

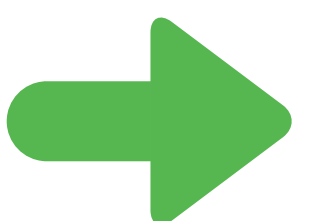
12 WELLESLEY ST WEST. TORONTO ON • 416-920-2722



FILLING, ENERGIZING & HEALTHY

BREAKFAST IDEAS

RECOMMENDED BY DR. KATE MCCLAIRD ND



banana quinoa pancakes

gluten & dairy free // no refined sugar // makes 7-8

INGREDIENTS

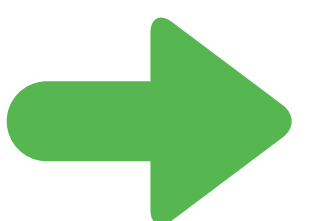
- 1 cup quinoa flour
- 2 tsp baking powder
- 2 tsp ground cinnamon
- 1/4 tsp salt
- 3/4 cup milk alternative (coconut, soy milk, hemp milk, etc.)
- 1/4 cup applesauce
- 1/2 medium banana, mashed
- 1 tbsp oil (grapeseed, coconut, olive, etc.)
- 1 tbsp vanilla extract



DIRECTIONS

- In a large bowl combine quinoa flour, baking powder, cinnamon and salt.
- In a small bowl, whisk together milk, applesauce, mashed banana, oil and vanilla.
- Add the wet ingredients to the dry ingredients and stir well. Batter should be creamy and smooth (if not, add a little more of your chosen milk alternative).
- Heat a large non-stick skillet over medium-low heat. Pour 1/4 cup of batter for each pancake and flip when bubbles appear on the surface.
- Flip and cook until golden brown on the other side.
- Serve with maple syrup and enjoy!

Leftover pancakes can be stored in an airtight container or bag and kept frozen. When ready to eat, simply place in the toaster to warm up.



chia seed breakfast bowl

gluten & dairy free // no refined sugar // makes 2 bowls

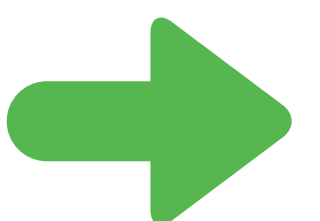
INGREDIENTS

2 tbsp chia seeds
0.5-1 tbsp freshly ground flax seed
2 tbsp hemp hearts
1 tsp cinnamon
1 1/4 cup milk alternative (coconut, soy milk, hemp milk, etc.)
Toppings of your choice; apple slices, banana, blueberries, strawberries, raspberries, sunflower or pumpkin seeds, pomegranate seeds, walnuts, OPTIONAL drizzle of honey (manuka is best for added antimicrobial benefits) or 100% maple syrup



DIRECTIONS

- In a small bowl, add the chia seeds, hemp hearts, flaxseed and cinnamon and whisk in the milk alternative.
- Place it in the refrigerator for 15-20 minutes (you may notice it solidifies faster than that)
- Top with your choice of toppings and enjoy!



paleo lemon blueberry scones

gluten & dairy free // no refined sugar // makes 9 scones

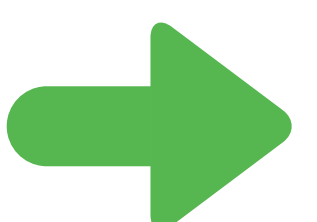
INGREDIENTS

3 cups almond flour
1 tsp baking soda
1/8 tsp salt
zest of 1 lemon
2 eggs
2 tbsp honey
2 tbsp fresh lemon juice
3/4 cup fresh blueberries



DIRECTIONS

- Preheat oven to 325 degrees.
- Add the almond flour, baking soda, salt, and lemon zest to a large bowl and stir to combine.
- Make a well in the center of the flour mixture and add the wet ingredients. Starting in the centre, stir the dough until well combined. Fold in the blueberries.
- Using a large ice cream scoop, drop the scones into a baking sheet lined with parchment paper. Lightly wet hands and gently flatten the tops of the scones. They should be about 1 inch thick.
- Bake 18-20 minutes or until tops are golden brown.
- Let cool on wire rack and enjoy!



