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Prepared by [Lisa](#)

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# Blood Sugar Stabilizing Breakfasts



## Banana Chocolate Chip Pancakes

Prep	Cook	Ready in	Servings
5 min	5 min	10 min	5

### Ingredients

1/2 tsp	Baking soda
1/2 cup mashed	Banana
1 cup	Cashew nuts, raw (raw)
1 tbsp	Coconut oil
1/4 cup	Dark chocolate chips
2 large egg	Egg
1 tbsp	Vanilla extract, pure

### Instructions

In a food processor , pulse cashews until finely ground.

Pulse in baking soda, then pulse in eggs, banana, and vanilla until very smooth.

Stir in chocolate chips by hand.

Heat oil in skillet over medium heat.

Spoon batter 1 tablespoon at a time onto skillet.

Flip pancakes when bubbles form. Cook for about a minute on second side.

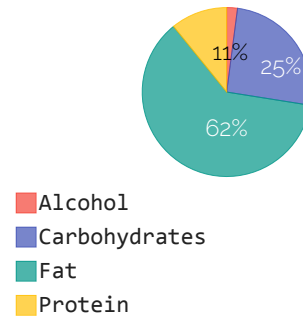
Serve with maple syrup or Cherry Berry Syrup.

Nutrition Facts	
Per Portion	
<b>Calories</b>	309
Calories from fat	190
Calories from saturated fat	70
<b>Total Fat</b>	21.1 g
Saturated Fat	7.8 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.6 g
Monounsaturated Fat	8.7 g
<b>Cholesterol</b>	77 mg
<b>Sodium</b>	161 mg
<b>Potassium</b>	365 mg
<b>Total Carbohydrate</b>	19.6 g
Dietary Fiber	2.5 g
Sugars	7.6 g
<b>Protein</b>	8.4 g

### Dietary servings Per Portion

Fruit	0.2
Meat Alternative	1.1

### Energy sources



Recipe from: [Elana's Pantry](#)



## Banana Nut Porridge

Prep	Cook	Ready in	Servings
5 min	5 min	10 min	3

### Ingredients

1/4 cup whole	Almonds, raw
1 large	Banana
1/2 cup	Blueberries
1/2 tsp	Cinnamon
1/4 cup	Coconut flakes
3/4 cup	Coconut milk
1/2 tsp	Nutmeg, ground
1/4 cup	Pecans

### Instructions

Place the almonds, pecans and shredded coconut in a high-powered blender. Blend until finely chopped, or until the batch's texture resembles that of almond meal. Remove from the blender, place in a small bowl and set aside.

Place the banana, coconut milk, cinnamon and nutmeg in the blender. Blend until well combined.

Remove the blender lid and add the dry mix of almonds, pecans and shredded coconut. Blend until well combined. Remove the blender lid once more and add the blueberries, blending for 3–5 seconds or until the blueberries are lightly chopped.

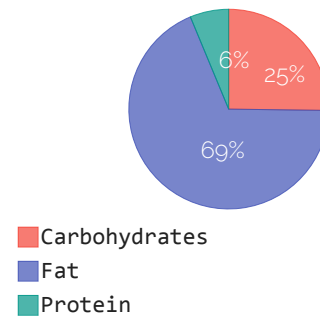
Transfer to a saucepan and warm for 3–5 minutes over low-medium heat.

Nutrition Facts	
Per Portion	
<b>Calories</b>	366
Calories from fat	251
Calories from saturated fat	128
<b>Total Fat</b>	27.8 g
Saturated Fat	14.2 g
Trans Fat	0
Polyunsaturated Fat	3.7 g
Monounsaturated Fat	8.5 g
<b>Cholesterol</b>	0
<b>Sodium</b>	29.7 mg
<b>Potassium</b>	462 mg
<b>Total Carbohydrate</b>	23.0 g
Dietary Fiber	4.5 g
Sugars	11.3 g
<b>Protein</b>	5.7 g

## Dietary servings Per Portion

Fruit	0.7
Meat Alternative	0.6

## Energy sources



Recipe from: [Holly Marshall, Paleo Magazine](#)



## Banana and Chia Pancakes

Prep	Cook	Ready in	Servings
5 min	3 min	8 min	1

### Ingredients

1 medium	Banana
2 tsp	Chia seeds, ground
1 tsp	Coconut oil
1 medium egg	Egg

### Instructions

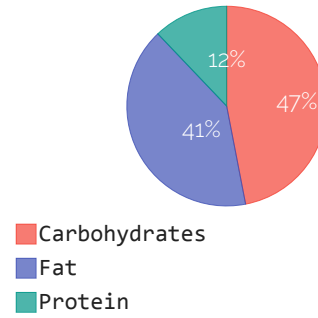
Combine ingredients in a bowl until smooth. Heat oil in a frying pan. Spoon batter onto pan into small-sized pancakes. Serve with berries and a touch of maple syrup.

