

Breakfast To Live For

***Gluten-Free, Dairy-Free, Nutrient-Rich Recipes
to Thrive Every Day***



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Table of Contents

Introduction	1
History of our Standard American Diet	2
Rethink Breakfast	3
Recipes	
Veggie Frittata	6
Banana-Almond Pancakes	8
Cinnamon Granola	10
Creamy Almond Kale Smoothie	12
Tropical Chocolate Smoothie	14
Sauerkraut Egg	16
Oat-Mega	18
Amazing Health Bread	20
Baked Quinoa Pancake	23
Pumpkin Buckwheat Porridge	25
Protein Rice Pudding	27
Seaweed Breakfast Wrap	29

"When you wake up in the morning, Pooh," said Piglet at last, "what's the first thing you say to yourself?"

"What's for breakfast?" said Pooh. "What do you say, Piglet?"

"I say, I wonder what's going to happen exciting today?" said Piglet.

Pooh nodded thoughtfully. "It's the same thing," he said."

— A.A. Milne

Introduction

I'm so glad you downloaded *Breakfast to Live For* to set you on the path to health at the start of each day. Whatever got you here, whether you are looking for delicious new recipes or a pathway to explore your health, breakfast is the meal to begin each day mindfully with the intention of good health. And what better place to begin embracing a fresh start than breakfast? It is the stuff of childhood comfort, of delicious fragrances upon awakening, of easy no-fuss meals. If I could eat breakfast all day long, I would, and frankly, I often do, making sure it includes nutrient-dense vegetables, fruits, proteins and fats. What we eat literally becomes our blood, our cells and our tissues. Why not give your body the best bang for the buck with a nutrient filled, junk-free breakfast?

If you've been struggling to lose weight, feel more energy, reduce cravings, or understand what's causing joint and muscle pain, the first place to start to make an impact is with your nutrition awareness. Did you know that what you crave first thing in the morning can often be the very food that is causing the problem? Craving coffee can signal an addiction and possible adrenal gland fatigue; craving bagels, breads and processed sugary cereals can be a clue to insulin imbalance, wheat allergy or gluten intolerance.

A nutritious, satisfying meal contains protein, fiber, and healthy fat. Begin to raise your nutrition IQ by eating a healthful breakfast and notice how it makes you feel until lunch. A balanced meal generally keeps you full longer. Ask questions and pay attention to your body's responses: What does my body really need to feel satisfied, energized? What foods are nutritious and sustain me for hours? Could my craving actually be a sign of thirst, quelled with a glass of water? Also, reading labels is an enormous eye-opener. Even with my background in science and nutrition, it wasn't until I learned I was gluten-intolerant that I began paying attention to ingredients on labels. I became aware of the numerous chemicals, pesticides, and dyes in processed, packaged foods and began making better choices for myself and my family. I started cooking from scratch more with fresh, whole foods, boosting our veggie intake, and discovering our specific food sensitivities and allergies. My children and I have each now healed our respective gut and autoimmune issues. It takes awareness to make new choices. And it takes new choices to make a difference.

History of our Standard American Diet (SAD)

Processed Foods

Since the 1960's, with women entering the workplace in greater numbers, convenience has been key to many household eating habits. My mother, a gourmet cook, turned to packaged, processed foods which made breakfast in a pinch and cooking a cinch after work. Remember the introduction of sugary cereals, Pop Tarts and breakfast pastries, Hamburger Helper, mac and cheese, TV dinners, and fast food? Sugary, fatty breakfasts and preserved lunch meats, crackers, and cookies were staples in my upbringing, and I shudder to admit, my own children's. How about yours?

From wheat flour and breakfast cereals to preserved and cured meats and even some yogurt, processed foods are a very far cry from their natural state. Often devoid of the nutrients they originally contained, processed foods are loaded with chemicals, dyes, preservatives, hormones, pesticides, sugar, and sodium. These additives have wreaked havoc on our bodies by disrupting our hormone balance, immune system function, metabolism, and mood.

With processed, junk, and fast foods, grabbing Mcbreakfast as we rush to work or school drop-off, our Standard American Diet (SAD) has caused an alarming increase in obesity, diabetes, heart disease, and cancer over the past several decades. It is only recently that scientists and health practitioners have uncovered the truth about our SAD way of eating and elucidated the path to good health through food. Thankfully, our bodies are resilient. They want to heal. Now is the time to make a difference in yours.

