a medium bowl combine the eggs coconut milk, coconut crystals, vanilla, cinnamon and salt. Pour the egg mixture into an 8 inch square pan and add the slices of bread. Carefully pierce the bread all over with a knife or fork. After 5 minutes, flip the bread over and soak for an additional 5 minutes.
2. Place the coconut oil on a large skillet over medium-high heat. Add the bread and cook 5 minutes per side, until both sides are golden. Serve and enjoy!

Real Healthy Peach Coffee Cake

Prep: 25 minutes **Bake:** 40 minutes **Oven:** 350 **Makes:** 12 servings

One serving equals:

282 calories, 19g fat, 110mg sodium, 16g carbohydrate, 5g fiber, and 8g protein



This sweet cake contains zero gluten, zero grains, zero dairy and zero cane sugar. If you're new to gluten-free, cane-sugar-free, low-carb baking, this recipe is the perfect way to get your feet wet.

Here's what you need:

For the Cake:

- 1 1/2 cups blanched almond flour
- 1/2 cup flax meal
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 4 eggs
- 1/4 cup coconut oil
- 1/3 cup coconut crystals
- 1 Tablespoon vanilla extract
- 1/4 teaspoon almond extract
- 1/2 cup fresh peaches, peeled, pitted and diced (about 2 small peaches)

For the Crumb Topping:

- 1/4 cup coconut oil
- 1/2 cup coconut crystals
- 1/2 cup blanched almond flour
- 2 Tablespoons coconut flour
- 1 Tablespoon ground cinnamon
- pinch of ground nutmeg
- dash of cracked sea salt

1. Preheat the oven to 350 degrees F. Grease an 8inch round cake pan with coconut oil.
2. For the Cake: Combine the almond flour, flax, baking soda and salt in a large mixing bowl. In another bowl whisk together the eggs, coconut oil, coconut crystals, vanilla and almond extracts. Stir the wet ingredients into the dry ones, mix until thoroughly combined. Fold in the diced peaches. Pour batter into prepared pan.
3. For the Topping: Cream together the coconut oil and coconut crystals. Add the almond flour, coconut flour, cinnamon, nutmeg and salt. Sprinkle the topping over the cake batter.
4. Bake for 30-40 minutes until lightly golden on top. Let the cake cool in the pan before slicing. Enjoy!

Cinnamon Crumb Cake

Prep: 20 minutes **Bake:** 25 minutes **Oven:** 350 **Makes:** 12 servings

One serving equals:

177 calories, 11g fat, 47mg sodium, 14g carbohydrate, 2g fiber, and 4g protein



It's been years since I've tasted a traditional cinnamon roll. When a craving hits I make this grain and refined sugar free recipe for Cinnamon Crumb Cake. I use yeast in this recipe, to give the dough that authentic, yeasty quality that I used to love so much about Cinnabon buns. To recreate the buttery, cinnamon goo, I used coconut oil, coconut crystals and ground cinnamon. You'll never need a traditional cinnamon roll after trying this recipe.

Here's what you need:

- 1/4 cup warm water
- 2 teaspoons raw honey
- 1 packet active dry yeast (or 2 rounded teaspoons)
- 1 cup blanched almond flour
- 3 Tablespoons coconut flour
- 2/3 cup arrowroot starch
- pinch of sea salt
- 2 omega-3 eggs
- 2 Tablespoons pure maple syrup, grade b
- 1 Tablespoon coconut oil, melted
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract

Filling:

- 1/4 cup coconut oil, melted
- ground cinnamon
- coconut crystals

1. Preheat the oven to 350 degrees F. Grease a baking pan with coconut oil (9×13 for thin cake pieces, 8×8 for thick cake pieces).
2. In a small cup combine the warm water, honey and yeast. Mix carefully then set aside for 5 minutes until foamy.
3. In a medium bowl combine the almond flour, coconut flour, arrowroot and salt. Mix well. Add the yeast mixture, eggs, maple syrup, 1 Tablespoon coconut oil, vanilla and almond extracts. Pat the dough into a ball and allow it to rest for 5 minutes.
4. Spread 2/3's of the dough onto the bottom of your prepared baking pan. Pour the coconut oil over the top, then sprinkle with lots of cinnamon and coconut crystals. Drop the remaining dough in spoonfuls over the cinnamon layer.
5. Bake for 20-25 minutes, until the top is golden brown. Cool on a wire rack before cutting into squares. Enjoy!