Nutrition Facts	
Per Portion	
<b>Calories</b>	260
Calories from fat	107
Calories from saturated fat	52
<b>Total Fat</b>	11.8 g
Saturated Fat	5.8 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.5 g
Monounsaturated Fat	2.4 g
<b>Cholesterol</b>	170 mg
<b>Sodium</b>	61 mg
<b>Potassium</b>	487 mg
<b>Total Carbohydrate</b>	31 g
Dietary Fiber	4.8 g
Sugars	14.8 g
<b>Protein</b>	7.9 g

### Dietary servings Per Portion

Fruit 1  
Meat Alternative 0.7

### Energy sources



Recipe from: The Nourished Detox



## Messy Breakfast Bowl

Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1

### Ingredients

1/4 cup	Blueberries
1 tsp	Cacao nibs, raw, Sunfoods
1 tbsp	Coconut, shredded, unsweetened
1 tsp	Dried goji berries
1/4 cup	Granola
1 tsp hulled	Hemp seeds, shelled
1 tsp	Pumpkin seeds
3/4 cup	Yoso Vanilla Coconut Yogurt

### Instructions

Add yogurt to a bowl and top with granola, berries, cacao nibs, coconut, pumpkin seeds and hemp hearts.

Serve and enjoy!

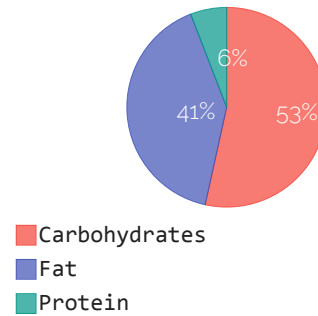


Nutrition Facts	
Per Portion	
<b>Calories</b>	467
Calories from fat	190
Calories from saturated fat	110
<b>Total Fat</b>	21.1 g
Saturated Fat	12.2 g
Trans Fat	0
Polyunsaturated Fat	1.9 g
Monounsaturated Fat	1.7 g
<b>Cholesterol</b>	0
<b>Sodium</b>	45 mg
<b>Potassium</b>	116 mg
<b>Total Carbohydrate</b>	62 g
Dietary Fiber	15.1 g
Sugars	28.7 g
<b>Protein</b>	6.9 g

### Dietary servings Per Portion

Fruit	5.5
Grain	0.1
Meat Alternative	0.2

### Energy sources



Recipe from: [Rachel Schwartzman, ND](#)



## Mango Chia Seed Breakfast Bowl

Prep	Cook	Ready in	Servings
15 min	0 min	15 min	1

### Ingredients

1 cup	Hemp milk
3 tbsp	Chia seeds, ground
1 tbsp	Hemp protein powder (or protein of choice)
2 tbsp	Coconut, shredded, unsweetened
1 mango	Mango (diced)
2 tbsp	Goji berries
1/4 tsp	Cinnamon

### Instructions

Mix all ingredients in a 500ml glass jar, let sit in the fridge overnight.

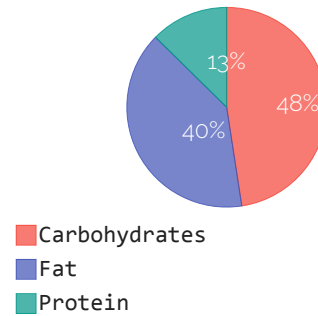
Give a good stir in the morning and enjoy!