Begin by Rethinking Breakfast

A typical American breakfast of processed, refined carbohydrates (translation: sugar) such as white flour and sugar in bagels, bread, pastry, pancakes, waffles, and sugary cereal causes our blood glucose to spike without the benefit of nutrition. This leaves us quickly depleted, hungry and moody. In contrast, a breakfast of protein, fiber and healthful fat will sustain us for hours. Your body will reward you with sustained energy, clearer mind, more balanced mood, and even potential weight loss over time. Protein is found here in eggs, nuts, quinoa, vegetables (yes, veggies contain protein), and plant protein powder. Healthful fats come from nuts, seeds, olive oil, coconut oil, avocados, and grass fed organic ghee or clarified butter used for thousands of years in Ayurvedic medicine to help boost nutrient absorption. Natural fiber-rich fruit is used for sweetness as is raw honey or maple syrup each of which provides the benefit of vitamins and minerals. Super greens are included in smoothie recipes to maximize immune-boosting, detoxifying nutrients. With food sensitivities and health in mind, I've created gluten-free, dairy-free, nutrient-dense recipes that keep us balanced and nourished.

Change Can Be Fun

Change can be a hard-fought struggle. It can seem overwhelming to think about a new way of behaving. Instilling new actions and learning why they are beneficial can feel like work. It takes mental energy. I'd like to propose that you look at the potential for change from a new perspective, one that is fun and creative. And one that is all about the very best self-care. It can be exciting to buy a new jacket or shoes because these items breathe new life into your view of yourself.

Believe it or not, incorporating new, healthy food habits into your routines can also provide a fresh, inspiring point of view about your body and your identity as a beautiful, healthful human being. Plus, healthful eating is the most basic form of self-care. Think about it; what do you most want to feel by eating well? Is it a balanced mood, more energy with your kids or at work, more sexiness with your spouse? Once established, these changes become habits, “no-brainers,” and no longer require the same attention and effort as they become part of who you are. These are changes to make now for a lifetime of health. Let’s begin these changes with breakfast to start the day off right.

For more on healthful diet and lifestyle changes and how to address chronic symptoms, check out my book *Gutsy: The Food-Mood Method to Reverse Chronic Symptoms Beyond Conventional Medicine*. You can see it on my home page at www.nanfosterhealth.com.

And now, onto the food... Enjoy!



Veggie Frittata

My good friend Dorothea is Italian. Her family is from Sestri Levante, a town in Liguria, Italy where they make these beautiful, thin delicacies. She taught me how to make frittatas this way.

Serves 2

Ingredients

3 T olive oil
¼ yellow onion, chopped
2 c fresh spinach leaves or 1 ½ cups zucchini, chopped into small cubes
2 T fresh basil or cilantro, chopped
2 eggs
pinch of salt and freshly ground pepper

Directions

In an 11" sauté pan, warm 1 tablespoon of the olive oil over medium heat. Add the onion and sauté until beginning to become golden brown, about 5 minutes. Add vegetables. Continue cooking, stirring, until wilted. If using zucchini, cook until soft, about 5 minutes. Turn off heat. Add herbs and stir. In a bowl, beat eggs. Add salt and pepper and stir. Add veggies to bowl of eggs and mix well until combined. Pour 2 tablespoons of the olive oil into the sauté pan and warm over medium-low heat, spreading to coat pan. Add egg mixture to pan and spread out thinly. Cook until edges become golden brown, about 5 minutes. Using a round plate, cover frittata in pan. Carefully turn pan over to release eggs onto plate. Browned side should now be up on plate. Slide frittata back into pan, uncooked side down. Continue cooking another 5 minutes.



Banana-Almond Pancakes

These pancakes are so delicious for breakfast or an afternoon snack. I'll often make a double batch to have leftovers in the fridge for later. Cooked in coconut oil – a healthful fat – the edges become crisp and the flavor has a hint of coconut. Substitute with grass fed organic ghee or butter if you are not a coconut fan. Psyllium husk is loaded with soluble fiber, great for digestion and lowering cholesterol. You can find organic psyllium husk in health food markets. Avoid non-organic as it is loaded with pesticide.