Nut-Free Bread

Prep: 10 minutes **Bake:** 40 minutes **Oven:** 350 **Makes:** 12 servings

One serving equals:

151 calories, 12g fat, 164mg sodium, 6g carbohydrate, 3g fiber, and 4g protein



Most grain-free breads are made with almond flour, so it's nice to have a nut-free alternative.

Here's what you need:

- ¼ cup flax meal
- ½ cup filtered water
- ¾ cup coconut flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 4 eggs
- ½ cup coconut oil
- 1 Tablespoon raw honey
- 1 teaspoon apple cider vinegar

1. In a small bowl, combine the flax meal and water. Set aside for 10 minutes.
2. Preheat the oven to 350 degrees F. Generously grease a loaf pan with coconut oil.
3. In a food processor, combine the coconut flour, baking soda and salt. Add the eggs, coconut oil, honey, flax mixture and vinegar.
4. Transfer the batter into the prepared loaf pan and bake for 35-40 minutes, until a knife inserted into the middle of the loaf comes out clean. Cool in the pan for about an hour before slicing. Enjoy!

Best Banana Bread

Prep: 12 minutes **Bake:** 35 minutes **Oven:** 350 **Makes:** 12 servings

One serving equals:

253 calories, 20g fat, 276mg sodium, 13g carbohydrate, 4g fiber, and 9g protein



This banana bread will satisfy your sweet tooth without overloading your body with sugar and flour.

Here's what you need:

- 3 cups almond meal (buy it from Trader Joes, or grind almond in food processor)
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 Tablespoon raw honey
- 1/4 cup coconut oil, melted
- 4 omega-3, free range eggs
- 2 teaspoons apple cider vinegar
- 2 ripe, organic bananas, mashed
- 1 Tablespoon vanilla extract
- 1 Tablespoon ground cinnamon
- pinch of nutmeg

1. Preheat oven to 350 degrees F. Grease loaf pan with coconut oil.

2. Combine the almond meal, baking soda and salt in a small bowl.
3. In another bowl combine the honey, oil, eggs and vinegar.
4. Mix the dry ingredients into the wet ones, stir until well combined.
5. Add the bananas, vanilla, cinnamon and nutmeg. Mix well.
6. Pour batter into prepared loaf pan. Bake for 30-35 minutes, until golden on top and a toothpick comes out clean.
7. Cool completely before slicing

Apricot Loaf with Orange Glaze

Prep: 12 minutes **Bake:** 45 minutes **Oven:** 300 **Makes:** 24 servings

One serving equals:

204 calories, 15g fat, 98mg sodium, 11g carbs, 3.5g fiber, and 8g protein



This Apricot Loaf with Orange Glaze is delicately sweet and perfect to enjoy with a cup of tea.

Here's what you need:

For the Bread:

- 5 cups almond meal (buy at Trader Joe's- 4 cups in each bag, or grind raw almonds in food processor)
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 6 omega-3, free range eggs
- 4 Tablespoons raw honey
- 2 teaspoons apple cider vinegar
- 1/2 teaspoon vanilla extract
- 1/2 cup dried apricots, finely chopped
- 1/3 cup pecans, finely chopped

1. Preheat oven to 300 degrees F. Generously grease a loaf pan with coconut oil.
2. In a large bowl combine the almond meal, baking soda, salt, cinnamon and cloves.

3. In a separate bowl, whisk eggs then add honey, vinegar and vanilla. Add the wet ingredients to dry ones and mix until fully combined.
4. Gently fold in the apricots and pecans.
5. Fill prepared loaf pan, smooth the top of the dough. Bake for 45 mins or until golden brown.
6. Loosen side of bread immediately after removing from oven, then allow to cool completely before removing from pan.
7. Place the loaf in the freezer for 20 minutes before applying the glaze.

