

# Grab and Go Breakfasts



Jennifer Redmond

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### Ginger Apple Muffins

#### Ingredients:

- ½ C almond flour
- ½ C brown rice flour
- ½ tsp baking powder
- ¼ tsp salt
- 2 eggs
- 1 TB olive oil
- 1 TB honey
- 1 tsp ground ginger
- ¾ C apple, finely diced

#### Directions:

1. Preheat the oven to 350 F.
2. Sift together the almond flour, brown rice flour, ground ginger, baking powder and salt.
3. In a separate bowl, whisk together the eggs, olive oil, and honey.
4. Toss the apples in the flours and then slowly fold in the egg mixture, just to blend.
5. Spoon it into lined muffin cups or mini-muffin cups, about ¾ full.
6. Bake for 10-15 minutes for the mini-muffins and 18-25 minutes for the larger muffins.
7. When a toothpick inserted in comes out clean, the muffins are done.

Note: These are yummy with other sweet fruits such as peaches.

### Morning Muesli

Serves 1

#### Ingredients:

- ½ cup gluten free rolled oats
- 1-2 TB raw nuts such as walnuts, almonds, or cashews broken into small pieces
- 1 TB unsweetened coconut flakes (optional)
- 1 TB ground flax seed
- ½ a pear or apple, chopped, or ½ cup organic berries
- Sprinkle of cinnamon and nutmeg for flavor (optional)
- Coconut or almond milk, or dairy free yogurt

#### Directions:

1. Combine first 6 ingredients in a bowl.
2. Top with coconut or almond milk, or use to top dairy free yogurt and enjoy.

\*Note: You can multiply the first 4 ingredients of the recipe and keep them in the combined in the fridge ready to go.

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### Pumpkin Breakfast Cookies

Makes about 20 cookies

#### Ingredients:

- 1 ½ C almond meal or almond flour
- ⅓ C unsweetened coconut flakes
- 2-3 tsp pumpkin pie spice
- 1 tsp cinnamon
- Dash of nutmeg
- 1 tsp baking soda
- 1 TB chia seeds, soaked in ¼ C of water for 10 minutes (this will create a chia gel)
- ½ C pureed pumpkin (from a can is fine)
- ½ C almond butter
- 1 TB vanilla
- ¼ C honey or maple syrup
- 1 TB freshly grated ginger
- ½ C walnuts, broken into small pieces
- ½ C dried currants, cranberries or raisins (no sugar added)

#### Directions:

1. Preheat oven to 375 degrees.
2. Combine dry ingredients (minus the walnuts and the dried fruit) in a large bowl. Make a small well in the middle and add the wet ingredients.
3. Mix until well combined, then add walnuts and dried fruit and mix gently until just combined.
4. Line a baking sheet with parchment paper and spoon out 1-2 TB per cookie. Flatten the cookies a bit – these won't rise like other cookies do.
5. Bake for 12-15 minutes, let cool, then enjoy.

Store in the fridge in an airtight container for about a week.

Note: These cookies might look daunting, but they are so yummy. If you make a batch of these, you'll have breakfast for days as well as plenty of snacks.

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### Nut Butter Overnight Oats

Serves 1

Ingredients:

- ½ C rolled oats
- 1 TB chia seeds
- 1 C unsweetened almond or coconut milk
- ½ TB maple syrup (optional)
- 1 small banana, chopped into small pieces (optional)
- 2 TB nut butter (almond, cashew, even sunflower butter)

Directions:

1. Place the first four ingredients in a mason jar and shake well to combine. Add the banana and nut butter and stir again – don't worry about it being perfectly mixed in.
2. Store in the fridge overnight and wake up to a yummy breakfast!

\*Note: Feel free to double or triple this recipe and store in individual jars, but you will want to add the fruit as you eat it rather than in advance.

### Chia Pudding

Serves 1

Ingredients:

- ¼ C chia seeds
- 8 oz coconut milk
- 1 TB maple syrup
- ½ C chopped strawberries, blueberries or bananas (optional)

Directions:

1. Place the first three ingredients in a mason jar and shake well to combine.
2. Store in the fridge overnight, then top with fruit in the morning and enjoy.

Note: Feel free to double or triple this recipe and store in individual jars.

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### Coco-Nutty Granola

Makes a lot!

#### Ingredients:

- 2 C raw almonds
- 1 C raw walnuts
- 1 C raw pecans
- ½ C coconut oil, or your preferred oil/fat
- ⅓ C honey or maple syrup, or less as desired
- 1 TB vanilla or almond extract
- 1 C sunflower or pumpkin seeds
- ½ C sesame seeds and/or chia, poppy, or hemp seeds (feel free to combine what you have available)
- ¼ C flax meal, ground
- 1 tsp sea salt
- 3 C unsweetened coconut flakes

#### Directions:

1. Roughly chop the nuts. Spread on a baking sheet.
2. Preheat the oven to 300°.
3. Whisk together the oil (you may need to melt it, if using coconut oil), honey, and vanilla or almond extract.
4. Drizzle the liquid mixture across the nuts and toss.
5. In a separate bowl, toss the seeds, flax meal, and salt together and sprinkle them all over the sticky nuts.
6. Fold in the large coconut flakes.
7. Place in the oven for 20-30 minutes, until they are crunchy. If it's a cool evening, you can turn off the oven crack open the door and leave the nuts to dry out overnight.

Note: You can play around with this recipe in many ways: add spices, longer/shorter bake time, all seeds, no seeds, dried fruit, oats, buckwheat groats, quinoa, etc. The sky's the limit on this amazing 'cereal'.