Nutrition Facts	
Per Portion	
<b>Calories</b>	550
Calories from fat	219
Calories from saturated fat	41
<b>Total Fat</b>	24.3 g
Saturated Fat	4.6 g
Trans Fat	0
Polyunsaturated Fat	7.7 g
Monounsaturated Fat	1.0 g
<b>Cholesterol</b>	0
<b>Sodium</b>	39 mg
<b>Potassium</b>	411 mg
<b>Total Carbohydrate</b>	65 g
Dietary Fiber	21.6 g
Sugars	35 g
<b>Protein</b>	17.4 g

### Dietary servings Per Portion

Fruit	42
Meat Alternative	1.3
Milk Alternative	7.6

### Energy sources



Recipe from: [Lesley Black, Lesley Loves Food](#)



## Scrambled Egg Wrap

Prep	Cook	Ready in	Servings
5 min	5 min	10 min	1

## Ingredients

2 medium egg	Egg (organic, free-run)
1 tbsp	Almond milk, unsweetened
1 medium tortilla(s)	Tortilla, gluten-free
1/2 medium pepper(s)	Red bell pepper
1 pinch	Salt
1 dash	Black pepper
1 tbsp	Extra virgin olive oil

## Instructions

In a bowl, crack the eggs and add the almond milk, salt and pepper.

Add olive oil, grass fed butter or coconut oil to pan.

Once heated, add egg mixture. As it starts to cook, add the pepper

Add to wrap and serve with homemade ketchup. You can cut the wrap into 4 wraps.

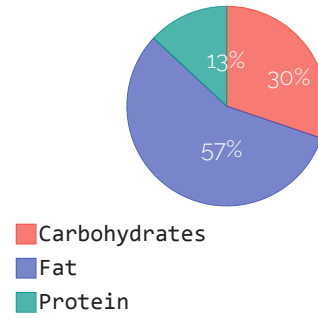
Enjoy!

Nutrition Facts	
Per Portion	
<b>Calories</b>	387
Calories from fat	220
Calories from saturated fat	43
<b>Total Fat</b>	24.4 g
Saturated Fat	4.7 g
Trans Fat	0.1 g
Polyunsaturated Fat	2.9 g
Monounsaturated Fat	14.0 g
<b>Cholesterol</b>	339 mg
<b>Sodium</b>	579 mg
<b>Potassium</b>	250 mg
<b>Total Carbohydrate</b>	29.2 g
Dietary Fiber	2.1 g
Sugars	3.2 g
<b>Protein</b>	12.7 g

### Dietary servings Per Portion

Meat Alternative 1  
Vegetables 0.8

### Energy sources



Recipe from: [Danielle Binns](#)



## No-Bake Superfood Breakfast Cookies

Prep	Cook	Ready in	Servings
15 min	0 min	15 min	12

### Ingredients

2 medium	Banana
1 tsp	Maple syrup
1 tbsp	Coconut sugar
1 tbsp	Almond flour/meal, Bob's Red Mill (or flour of choice)
2 tbsp	Cocoa powder, unsweetened
1 tbsp	Chia seeds, ground
1 tbsp hulled	Hemp seeds, shelled
1 tbsp	Cacao nibs, raw, Sunfoods
1 tbsp	Dried goji berries
2 tbsp	Dark chocolate chips, vegan
1 tbsp	Coconut oil

# Instructions

Mash bananas in a bowl with a fork; add maple syrup and set aside.

In a separate bowl, combine oats, cacao, nibs, chia seeds, hemp seeds, and goji berries.

Stir dry ingredients in with the banana mixture until everything is combined.

Spoon out mixture onto a baking sheet and then use a spoon or spatula to flatten them out a bit more like cookies.

Place in freezer for 15 minutes or until cookies hold shape.

Serve immediately or store in freezer and allow a few minutes to thaw before serving\*

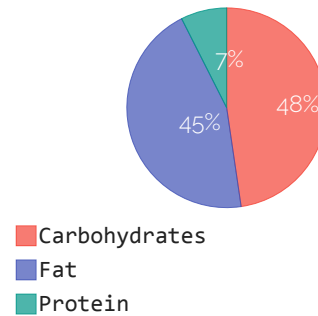
Enjoy!

