



NUTRIENT DENSE BREAKFASTS

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Hummus Toast with Avocado

1 serving
10 minutes

Ingredients

2 slices Rye Bread (toasted)
1/2 cup Hummus
1/2 Avocado (sliced or mashed)
2 tbsps Sunflower Seeds
Sea Salt & Black Pepper (to taste)

Directions

- 1 Spread hummus over toast and top with avocado slices, sunflower seeds, salt and pepper. Enjoy!

Notes

No Sunflower Seeds, Use hemp seeds, sesame seeds or pumpkin seeds instead.
Make Your Own Bread, See our Grain-Free Flax Bread recipe.



Berry & Nut Breakfast Bowl

1 serving
 10 minutes

Ingredients

1/2 cup Strawberries (chopped)
 1/2 cup Blackberries (cut in half)
 2 tbsps Walnuts (chopped)
 2 tbsps Almonds (chopped)
 1 tbsp Pumpkin Seeds
 1 tbsp Hemp Seeds
 1/4 cup Unsweetened Almond Milk

Directions

- 1 Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
- 2 Pour the almond milk over top and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.

Additional Toppings, Add a pinch of cinnamon, shredded coconut, additional nuts and seeds, a dollop of yogurt or a drizzle of honey.

No Berries, Use peaches, mango, pineapple or banana instead.

No Almond Milk, Use another non-dairy milk instead.



Chocolate Banana Cauliflower N'Oats

1 serving
 20 minutes

Ingredients

- 1 cup Cauliflower Rice
- 3/4 cup Unsweetened Almond Milk
- 1 1/2 tbsps Chia Seeds
- 1 tbsp Cacao Powder
- 2 tbsps All Natural Peanut Butter (divided)
- 1/8 tsp Sea Salt
- 1/2 Banana (sliced)
- 1 tbsp Cacao Nibs

Directions

- 1 In a pot over medium-low heat, add the cauliflower rice, almond milk, chia seeds, cacao powder, sea salt and half of the peanut butter. Stir to combine. Bring the mixture to a low simmer and cook for 12 to 14 minutes, stirring as needed.
- 2 Add the cauliflower mixture to a bowl and top with the banana, cacao nibs and remaining peanut butter. Serve and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to two days.

Nut-Free, Use sunflower seed butter instead of peanut butter. Use any milk alternative instead of almond milk.

More Flavor, Add cinnamon or maple syrup.

More Protein, Add collagen or protein powder.

No Cacao Powder, Use cocoa powder instead.

No Banana, Top with berries instead.



Quinoa & Egg Breakfast Plate

1 serving
20 minutes

Ingredients

1/4 cup Quinoa (uncooked, rinsed)
 1 Egg
 2 Tomato (small, chopped)
 2 tbsps Pitted Kalamata Olives
 1/2 Avocado (sliced)
 1 tbsp Parsley (chopped)
 1/8 tsp Sea Salt

Directions

- 1 Cook the quinoa according to package directions. Let it cool slightly.
- 2 In a pan over medium heat, cook the egg until your whites are set and the yolks are your desired doneness.
- 3 Place the quinoa on a plate, and top with the egg, tomatoes, olives, avocado and parsley. Season with sea salt and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

More Flavor, Cook your quinoa in broth instead of water. Add chili flakes or hot sauce before serving.

Make it Vegan, Omit the egg and serve with tofu or chickpeas instead.

Meal Prep, Make a large batch of quinoa and/or hard-boiled eggs to save time.