For the Glaze:

- 3 Tablespoons coconut oil, melted
- 3 Tablespoons coconut butter, softened
- 1 Tablespoon raw honey, melted
- 1/4 teaspoon vanilla extract
- zest from an orange

1. In a small bowl whisk the glaze ingredients together. When the loaf has been frozen for 20 minutes, pour the glaze over the top and smooth it out, allowing glaze to drip down the sides.

*Making the glaze work: The coconut ingredients in the glaze are hard when cold, so to make your glaze work it's important to keep your loaf cold, and to store your loaf in the fridge once glazed.

Lemon Poppy Seed Sunshine Bread

Prep: 12 minutes **Bake:** 60 minutes **Oven:** 300 **Makes:** 24 servings

One serving equals:

189 calories, 15g fat, 92mg sodium, 8g carbohydrate, 3g fiber, and 7g protein



This low carb Lemon Poppy Seed Sunshine Bread lets its true self shine with every bite. Unadulterated lemon flavor, nutritious poppy seeds and buttery almond flour create a pure and honest treat.

Here's what you need:

- 1 teaspoon chia seeds plus 3 Tablespoons filtered water
- 5 cups blanched almond flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 5 omega-3, free range eggs
- 1/3 cup coconut oil, melted over low heat
- 2 Tablespoons lemon rind
- 1/3 cup agave nectar
- 1/2 teaspoon almond extract
- 1/2 teaspoon vanilla extract
- 1 Tablespoon poppy seeds

1. Preheat oven to 300 degrees F. Generously grease a loaf pan with coconut oil. Set aside.

2. In a small cup combine the chia seeds and filtered water. Mix well and set aside (after 15 minutes it will become jelly-like).
3. In a medium bowl combine the blanched almond flour, baking soda and salt.
4. In a large bowl combine the eggs, coconut oil, lemon rind, agave nectar and extracts. Gently mix in the chia seed mixture.
5. Mix the wet and dry ingredients together. Fold in the poppy seeds, then transfer the batter to prepared loaf pan. Smooth the top of the loaf.
6. Bake for 45-60 minutes, until a toothpick inserted in the center comes out clean.
7. Allow to cool in the pan for 1 hour before slicing.

Real Healthy Cinnamon Rolls

Prep: 20 minutes **Bake:** 20 minutes **Oven:** 350 **Makes:** 28 servings

One serving equals:

388 calories, 30g fat, 171mg sodium, 29g carbohydrate, 5g fiber, and 9g protein



Cinnamon rolls are one of my all time favorites, so naturally I crafted a grain and sugar-free replica of the sweet treat. These rolls are dense, sweet and oh-so-cinnamon-y!

Here's what you need:

- 8 cups almond meal (2 full bags from Trader Joe's)
- 1 Tablespoon plus 1 teaspoon of baking soda
- 1 teaspoon salt
- 1 Tablespoon ground cinnamon
- dash of nutmeg
- 1 cup raw honey
- 1 cup coconut oil
- 4 organic, free range eggs
- 2 teaspoons vanilla extract
- 1 teaspoon almond extract

For Filling

- 3 cups pitted dates
- 1/2 cup water
- 2 cups ground walnuts
- 1 Tablespoon cinnamon
- dash of nutmeg

1. Preheat oven to 350 degrees F. Grease two baking sheets with coconut oil, set aside.
2. In a large bowl combine almond meal, baking soda, salt, cinnamon and nutmeg. Melt the coconut oil and honey over low heat. Mix into the almond meal mixture. Add the eggs and mix well. Add the vanilla and almond extracts.
3. Place the dough in freezer while you prepare the filling.
4. Put the dates and water in a microwave safe bowl. Microwave for 30 seconds. Mash with a fork then microwave for an additional 30 seconds.
5. Place the date and water mixture in a food processor and pulse until creamy.
6. In a medium bowl combine the ground walnuts, cinnamon and nutmeg. Set aside.
7. Remove dough from freezer, separate into two equal parts. Roll each half out between two pieces of wax paper into a large rectangle, keeping the dough 1/2 inch thick. Spread each rectangle with half of the date mixture and then sprinkle with half of the walnut mixture. Remove the top wax paper and use the bottom wax paper to assist you in rolling the dough up. Place each roll in the freezer for 5-10 minutes.
8. Remove rolls from freezer and cut into 1 inch slices. Place each roll on prepared greased cookie sheets. Bake for 15-20 minutes, until golden.
9. Allow to cool for 5 minutes before transferring to wire rack

