





Savoury Pesto Oatmeal Bowl

2 servings

20 minutes

Ingredients

2 Egg
 2 cups Kale Leaves
 1/2 cup Basil Leaves
 2 tbsps Sunflower Seeds
 1 Garlic (clove)
 2 tbsps Extra Virgin Olive Oil
 1 Lemon (juiced)
 Sea Salt & Black Pepper (to taste)
 1 1/2 cups Oats (rolled)
 3 cups Organic Vegetable Broth
 1/2 Avocado (sliced)
 1 tbsp Chia Seeds

Directions

- 1 Hard boil the eggs then put them in a bowl of ice water to cool.
- 2 Make the pesto by combining the kale, basil, sunflower seeds, garlic, olive oil, lemon juice, salt and pepper in a food processor. Process until smooth, and set aside.
- 3 In a small saucepan, combine the oats and vegetable broth. Place on high heat and bring to a boil. Once boiling, reduce to a simmer. Stir and cook until thickened. (Note: If your broth is low sodium, add extra salt to the oats to taste.)
- 4 Divide the oatmeal between bowls and top with avocado and pesto.
- 5 Peel the eggs, slice in half and add them to the bowls. Sprinkle with chia seeds. Enjoy!



Sweet Potato & Egg Hash

2 servings

25 minutes

Ingredients

- 1 tsp Coconut Oil
- 1 Sweet Potato (medium, diced)
- 1/2 tsp Smoked Paprika
- 1 Red Bell Pepper (diced)
- 2 cups Kale Leaves (chopped and packed)
- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 1 Avocado (sliced)
- 1 stalk Green Onion (sliced)

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Heat a cast iron pan over medium heat and add oil. Once melted, add the diced sweet potato. Cook for about 4 minutes undisturbed. Once browned, flip them around and continue cooking for 5 more minutes.
- 3 Add the smoked paprika and diced pepper and cook for another 2 minutes. Then add the chopped kale and cook until just wilted. Remove the pan from the heat.
- 4 Make two spaces in the hash mix and crack eggs into each space. Season with sea salt and pepper and place in the oven to bake for 6 to 8 minutes, or until eggs are cooked to your preference.
- 5 Remove from the oven and garnish with avocado and green onion. Divide onto plates and enjoy!



Kale & Red Pepper Frittata

4 servings

30 minutes

Ingredients

8 Egg
1/2 cup Unsweetened Almond Milk
1/2 tsp Sea Salt
1/2 tsp Black Pepper
1 tbsp Extra Virgin Olive Oil
2 cups Kale Leaves (chopped)
1 Red Bell Pepper (chopped)
1 cup Cherry Tomatoes (halved)

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Whisk the eggs, almond milk, salt and pepper together in a mixing bowl. Set aside.
- 3 Heat the oil in a cast iron skillet over medium heat. Add the kale, pepper, and tomatoes. Cook for 5 to 7 minutes, or until the kale is wilted and peppers are tender.
- 4 Pour the whisked eggs into the pan with the vegetables and let the eggs begin to set for about 30 seconds, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven and bake for 12 to 15 minutes, or until the eggs have set.
- 5 Remove the skillet from the oven and let sit for about 5 minutes before cutting into wedges. Serve and enjoy!



One Pan Breakfast Hash

2 servings

40 minutes

Ingredients

4 cups Brussels Sprouts (halved)
1/2 cup Red Onion (chopped)
1 tsp Avocado Oil
Sea Salt & Black Pepper (to taste)
5 slices Organic Bacon (chopped)
4 Egg

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Add the brussels sprouts and onion to the baking sheet. Drizzle with avocado oil, sea salt, and pepper. Add the chopped bacon on top and place in the oven for 15 minutes. Remove from the oven, stir and bake for 10 minutes more.
- 3 Remove the sheet from the oven and use a spoon to push ingredients aside to make divots for the eggs. Carefully crack the eggs into the divots. Bake for 6 to 8 minutes, or until the eggs are cooked to your liking. Divide between plates and enjoy!