Nutrition Facts	
Per Portion	
<b>Calories</b>	77
Calories from fat	35
Calories from saturated fat	18.5
<b>Total Fat</b>	3.8 g
Saturated Fat	2.1 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.3 g
Monounsaturated Fat	0.1 g
<b>Cholesterol</b>	0
<b>Sodium</b>	0.8 mg
<b>Potassium</b>	87 mg
<b>Total Carbohydrate</b>	9.2 g
Dietary Fiber	1.7 g
Sugars	5.1 g
<b>Protein</b>	1.4 g

## Dietary servings Per Portion

Fruit 1.4

## Energy sources



Recipe from: [The Almond Eater](#)



## Prebiotic Chocolate Banana Dessert Smoothie

Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1

### Ingredients

3/4 cup	Whole milk 3.3% (organic)
57 gm	Dark chocolate (chopped)
1/2 medium	Banana (very ripe)
2 strawberry	Frozen strawberry
2 tbsp	Kefir
2 date(s)	Dates
1 tsp	Chia seeds, ground

### Instructions

Place all the ingredients in a high-powered blender, capable of breaking down the chocolate. If you do not have a blender that can do this, then melt the chocolate in a double boiler first.

Blend all ingredients until smooth.

Enjoy!

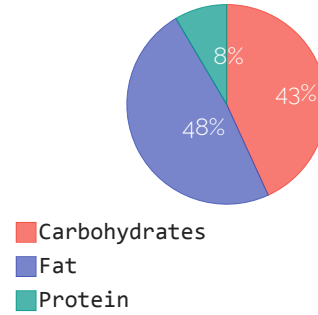


Nutrition Facts	
Per Portion	
<b>Calories</b>	606
Calories from fat	293
Calories from saturated fat	172
<b>Total Fat</b>	33 g
Saturated Fat	19.2 g
Trans Fat	0.4 g
Polyunsaturated Fat	1.9 g
Monounsaturated Fat	9.8 g
<b>Cholesterol</b>	24.2 mg
<b>Sodium</b>	104 mg
<b>Potassium</b>	1045 mg
<b>Total Carbohydrate</b>	65 g
Dietary Fiber	10.2 g
Sugars	43 g
<b>Protein</b>	12.9 g

### Dietary servings Per Portion

Fruit	1.1
Meat Alternative	0.1
Milk	0.7
Milk Alternative	0.2

### Energy sources



Recipe from: [Kristen Jakobitz Health Coaching](#)



## Sweet Potato Toast with Avocado

Prep	Cook	Ready in	Servings
10 min	5 min	15 min	1

### Ingredients

1/2 avocado(s)	Avocado
1/2 tsp	Lemon peel (zest)
1 pinch	Salt and pepper
1/4 small potato	Sweet potato

### Instructions

Slice sweet potatoes lengthwise into 1/4 inch slices. Add to the toaster like you would bread and toast on high. It may take 2 rounds to get it cooked with a little bit a browning on both sides.

Remove skin from avocado and slice. Add to toast and sprinkle with salt, pepper and some lemon zest.

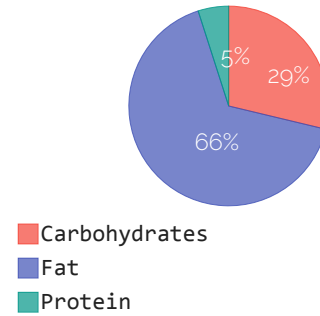
Enjoy!

Nutrition Facts	
Per Portion	
<b>Calories</b>	200
Calories from fat	133
Calories from saturated fat	19.4
<b>Total Fat</b>	14.8 g
Saturated Fat	2.2 g
Trans Fat	0
Polyunsaturated Fat	1.8 g
Monounsaturated Fat	9.9 g
<b>Cholesterol</b>	0
<b>Sodium</b>	100 mg
<b>Potassium</b>	584 mg
<b>Total Carbohydrate</b>	14.4 g
Dietary Fiber	7.7 g
Sugars	1.9 g
<b>Protein</b>	2.5 g

Dietary servings  
Per Portion

Vegetables 1.4

Energy sources



Recipe from: [Little Bits of Real Food & Real Talk](#)



## Sweet Potato Toast with Almond Butter & Banana

Prep	Cook	Ready in	Servings
5 min	5 min	10 min	1

### Ingredients

1/4 small potato	Sweet potato
2 tbsp	Almond butter
1/2 medium	Banana (sliced)
1/4 tsp	Cinnamon

### Instructions

Slice sweet potatoes lengthwise into 1/4 inch slices. Add to the toaster like you would bread and toast on high. It may take 2 rounds to get it cooked with a little bit a browning on both sides.

