

Arugula & Mushroom Frittata

5 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. Whisk the eggs in a bowl and add in the mushrooms and arugula. Season with salt and pepper.
3. Spray a cast-iron pan or an oven-safe dish with oil. Pour the egg mixture into the pan.
4. Cook in the oven for 15 to 17 minutes or until the eggs have set. Top with extra arugula, slice the frittata, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

A six-inch (15 cm) cast-iron pan was used to make two servings. One serving is roughly half of the pan.

More Flavor

Add feta or ricotta to the egg mixture.

Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Ingredients

3 Egg

6 Cremini Mushrooms (medium, quartered)

1 cup Arugula (plus extra for garnish)

Sea Salt & Black Pepper (to taste)

1/16 oz Avocado Oil Spray

Coconut Yogurt, Mango & Granola

3 ingredients · 5 minutes · 1 serving



Directions

1. Add the yogurt, granola, and mango to a bowl. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate the ingredients in separate airtight containers for up to five days.

Serving Size

One serving is approximately 1 1/2 cups.

Additional Toppings

Nuts, shredded coconut, hemp seeds, or chia seeds.

Ingredients

1 cup Unsweetened Coconut Yogurt

3 tbsps Granola

1/2 Mango (small, diced)

Overnight Quick Oats with Stewed Apples

7 ingredients · 8 hours · 2 servings



Directions

1. Add the chopped apples, water, and cinnamon to a small pot. Mix to combine.
2. Bring to a boil then reduce the heat to a simmer. Cook for 15 to 20 minutes or until the apples are soft and fork tender. Remove from the heat and set aside.
3. Add half of the milk to a small saucepan over low heat. When tiny bubbles begin to form, add the oats and cook for one to two minutes, stirring often.
4. Cover and remove from the heat. Let it sit for two to three minutes.
5. Divide the oats, remaining milk, maple syrup, and chia seeds evenly between jars. Seal the jars and shake to mix. Refrigerate overnight and top with the stewed apples when ready to serve. Enjoy!

Notes

Leftovers

Refrigerate the oats for up to three days. Top with stewed apples when ready to serve.

Serving Size

One serving is approximately 1/2 cup overnight oats and 1/2 cup stewed apples.

No Almond Milk

Use other milk of choice.

Additional Toppings

Top with cinnamon, maple syrup, and/or crushed nuts.

Ingredients

- 1 Apple (large, cored, chopped)
- 1/4 cup Water
- 1 tsp Cinnamon
- 2 cups Unsweetened Almond Milk (divided)
- 1/2 cup Quick Oats
- 2 tps Maple Syrup
- 1/4 cup Chia Seeds

Strawberry & Feta Avocado Toast

6 ingredients · 10 minutes · 1 serving



Directions

1. Place the avocado on top of the toasted bread. Use a fork and smash it. Season with salt and lime juice.
2. Add strawberries and feta cheese on top and enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is equal to one slice of toast.

Additional Toppings

Top with arugula.

Dairy-Free

Omit the feta cheese or use plant-based cheese instead.

Sourdough Bread

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Ingredients

1/2 Avocado (medium)

1 3/4 ozs Sourdough Bread (sliced, toasted)

1/4 tsp Sea Salt

1/4 Lime (juiced)

1/4 cup Strawberries (chopped)

1 1/2 tbsps Feta Cheese (crumbled)

English Muffin with Peanut Butter & Banana

3 ingredients · 5 minutes · 1 serving



Directions

1. Spread the peanut butter evenly over the English muffin and top with banana slices.
Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Additional Toppings

Top with a sprinkle of cinnamon or a drizzle of honey.

Gluten-Free

Use a rice cake, gluten-free bread slice or toasted sweet potato slice instead of an english muffin.

English Muffin

One English muffin is roughly two ounces or 57 grams.

Ingredients

2 tbsps All Natural Peanut Butter

2 ozs English Muffin (halved, toasted)

1/2 Banana (sliced)

Strawberry Yogurt Chia Pudding

6 ingredients, 35 minutes • 2 servings



Directions

1. Add the yogurt, chia seeds, almond milk, and strawberry jam to a medium-sized bowl. Stir well to combine.
2. Place in the fridge for 25 to 30 minutes or until thickened.
3. When ready to serve, stir in the peanut butter and garnish with the hemp seeds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals about one cup.

More Flavor

Add a pinch of cinnamon or vanilla.

Likes it Sweeter

Add a drizzle of honey or maple syrup.

Dairy-Free

Use plant-based yogurt instead of Greek yogurt.

Ingredients

- 1 cup Plain Greek Yogurt
- 1/3 cup Chia Seeds
- 1/2 cup Unsweetened Almond Milk
- 1 cup Frozen Strawberries
- 3 tbsps All Natural Peanut Butter
- 1 1/3 tbsps Hemp Seeds