Chocolate Donut with Pink Frosting

Prep: 15 minutes **Bake:** 15 minutes **Oven:** 350 **Makes:** 6 donuts

One ½ donut serving equals:

200 calories, 18g fat, 49mg sodium, 6g carbohydrate, 2g fiber, and 4g protein



There's something *so* fun and satisfying about taking something that's *supposed* to be unhealthy and turning it into a wholesome snack. It's especially awesome when it turns out looking and tasting just as mouthwatering as the traditional version!

For the Donuts:

- 1 1/4 cup blanched almond flour
- 1/4 teaspoon baking soda
- 1/4 cup unsweetened cocoa powder
- 3 Tablespoons pure maple syrup, grade B
- 1/4 teaspoon almond extract
- 1/2 teaspoon vanilla extract
- 2 Tablespoons coconut oil, melted
- 1 teaspoon apple cider vinegar
- 2 eggs, at room temperature, whites and yolks separated

1. Preheat oven to 350 degrees F. Generously grease your 6-mold donut pan with coconut oil.
2. Combine the dry ingredients in a medium bowl. In another medium bowl combine all of the wet ingredients except egg whites.

3. Mix the wet with dry and set aside.
4. Beat the egg whites until firm peaks form. Gently fold the egg whites into the batter.
5. Equally distribute the batter between the 6 donut molds. Smooth out the tops of each donut. Bake for 12-15 minutes until lightly golden.
6. Allow the donuts to cool, remove from pan and then chill in the fridge for half an hour.

For the Frosting:

- 1/2 cup coconut oil, softened
- 1/4 teaspoon vanilla extract
- 1/8 teaspoon almond extract
- pinch of sea salt
- 2-3 teaspoons beet juice *To make: Slice one beet, cover with water in saucepan and boil for 10 minutes. Remove beet slices, and use the juice.
- powdered stevia to taste

1. Whisk together the softened coconut oil, extracts, salt and beet juice. Add powdered stevia for sweetness. If the consistency is too runny then briefly chill until a creamy, pink consistency is reached. If the frosting is too solid, then place the bowl of frosting in a larger bowl of hot water, being careful to not get water into the frosting, mix until a creamy consistency is reached.
2. Use a flat knife to spread the frosting on chilled donuts.

Chocolate Glazed Donut

Prep: 15 minutes **Bake:** 15 minutes **Oven:** 350 **Makes:** 6 donuts

One ½ donut serving equals:

203 calories, 19g fat, 32mg sodium, 8g carbohydrate, 3g fiber, and 5g protein



This is my favorite Real Healthy donut variation. Chocolate? Yes, please.

For the Donuts:

- 1 1/4 cup blanched almond flour
- 1/4 teaspoon baking soda
- 3 Tablespoons pure maple syrup, grade B
- 1/4 teaspoon almond extract
- 1/2 teaspoon vanilla extract
- 2 Tablespoons coconut oil, melted
- 1 teaspoon apple cider vinegar
- 2 eggs, at room temperature, whites and yolks separated

1. Preheat oven to 350 degrees F. Generously grease your 6-mold donut pan with coconut oil.
2. Combine the dry ingredients in a medium bowl. In another medium bowl combine all of the wet ingredients except egg whites.
3. Mix the wet with dry and set aside.
4. Beat the egg whites until firm peaks form. Gently fold the egg whites into the batter.

5. Equally distribute the batter between the 6 donut molds. Smooth out the tops of each donut. Bake for 12-15 minutes until lightly golden.
6. Allow the donuts to cool, remove from pan and then chill in the fridge for half an hour.