Spread some almond butter on toast and add sliced banana and a bit of cinnamon.

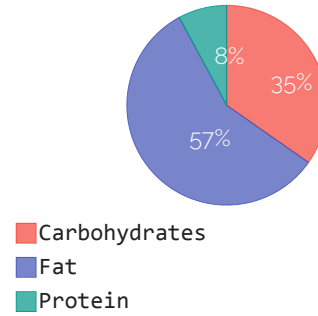
Enjoy!

Nutrition Facts	
Per Portion	
<b>Calories</b>	304
Calories from fat	174
Calories from saturated fat	17.0
<b>Total Fat</b>	19.4 g
Saturated Fat	1.9 g
Trans Fat	0
Polyunsaturated Fat	4.1 g
Monounsaturated Fat	12.5 g
<b>Cholesterol</b>	0
<b>Sodium</b>	19.3 mg
<b>Potassium</b>	552 mg
<b>Total Carbohydrate</b>	26.4 g
Dietary Fiber	3.4 g
Sugars	8.4 g
<b>Protein</b>	6.0 g

### Dietary servings Per Portion

Fruit	0.5
Meat Alternative	1.0
Vegetables	0.4

### Energy sources



Recipe from: [Little Bits of Real Food & Real Talk](#)



## Curried Tofu Scramble

Prep	Cook	Ready in	Servings
5 min	10 min	15 min	2

### Ingredients

- 1 bag(s) Baby spinach (washed)
- 1 tsp Coriander, ground (for Sri Lankan curry powder)
- 1 tsp Cumin (for Sri Lankan curry powder)
- 2 tbsp Extra virgin olive oil
- 1 tsp Fennel seed (for Sri Lankan curry powder)
- 1 tsp Hot pepper (chili) flakes (for Sri Lankan curry powder)
- 2 tbsp Lemon juice
- 350 gm Tofu, regular, firm
- 1 tsp Turmeric, ground (for Sri Lankan curry powder)
- 1 medium Red onion (peeled, chopped)

# Instructions

Heat a few tablespoons of olive oil in a large frying pan.

Add onion and cook, covered over a medium high heat stirring frequently until the onion is soft and translucent but not browned.

Combine Sri Lankan curry powder ingredients and mix well.

Add curry powder and stir fry for about 30 seconds or until it smells divine.

Crumble the tofu with your hands and add to the pan. Stir well then cover and cook for a few minutes – you just want to warm the tofu through.

Add spinach and stir until spinach has just started to wilt.

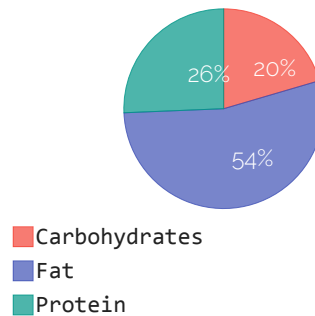
Season generously with sea salt, pepper and a big squeeze of lemon juice.

Nutrition Facts	
Per Portion	
<b>Calories</b>	381
Calories from fat	205
Calories from saturated fat	29.6
<b>Total Fat</b>	22.8 g
Saturated Fat	3.3 g
Trans Fat	0.0 g
Polyunsaturated Fat	6.5 g
Monounsaturated Fat	12.2 g
<b>Cholesterol</b>	0
<b>Sodium</b>	112 mg
<b>Potassium</b>	1103 mg
<b>Total Carbohydrate</b>	19.5 g
Dietary Fiber	7.5 g
Sugars	3.2 g
<b>Protein</b>	24.4 g

## Dietary servings Per Portion

Fruit	0.1
Meat Alternative	1.2
Vegetables	4.6

## Energy sources



Recipe from: [Stone Soup](#)



## Blackberry Coconut Smoothie Bowl

Prep	Cook	Ready in	Servings
5 min	0 min	5 min	2

### Ingredients

1 cup	Blackberries
1 medium	Banana
1/4 cup	Coconut flakes, unsweetened
1 cup	Coconut milk, reduced fat
2 tsp	Chia seeds, ground
1 tsp	Pumpkin seeds
1/2 cup	Spinach

### Instructions

Add spinach, banana and milk or yogurt in the blender and process until creamy.

Add blackberries (setting aside a few for garnish) and pulse two or three times to incorporate.

