

# Table of Contents

## Gluten Free

### Breakfast

|   |   |
|---|---|
| Portobello Eggs.....                      | 2 |
| Almond Flour Blueberry Muffin Bread.....  | 3 |
| Triple Berries & Cream Baked Oatmeal..... | 4 |
| Easy Gluten Free Pancakes .....           | 5 |
| Chorizo Breakfast Egg Skillet .....       | 6 |

# Portobello Eggs

Healthy Recipes



2 servings



30 minutes

## INGREDIENTS

4 large portobello mushrooms

Olive oil spray

½ teaspoon Diamond Crystal kosher salt divided

½ teaspoon black pepper, divided

½ teaspoon garlic powder

4 medium eggs

2 tablespoons grated Parmesan cheese

4 tablespoons chopped parsley for garnish



## INSTRUCTIONS

1. Preheat broiler, setting the temperature to high. Set an oven rack in the middle of the oven. Line a rimmed broiler-safe baking sheet with foil.
2. Wipe the mushrooms clean with a damp paper towel. Gently twist off or the stem of each mushroom. Holding each mushroom in one hand, use a spoon to gently scrape out the gills.
3. Spray the mushroom caps with olive oil cooking spray on both sides. Sprinkle with ¼ teaspoon kosher salt, ⅛ teaspoon pepper, and ¼ teaspoon garlic powder. Broil 5 minutes on each side, or until just tender.
4. Remove the mushrooms from the oven. Drain any liquids. Switch oven from broil to bake, setting the temperature to 400 degrees F.
5. Break an egg into each mushroom. Sprinkle with the cheese. Bake 15 minutes, until the egg whites are cooked.
6. Sprinkle the eggs with the remaining ¼ teaspoon salt and ⅛ teaspoon pepper. Garnish with parsley and serve.

### NUTRITIONAL INFORMATION

Calories 258

Fat 16g

Protein 19.7g

Sugars 4g

Carbohydrates: 11g

# Almond Flour Blueberry Muffin Bread

Ambitious Kitchen



12 servings



1 hour

## INGREDIENTS

1 cup unsweetened applesauce

3 eggs

3 tablespoons pure maple syrup (or sub honey)

1/2 teaspoon almond extract

2 1/2 cups packed fine blanched almond flour

1/2 cup flaxseed meal

1 teaspoon baking soda

1/4 teaspoon salt

1 cup fresh or frozen blueberries

Optional: 1 tablespoon poppy seeds

Optional: 1 tablespoon lemon zest



## INSTRUCTIONS

1. Preheat the oven to 350 degrees F. Line an 8 1/2 x 4 1/2 inch loaf pan with parchment paper. Spray the pan with nonstick cooking spray to prevent sticking.
2. In a large bowl, whisk together the applesauce, eggs, pure maple syrup and almond extract until well combined. Add in the almond flour, flaxseed meal, baking soda and salt. Use a wooden spoon to combine. Fold in the blueberries.
3. Pour batter into prepared loaf pan, smoothing the top with a spatula. Bake for 45 minutes-1 hour or until the tester comes out clean in the middle of the bread. Cool bread for 10 minutes in the pan, then remove and transfer to a wire rack to finish cooling completely. Once cool, cut into 12 slices.  
Top with butter and enjoy!

### NUTRITIONAL INFORMATION

Calories 216

Fat 15.7g

Protein 8.6g

Sugars 7.3g

Carbohydrates: 15.1g

# Triple Berries & Cream Baked Oatmeal

Ambitious Kitchen



6 servings



50 minutes

## INGREDIENTS

### Wet ingredients:

- 2 eggs
- ¼ cup pure maple syrup
- 1 (15 ounce) can light coconut milk\*
- 1 tablespoon vanilla extract
- ¼ teaspoon almond extract

### Dry ingredients:

- 2 cups old fashioned rolled oats, gluten free if desired
- ¼ cup unsweetened shredded coconut
- 1 teaspoon baking powder
- ¼ teaspoon salt

### Mix-ins:

- ¾ cup hulled and halved strawberries (or sub diced strawberries)
- ¾ cup blueberries
- ½ cup raspberries (or sub blackberries)

### Optional:

- ¼ cup sliced raw almonds (not slivered)
- ¼ cup unsweetened shredded coconut



## INSTRUCTIONS

1. Preheat the oven to 350 degrees F. Grease a 9x9 inch pan with oil or nonstick cooking spray and set aside.
2. In a large bowl, whisk together the eggs, pure maple syrup, coconut milk and vanilla and almond extract.
3. Add the dry ingredients to the bowl with the wet ingredients: oats, shredded coconut, baking powder and salt. Mix until combined, then stir in half of the mixed berries.
4. Pour mixture into the prepared pan and smooth top. Sprinkle the remaining half of the berries on top. Sprinkle the top with sliced almonds and shredded coconut, if using. Bake for 35-45 minutes or until the edges are slightly golden brown and the center is set. Remove from the oven, allow to cool for 10 minutes, then cut into 6 slices and serve.

### NUTRITIONAL INFORMATION

Calories 244

Fat 9.4g

Protein 5.9g

Sugars 14g

Carbohydrates: 33.4g

# Easy Gluten Free Pancakes

Laura Fuentes



10 servings



15 minutes

## INGREDIENTS

1 ¼ to 1 ½ cups of gluten-free all-purpose flour

3 teaspoons baking powder

½ teaspoon salt

1 Tablespoon sugar

1 ¼ cups milk

1 egg

3 Tablespoons butter, melted (optional)



## INSTRUCTIONS

1. In a large bowl, sift together the flour, baking powder, salt, and sugar.
2. Make a well in the middle and pour in the milk, egg and melted butter; mix with a fork or whisk until smooth.
3. Heat a non-stick griddle or large pan over medium-high heat. Pour or scoop ¼ cup of batter for each pancake. Wait until bubbles form to flip. Brown on the other side and serve with butter and blueberry syrup.

### NUTRITIONAL INFORMATION

Calories 208

Fat 6.9g

Protein 6.1g

Sugars 4.8g

Carbohydrates: 31.3g

# Chorizo Breakfast Skillet

Avocado Pesto



2 servings



20 minutes

## INGREDIENTS

2 teaspoons extra virgin olive oil

1/2 small onion halved and thinly sliced

6 slices chorizo cold cuts quartered

1/2 cup cherry tomatoes halved

3 sun-dried tomatoes chopped

4 eggs

handful fresh basil slivered



## INSTRUCTIONS

1. Heat oil over medium heat in a pan.
2. Add onion and cook for a couple mins.
3. Add chorizo, in single layer, cook for a couple minutes.
4. Add cherry tomatoes, in single layer, cut side down. Cook for a couple minutes.
5. Add sun-dried tomatoes and mix everything together.
6. Create four mini craters in the four corners of the pan and crack four eggs, one into each hole.
7. Add salt/pepper to taste. Cook until eggs are set (use spatula to crack the yolks if you prefer a non runny yolk).
8. Remove from heat. Serve sprinkled with fresh basil.

### NUTRITIONAL INFORMATION

Calories 200

Fat 13g

Protein 2g

Sugars 3g

Carbohydrates: 6g