For the glaze:

- 1/2 cup very dark chocolate (73% cocoa)
- 1/4 cup unsweetened chocolate
- 2 Tablespoons coconut oil

1. Fill a medium skillet with a few inches of water and place over medium-low heat. Place the glaze ingredients in a small saucepan and put the saucepan inside the skillet. Gently mix the ingredients until fully melted.
2. Pour the melted chocolate into a shallow bowl. Dip each chilled donut in the chocolate, then immediately chill for 30 minutes until the glaze hardens.

Apple Fritter Donut

Prep: 20 minutes **Bake:** 15 minutes **Oven:** 350 **Makes:** 6 donuts

One ½ donut serving equals:

145 calories, 10g fat, 32mg sodium, 8g carbohydrate, 2g fiber, and 4g protein



When I was little I loved apple fritters. The gooey, sticky, apple-y doughnut was my favorite thing to eat on Saturday mornings. Now I make this wholesome version whenever a craving hits!

For the Donuts:

- 1 1/4 cup blanched almond flour
- 1/4 teaspoon baking soda
- ½ teaspoon ground cinnamon
- 3 Tablespoons pure maple syrup, grade B
- 1/4 teaspoon almond extract
- 1/2 teaspoon vanilla extract
- ¼ teaspoon maple extract
- 2 Tablespoons coconut oil, melted
- 1 teaspoon apple cider vinegar
- 2 eggs, at room temperature, whites and yolks separated

Apple Fritter ingredients:

- 1 Tablespoon coconut oil
- 1 small, organic apple, finely chopped
- 1 Tablespoon maple syrup, grade B
- 1 teaspoon ground cinnamon
- 2 Tablespoons pecans, finely chopped
- 2 Tablespoons golden raisins

1. Preheat oven to 350 degrees F. Generously grease your 6-mold donut pan with coconut oil.
2. Combine the dry ingredients in a medium bowl. In another medium bowl combine all of the wet ingredients except egg whites.
3. Mix the wet with dry and set aside.
4. In a small skillet, heat the coconut oil over medium. Add the finely chopped apple and cook, stirring often until very soft, about 5 minutes. Add the syrup, cinnamon, pecans and raisins. Continue to cook for another 2 minutes. Remove from heat and allow to cool.
5. Mixing the cooled apple fritter ingredients to the dough.
6. Beat the egg whites until firm peaks form. Gently fold the egg whites into the batter.
7. Equally distribute the batter between the 6 donut molds. Smooth out the tops of each donut. Bake for 12-15 minutes until lightly golden.
8. Allow the donuts to cool, remove from pan and then chill in the fridge for half an hour.

Powdered Donut

Prep: 15 minutes **Bake:** 15 minutes **Oven:** 350 **Makes:** 6 donuts

One ½ donut serving equals:

145 calories, 12g fat, 32mg sodium, 5g carbohydrate, 2g fiber, and 4g protein



Wholesome, unsweetened coconut flakes make these healthy donuts look powdered – yum!

For the Donuts:

- 1 1/4 cup blanched almond flour
- 1/4 teaspoon baking soda
- 3 Tablespoons pure maple syrup, grade B
- 1/4 teaspoon almond extract
- 1/2 teaspoon vanilla extract
- 2 Tablespoons coconut oil, melted
- 1 teaspoon apple cider vinegar
- 2 eggs, at room temperature, whites and yolks separated

Powdered Donut ingredients:

- 2 Tablespoons coconut oil, melted
- 1/4 cup unsweetened, shredded coconut

1. Preheat oven to 350 degrees F. Generously grease your 6-mold donut pan with coconut oil.

2. Combine the dry ingredients in a medium bowl. In another medium bowl combine all of the wet ingredients except egg whites.
3. Mix the wet with dry and set aside.
4. Beat the egg whites until firm peaks form. Gently fold the egg whites into the batter.
5. Equally distribute the batter between the 6 donut molds. Smooth out the tops of each donut. Bake for 12-15 minutes until lightly golden.
6. Allow the donuts to cool, remove from pan and then chill in the fridge for half an hour.
7. Drizzle the coconut oil over chilled donuts and immediately dip into the shredded coconut.
8. Place in the fridge for 10 minutes to solidify the coconut flakes to the donut.