Distribute the smoothie evenly in the serving bowls. Garnish with fresh blackberries, top with chia and pumpkin seeds and sprinkle with coconut flakes.

Serve right away.

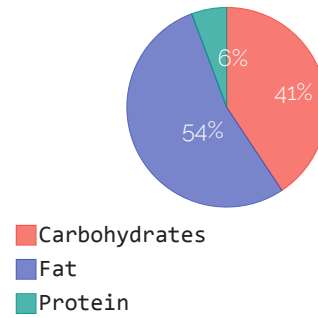


Nutrition Facts	
Per Portion	
<b>Calories</b>	301
Calories from fat	162
Calories from saturated fat	101
<b>Total Fat</b>	18.0 g
Saturated Fat	11.2 g
Trans Fat	0
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	1.4 g
<b>Cholesterol</b>	0
<b>Sodium</b>	29.9 mg
<b>Potassium</b>	705 mg
<b>Total Carbohydrate</b>	31 g
Dietary Fiber	8.7 g
Sugars	15.1 g
<b>Protein</b>	4.3 g

### Dietary servings Per Portion

Fruit	1.6
Meat Alternative	0.1
Vegetables	0.2

### Energy sources



Recipe from: [Ana Stanciu, Hello Glow](#)



## Strawberry Rhubarb with Banana Cashew Cream

Prep	Cook	Ready in	Servings
5 min	10 min	15 min	2

### Ingredients

<b>1 cup diced</b>	Rhubarb
<b>1 cup slices</b>	Strawberries
<b>3/4 cup</b>	Cashew nuts, raw (soaked for 1 hours and drained)
<b>1/2 cup</b>	Water
<b>1 large</b>	Banana

### Instructions

Place rhubarb and strawberries in a sauce pan over medium heat. Stir occasionally for about 10 minutes or until rhubarb starts to break down and a sauce starts to form.

Turn off the heat and set aside to cool while you prepare the rest.

Combine cashews, water and banana in a blender. Blend very well until smooth and creamy.

Divide the stewed strawberry rhubarb in between small glasses or jars and spoon the cashew banana cream over top.

Top with shredded coconut, almonds or fruit if desired.

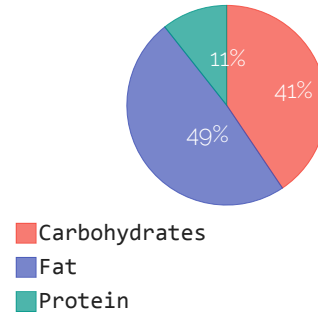
Enjoy!

Nutrition Facts	
Per Portion	
<b>Calories</b>	406
Calories from fat	198
Calories from saturated fat	35
<b>Total Fat</b>	22.0 g
Saturated Fat	3.9 g
Trans Fat	0
Polyunsaturated Fat	4.1 g
Monounsaturated Fat	11.7 g
<b>Cholesterol</b>	0
<b>Sodium</b>	10.0 mg
<b>Potassium</b>	885 mg
<b>Total Carbohydrate</b>	41 g
Dietary Fiber	5.9 g
Sugars	16.2 g
<b>Protein</b>	10.8 g

### Dietary servings Per Portion

Fruit	1.6
Meat Alternative	1.6
Vegetables	1.0

### Energy sources



Recipe from: That Clean Life



## Avocado Breakfast Pita

Prep	Cook	Ready in	Servings
5 min	5 min	10 min	1

### Ingredients

1/2 medium pita	Pita bread, whole-wheat
1 large egg	Egg
1/2 cup	Baby spinach
1/4 avocado(s)	Avocado
1/4 tsp	Sriracha (to taste)
1 pinch	Salt and pepper

### Instructions

Cook the egg in a skillet over medium heat. Season with salt and pepper. Just before removing from the pan, add sriracha or your favourite hot sauce.

While the egg is cooking, slice the avocado. Place the avocado slices inside the pita and smash them over the surface of one side of the pita with the back of a spoon or a knife.

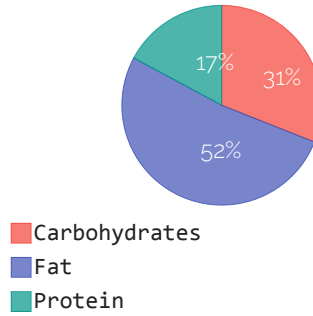
Stuff the spinach and egg into the pita as well. Either serve as is or cook the pita in the skillet on both sides to make it crispy.