paleo vanilla granola

gluten & dairy free // refined sugar free // makes 4 cups

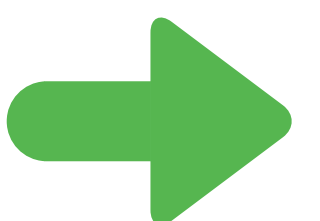
INGREDIENTS

- 1/2 cup raw pecans
- 1/2 cup raw hazelnuts
- 1 cup raw almonds
- 1 cup raw walnuts
- 1/4 cup raw sunflower seeds
- 1 tbsp golden flax seeds
- 2 tbsp coconut oil, melted
- 1 tbsp cinnamon
- 3/4 cup honey, melted
- 1-1.5 tbsp vanilla
- 3/4 tsp sea salt, plus 1 tsp for soaking water
- 1/2 cup shredded coconut, unsweetened
- 1/2 cup raisins



DIRECTIONS

- Soak all nuts in enough water to cover. Mix in 1 teaspoon of salt. Cover and soak overnight, changing the water one time. Soak the sunflower seeds in a separate bowl, following the same procedure.
- Drain the nuts and seeds and place on a paper towel to absorb the remaining water. Keep half of the sunflower seeds separate. Place all nuts and 1/2 of the sunflower seeds in the bowl of a food processor. Grind them until they resemble the size of oats. Add in coconut oil, cinnamon, honey, vanilla, & salt. Pulse until combined.
- Add the last half of the sunflower seeds and the flax seeds. Pulse once or twice, until they are roughly chopped and combined.
- Remove the blade, then mix in the shredded coconut with a spoon. Turn the mixture out onto 3 parchment-covered dehydrator trays. Spread evenly into a thin layer and bake in your oven at its lowest setting for 2-3 hrs, or until completely dried and free of all moisture.
- Stir in the raisins, then let cool completely before storing in an airtight container for 2-3 weeks.



ketogenic protein bread

gluten & dairy free // refined sugar free // makes 1 loaf

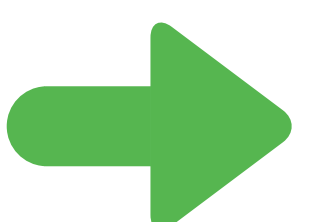
INGREDIENTS

1 cup almonds
4 eggs
1/4 cup ground flax seeds
1 tbsp whole flax seeds
1/2 tsp sea salt
1/3 tsp baking soda
2 tsp honey
1/2 tsp apple cider vinegar
1 tbsp coconut oil for greasing



DIRECTIONS

- Preheat oven to 150 Celsius. Beat eggs in a medium bowl; set aside.
- Blend almonds in a food processor until smooth. Transfer almonds to a large bowl and add all remaining ingredients (except eggs).
- Add eggs to other ingredients and mix until well combined.
- Grease a 7x3.5" loaf pan with coconut oil. Pour mixture into loaf pan and bake in pre-heated oven at 150 degrees Celsius for 35-40 mins.
- Allow bread to cool on a wire rack before cutting into 13 equal slices. Wrap individual slices in tin foil and store in airtight container in your refrigerator.



smoothie basics

build a nutrient-balanced, immune-boosting smoothie



INGREDIENTS

ONE FULL CUP OF VEGETABLES

Try leafy greens like spinach, kale, or swiss chard

FRESH OR FROZEN FRUIT

Blueberries, acai, banana, strawberries - get creative!

PROTEIN

1-2 scoops of your favourite vegan or whey protein powder, depending on your dietary needs

HEALTHY FATS

1 avocado and your choice of coconut oil (2 tbs), coconut milk or yogurt (1/2cup), nut butter (2tbs) or nuts (1/4cup)

LIQUIDS

1 to 2 cups of water or unsweetened almond milk - adding less liquid will give you a thicker "smoothie bowl" you can eat with a spoon!