Plain Bagel

Prep: 15 minutes **Bake:** 25 minutes **Oven:** 350 **Makes:** 6 bagels

One ½ bagel serving equals:

157 calories, 10g fat, 128mg sodium, 8g carbohydrate, 3g fiber, and 7g protein



Since you're working hard on eating healthy – avoiding gluten, grains and cane sugar – then give this recipe a try when you're craving a big fluffy bagel. Enjoy!

Here's what you need:

- ¼ cup warm water
- 1 Tablespoon raw honey
- 1 packet dry active yeast
- 1 ½ cups blanched almond flour
- ½ cup golden flax meal
- 1 Tablespoon coconut flour
- 1 teaspoon baking soda
- ¼ teaspoon sea salt
- 5 large eggs
- 2 Tablespoons apple cider vinegar
- 1 Tablespoon poppy seeds

1. In a small bowl, combine the warm water, honey and yeast. Mix carefully with a fork. Set aside for 5 minutes, until foamy.
2. Preheat the oven to 350 degrees F. Generously grease a donut pan with coconut oil.

3. In a food processor, combine the almond flour, flax meal, coconut flour, baking soda and salt. Add the eggs, vinegar and yeast mixture, and mix until thoroughly combined.
4. Transfer the batter into the prepared donut pan, using your fingers to smooth out the bagel tops. Sprinkle with poppy seeds and bake for 20-25 minutes, until golden. Cool in the pan for about an hour before eating. If the holes filled in during baking then use a knife to carefully remove that piece, leaving the traditional bagel hole. Enjoy!

Cinnamon Raisin Bagel

Prep: 25 minutes **Bake:** 25 minutes **Oven:** 350 **Makes:** 6 bagels

One ½ bagel serving equals:

186 calories, 11g fat, 134mg sodium, 15g carbohydrate, 3g fiber, and 7g protein



These cinnamon bagels are my favorite...so yum.

Here's what you need:

- ¼ cup warm water
- 1 Tablespoon raw honey
- 1 packet dry active yeast
- 1 ½ cups blanched almond flour
- ½ cup golden flax meal
- 1 Tablespoon coconut flour
- 1 Tablespoon ground cinnamon
- 1 teaspoon baking soda
- ¼ teaspoon sea salt
- 5 large eggs
- 2 Tablespoons apple cider vinegar
- ½ cup raisins
- ¼ cup coconut crystals

1. In a small bowl, combine the warm water, honey and yeast. Mix carefully with a fork. Set aside for 5 minutes, until foamy.
2. Preheat the oven to 350 degrees F. Generously grease a donut pan with coconut oil.
3. In a food processor, combine the almond flour, flax meal, coconut flour, cinnamon, coconut crystals, baking soda and salt. Add the eggs, vinegar and yeast mixture, and

mix until thoroughly combined. Remove the food processor blade and use a large spoon to fold in the raisins.

4. Transfer the batter into the prepared donut pan, using your fingers to smooth out the bagel tops. Bake for 20-25 minutes, until golden. Cool in the pan for about an hour before eating. If the holes filled in during baking then use a knife to carefully remove that piece, leaving the traditional bagel hole. Enjoy!

Breakfast Sausage

Prep: 15 minutes **Bake:** 25 minutes **Oven:** 350 **Makes:** 8 servings

One serving equals:

95 calories, 5g fat, 235mg sodium, 1g carbohydrate, 0g fiber, and 11g protein



This easy to make sausage has real, authentic sausage flavor, without the chemicals and preservatives of store-bought sausage.

Here's what you need:

- 1 pound ground turkey
- 1 teaspoon dried, ground sage
- 1 Tablespoon fresh rosemary, minced
- 1 Tablespoon coconut crystals
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- pinch of allspice
- pinch of smoked paprika
- 1 Tablespoon olive oil

1. In a large bowl, combine the turkey, sage, rosemary, coconut crystals, salt, pepper, allspice and paprika. Use your hands to really mix it up well. Form 8 patties with your hands, flattening the tops and bottoms.
2. Place the olive oil in a large skillet over medium-high heat. Cook the patties for about 5 minutes each side, until golden and crispy. Enjoy!