Nutrition Facts	
Per Portion	
<b>Calories</b>	231
Calories from fat	120
Calories from saturated fat	25.0
<b>Total Fat</b>	13.3 g
Saturated Fat	2.8 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.9 g
Monounsaturated Fat	7.2 g
<b>Cholesterol</b>	193 mg
<b>Sodium</b>	311 mg
<b>Potassium</b>	432 mg
<b>Total Carbohydrate</b>	17.9 g
Dietary Fiber	5.4 g
Sugars	1 g
<b>Protein</b>	9.9 g

### Dietary servings Per Portion

Grain	0.6
Meat Alternative	0.6
Vegetables	1.0

### Energy sources



Recipe from: [Budget Bytes](#)



## Cashew, Fig and Vanilla Toasted Coconut Granola

Prep	Cook	Ready in	Servings
5 min	10 min	15 min	4

### Ingredients

1 cup	Cashew nuts, roasted
2 tbsp	Flaxseed meal (ground)
1/2 cup	Coconut flakes, unsweetened
1/4 cup hulled	Sunflower seeds
1 tsp	Cinnamon
2 tbsp	Vanilla bean paste (about 2 pods' worth)
1 pinch	Salt
2 tbsp	Coconut oil
1 tbsp	Maple syrup, pure (optional)
6 fig	Figs, dried (finely chopped)

### Instructions

Mix cashews, coconut flakes, sunflower seeds, ground flaxseed, cinnamon, vanilla and salt together.

Drizzle over coconut oil and maple syrup and stir through.

Toast on a coconut-oil-greased tray for 10 minutes at 180°C, stirring the mix around once or twice during cooking to toast evenly

Add in figs.

Store in a jar in the fridge for up to 2 weeks.

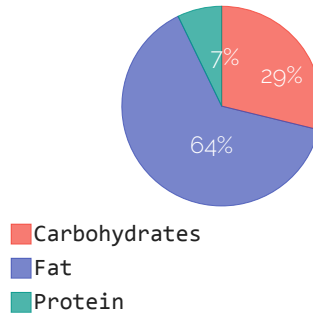
Serve with almond or coconut milk, or on top of yogurt.

Nutrition Facts	
Per Portion	
<b>Calories</b>	500
Calories from fat	320
Calories from saturated fat	109
<b>Total Fat</b>	36 g
Saturated Fat	12.1 g
Trans Fat	0.0 g
Polyunsaturated Fat	6.1 g
Monounsaturated Fat	11.9 g
<b>Cholesterol</b>	0
<b>Sodium</b>	51 mg
<b>Potassium</b>	418 mg
<b>Total Carbohydrate</b>	36 g
Dietary Fiber	5.6 g
Sugars	19.2 g
<b>Protein</b>	9.0 g

### Dietary servings Per Portion

Fruit 0.3  
Meat Alternative 1.4

### Energy sources



Notes:  
Submitted by Chantelle Marie

Recipe from: [Happy Healthy Holy Home](#)



## Beautifying Breakfast Cereal

Prep	Cook	Ready in	Servings
2 min	1 min	3 min	1

### Ingredients

4 tbsp	Sunflower seeds (Raw)
3 tbsp	Sliced almonds
1 tbsp	Flaxseed meal (ground)
1/4 cup	Blueberries
1/4 cup slices	Strawberries
1 tsp	Cinnamon
3/4 cup	Coconut milk

### Instructions

Combine almonds, sunflower seeds, flax meal and berries in a bowl and pour coconut milk over them. Top with cinnamon and serve in a beautiful bowl that makes you feel like the awesome being you are!