Perfect Baked Bacon

Prep: 5 minutes **Bake:** 20 minutes **Oven:** 400



This recipe makes bacon-making clean and easy. No more hovering over a hot skillet as bacon grease splatters all over!

Here's what you need:

- Uncooked bacon

1. Preheat the oven to 400 degrees F.
2. Line a rimmed baking sheet with foil, then place a wire cooling rack on top. Arrange the uncooked bacon strips in a single layer on the rack.
3. Bake for about 20 minutes, until golden and crispy. Serve warm.

Caveman Granola

Prep: 15 minutes **Bake:** 20 minutes **Oven:** 300 **Makes:** 12 servings

One serving equals:

210 calories, 18g fat, 2mg sodium, 10g carbohydrate, 4g fiber, and 4g protein



Most quick breakfast foods are nothing more than grains and dairy – two things that will weigh you down rather than give you the energy you need.

The solution?

Make enough Caveman granola to last all week, and simply grab it, douse it in coconut milk and sprinkle on some fresh fruit. Now that's a quick, energy-boosting breakfast that will get your day started right.

Here's what you need:

- 3 Tablespoons coconut oil, melted
- 3 Tablespoons raw honey, melted
- 1 Tablespoon vanilla extract
- 1/4 teaspoon almond extract
- 1 cup unsweetened coconut flakes
- 1 cup sliced almonds
- 1 cup pecans, chopped
- 2 Tablespoons flax seeds, ground
- 2 Tablespoons chia seeds, ground (optional)
- 2 teaspoons cinnamon, ground
- 1 teaspoon nutmeg, ground

1. Preheat oven to 300 degrees F. Lightly grease baking sheet with coconut oil.

2. Melt the coconut oil and honey together over low heat. Remove from heat. Mix in the vanilla and almond extracts.
3. In a large bowl combine all of the remaining ingredients, then mix in the coconut oil mixture until evenly coated.
4. Spread granola over prepared pan. Bake for 10 minutes, stir, and then bake for another 10 minutes or until golden brown.

Chocolate Spiced Granola

Prep: 15 minutes **Bake:** 20 minutes **Oven:** 300 **Makes:** 24 servings

One serving equals:

162 calories, 14g fat, 40mg sodium, 14g carbohydrate, 2g fiber, and 4g protein



Chocolate is perfect any time of the day – especially when it comes in such a wholesome package.

Here's what you need:

- 3 Tablespoons coconut oil, melted
- 3 Tablespoons raw honey, melted
- 1 Tablespoon vanilla extract
- 1/2 teaspoon almond extract
- 1 cup unsweetened coconut flakes
- 1 cup walnuts, chopped
- 1 cup pecans, chopped
- 1/2 cup sprouted pumpkin seeds
- 1/2 cup macadamia nuts, chopped
- 1/4 cup unsweetened cocoa powder
- 2 Tablespoons flax seeds, ground
- 2 Tablespoons chia seeds, ground (optional)
- 2 teaspoons cinnamon, ground
- 1 teaspoon nutmeg, ground

1. Preheat oven to 300 degrees F. Lightly grease baking sheet with coconut oil.
2. Melt the coconut oil and honey together over low heat. Remove from heat. Mix in the vanilla and almond extracts.

3. In a large bowl combine all of the remaining ingredients, then mix in the coconut oil mixture until evenly coated.
4. Spread granola over prepared pan. Bake for 10 minutes, stir, and then bake for another 10 minutes or until golden brown

Grain-Free Hot Cereal

Prep: 15 minutes **Cook:** 10 minutes **Makes:** 4 servings

One serving equals:

238 calories, 19g fat, 102mg sodium, 13g carbohydrate, 7g fiber, and 8g protein



Made with a creamy purée of nuts, seeds and coconut this warm cereal tastes amazing topped with a sprinkle of coconut crystals, cinnamon, fresh fruit and raisins.

Here's what you need:

- ¼ cup raw pumpkin seeds
- ¼ cup walnuts
- ¼ cup unsweetened, shredded coconut
- ½ cup flax meal
- 1 Tablespoon chia seeds
- 2 Tablespoons coconut crystals
- 1 teaspoon ground cinnamon
- ¼ teaspoon sea salt
- 2 cups boiling water

1. In a high-speed blender, combine the pumpkin seeds, walnuts, coconut, flax, chia seeds, coconut crystals, cinnamon and salt. Blend until smooth.
2. Slowly add the boiling water to the mixture, blending until smooth.
3. Transfer the mixture to a saucepan and place over low heat for 10 minutes, stirring often. Garnish with chopped apples, raisins, sliced almonds and a sprinkle of cinnamon and coconut crystals. It's also delicious with a splash of coconut milk. Enjoy

Strawberry-Blueberry Breakfast Bars

Prep: 15 minutes **Cook:** dehydrate 24 hours **Makes:** 18 servings

One serving equals:

191 calories, 14g fat, 2mg sodium, 14g carbohydrate, 5g fiber, and 5g protein



These bars are awesome. They are perfect for a quick snack or breakfast. My kids love them so much that one batch doesn't last more than a week!

Here's what you need:

- 1 cup raw walnuts
- 1 cup raw pecans
- 1 cup raw almonds
- 1 cup fresh blueberries
- 1 cup fresh strawberries
- 1 cup golden flax meal
- 1/2 cup golden raisins
- 1/2 cup dried cranberries
- 2 Tablespoons raw sesame seeds

1. In a food processor grind the walnuts, pecans and almonds. Pour into a large mixing bowl.
2. In a blender, combine the blueberries, strawberries and flax meal. Pour over the nut mixture, add the remaining ingredients and mix until fully combined.
3. Spread the mixture over a lined dehydrator tray in a large square or rectangle. Try to keep in about 1 inch thickness. Dehydrate at 100 degrees for 12 hours, then flip the entire sheet over and dehydrate for another 12 hours.
4. Slice into granola bar sized pieces and store in an airtight container

Real Healthy Granola Bars

Prep: 15 minutes **Bake:** 35 minutes **Oven:** 325 **Cool:** 25 minutes **Makes:** 20 servings

One serving equals:

171 calories, 14g fat, 2mg sodium, 9g carbohydrate, 2g fiber, and 4g protein



Yay! Here's a wholesome version of the packaged-and-pumped-full-of-sugar-and-gluten granola bars that the kids love!

Here's what you need:

- 2 Tablespoons ground flax meal
- 3 Tablespoons filtered water
- 1/3 cup coconut oil, melted
- 1/4 cup pure maple syrup, grade b
- 1/2 cup almond butter (no sugar added)
- 1/4 teaspoon almond extract
- 1/2 cup raw pumpkin seeds
- 1/2 cup roasted, salted sunflower seeds
- 1/2 cup sliced almonds
- 1/2 cup mini dairy-free, soy-free chocolate chips
- 1/2 cup unsweetened, shredded coconut

1. Preheat oven to 325 degrees F. Line the bottom of a 8×8 inch pan with parchment paper, and coat with coconut oil. Set aside.

2. In a small cup combine the flax meal and water. Whisk with a fork and set aside to thicken.
3. In a small saucepan, over low heat, combine the coconut oil, maple syrup, almond butter and almond extract. Stir occasionally and remove from heat when melted. Allow to cool, about 10 minutes.
4. Add the thickened flax meal to the saucepan and mix to combine.
5. In a medium bowl, combine the seeds, nuts, coconut and chocolate chips. Pour the almond butter mixture in and mix well. Press the mixture into the prepared pan.
6. Bake for 25-35 minutes, until golden and bubbly. Remove from oven and allow to cool in the pan for 15 minutes.
7. Once cooled, loosen the sides with a knife, then invert onto a cutting board. Remove the parchment paper by peeling off carefully. Place the entire cutting board into the fridge for 15 minutes – this is an important step that will ensure that your bars harden completely and do not crumble. After 15 minutes, remove from fridge and cut into 20 bars. Store in an airtight container in the fridge.

Go on and dive into the rest of the books in my Family Friendly Fat Burning Meals Program...



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Happy Cooking :)

Diana Keulian