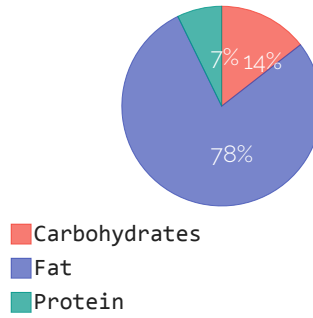


Nutrition Facts	
Per Portion	
<b>Calories</b>	645
Calories from fat	505
Calories from saturated fat	320
<b>Total Fat</b>	56 g
Saturated Fat	36 g
Trans Fat	0 g
Polyunsaturated Fat	7.3 g
Monounsaturated Fat	9.7 g
<b>Cholesterol</b>	0
<b>Sodium</b>	32 mg
<b>Potassium</b>	750 mg
<b>Total Carbohydrate</b>	23.3 g
Dietary Fiber	7.9 g
Sugars	7.0 g
<b>Protein</b>	11.7 g

### Dietary servings Per Portion

Fruit 1.0  
Meat Alternative 1.1

### Energy sources



Recipe from: ITN



## 5 minute banana pancakes

This 3 ingredient grain-free pancake is quick and satisfying

Prep	Cook	Ready in	Servings
3 min	5 min	8 min	1

## Ingredients

1 medium	Banana (ripe)
2 large egg	Egg
1 tbsp	Chia seeds
1/2 tbsp	Coconut oil (optional. Or cooking spray)
1/4 cup halves	Strawberries (mashed or chopped, optional, for topping)
1/4 cup	Blueberries (mashed or chopped, optional, for topping)
1 tbsp	Almond butter (any nut butter, optional, for topping)

## Instructions

Place egg, banana, and chia seeds in blender or blend with hand-held immersion blender.

Heat non-stick skillet or pan on medium-high heat and coat with cooking spray or coconut oil.

Pour batter onto pan into small to medium pancakes. Cook 2-4 minutes or until golden and firm. Flip and repeat for other side.

Remove pancakes and place on plate. Top with mashed or chopped fruit of choice and drizzle with nut butter if you like.

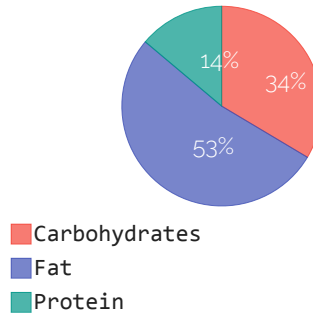
Eat with a fork or roll it up like a crepe and enjoy!

Nutrition Facts	
Per Portion	
<b>Calories</b>	530
Calories from fat	279
Calories from saturated fat	95
<b>Total Fat</b>	31 g
Saturated Fat	10.6 g
Trans Fat	0.1 g
Polyunsaturated Fat	6.4 g
Monounsaturated Fat	11.3 g
<b>Cholesterol</b>	385 mg
<b>Sodium</b>	138 mg
<b>Potassium</b>	772 mg
<b>Total Carbohydrate</b>	45 g
Dietary Fiber	8.6 g
Sugars	20.8 g
<b>Protein</b>	18.4 g

### Dietary servings Per Portion

Fruit 1.9  
Meat Alternative 2.0

### Energy sources





## Blueberry Hemp Overnight Oats

Prep	Cook	Ready in	Servings
5 min	0 min	5 min	2

### Ingredients

- 1 cup Blueberries (fresh or frozen)
- 1 cup Rolled oats- Gluten Free
- 1 cup Almond milk, unsweetened
- 1 tbsp Chia seeds
- 2 tbsp hulled Hemp seeds, shelled
- 1/2 tsp Cinnamon
- 1 small Banana (sliced)
- 1/4 cup Walnuts (chopped)

### Instructions

1. Blend blueberries in the food processor until smooth.
2. Mix blueberries, oats, almond milk, chia seeds, hemp seeds in a bowl with a lid. Let set in fridge overnight.
3. Split into two bowls and top with cinnamon, banana, and walnuts.

Serve & enjoy!

Nutrition Facts	
Per Portion	
<b>Calories</b>	615
Calories from fat	218
Calories from saturated fat	18.3
<b>Total Fat</b>	24.2 g
Saturated Fat	2.0 g
Trans Fat	0
Polyunsaturated Fat	10.6 g
Monounsaturated Fat	3.8 g
<b>Cholesterol</b>	0
<b>Sodium</b>	100 mg
<b>Potassium</b>	694 mg
<b>Total Carbohydrate</b>	81 g
Dietary Fiber	14.7 g
Sugars	13.8 g
<b>Protein</b>	18.3 g

### Dietary servings Per Portion

Fruit	1.4
Grain	3.9
Meat Alternative	1.0
Milk Alternative	0.5

### Energy sources