Makes 8 small pancakes

Ingredients

1 heaping T coconut oil
2 ripe bananas
1 heaping T almond butter
1 egg, beaten
1 t ground cinnamon
1 T organic psyllium husk (a cholesterol-lowering, soluble fiber)
Berries, optional

Directions

Melt the coconut oil in a sauté pan over medium heat. Meanwhile, mash the bananas in a bowl. Add the almond butter and combine. Add the egg and combine. Add the cinnamon and psyllium husk and mix well. Drop generous tablespoons of batter into pan. Keep heat medium to medium-low as these will burn if cooked too quickly. After about 4-5 minutes, or when edges begin to brown, flip pancakes and cook other sides. Serve with berries.



Cinnamon Granola

Most store-bought granola is made with canola oil or other unhealthy fats. By making it yourself, you choose the ingredients. This one is made with health-boosting coconut oil and gluten free oats among other goodies.

Fills two large Mason, Ball or Atlas jars

Ingredients

2 T coconut oil
2 c gluten free oats (I use Bob's Red Mill brand)
1 T ground cinnamon
1 c sunflower seeds
1 c unsalted almonds
1 c unsweetened shredded coconut
 $\frac{3}{4}$ c dried cherries
2 T maple syrup

Directions

Preheat oven to 350°. Place coconut oil, oats and cinnamon on cookie sheet. Use hands or spatula to combine well. Bake for 10-15 minutes, stirring occasionally, until light golden brown. Add sunflower seeds and almonds. Combine well and spread so that they are in single layer. Continue baking for 5 minutes. Add coconut in single layer on top. Bake for 3-5 more minutes watching carefully as the shreds brown quickly. Remove pan from oven. Add cherries and syrup. Stir well. Let cool.

Serving suggestion: Top with fresh fruit and coconut yogurt (or dairy yogurt if you are eating dairy).



Creamy Almond Kale Smoothie

This smoothie is loaded with nutrient goodness. Kale is high in vitamins and minerals. Bananas are high in fiber and minerals. Almond butter adds protein and healthy fat. Delicious any time of day. Cheers!

Serves 2

Ingredients

1 c almond milk (store-bought organic or homemade nut milk)
1 banana
1 c kale leaves pulled from stems (or substitute spinach leaves or favorite greens)
1 heaping T almond butter
1 scoop unflavored or Yerba Mate flavored RAW protein powder, or other organic plant protein, optional

Directions

Blend all ingredients in blender until smooth.



Tropical Chocolate Smoothie

This smoothie is rich and creamy like a chocolate ice cream shake and could be served for breakfast or as a healthy dessert. Coconut oil helps balance hormones, provides healthful fat for optimal brain and nerve function and is also antibacterial. The organic powders provide plant protein, fiber, essential vitamins, minerals and health-promoting phytonutrients. Cheers!

Serves 1

½ c almond milk (store-bought organic or homemade nut milk)
1 banana
1 heaping T almond butter
1 T coconut oil
1 scoop chocolate RAW plant-based protein powder
1 scoop chocolate Greens Superfood plant-based nutrition powder
½ c frozen strawberries

Directions

Blend all ingredients in blender until smooth.



Sauerkraut Egg

Take your simple egg and do it one better. Fermented sauerkraut replaces salt adding tangy, briny flavor and gut-healthy probiotics.

Serves 1

Ingredients

1 T olive oil
1 cup packed spinach leaves
1 egg
1 T sauerkraut

Directions

Warm the olive oil in a large sauté pan over medium heat. Add the spinach and sauté for a few minutes, stirring occasionally, until wilted. Remove spinach and place onto a plate. Without cleaning the pan, crack the egg onto pan and cook until whites are solid enough to flip, a minute or two. Flip the egg and cook for 10 seconds. Turn off heat. Let egg continue to cook for about 30 seconds. Remove egg, place on top of spinach and top with sauerkraut.



Oat-Mega

This oatmeal packs a lot of Omega-3 fatty acid, minerals and fiber into one bowl. Both chia seeds and walnuts are our omega stars and Brazil nuts provide thyroid-healthy selenium.

Serves 1

Ingredients

½ c gluten free oats (I use Bob's Red Mill)
1 c almond milk (store-bought organic or homemade nut milk)
¼ c walnuts
4 Brazil nuts
1 generous T chia seeds
1 generous T unsweetened shredded coconut, toasted
1 t maple syrup, optional

Directions

In saucepan, combine oats and almond milk. Heat to boiling over high heat and lower to medium heat. Continue cooking until desired consistency, from 5-15 minutes. Pour into bowl. Sprinkle with remaining ingredients.

Serving suggestion: Top with fresh berries and other fruit.



Amazing Health Bread

Adapted from Food52.com

This bread is so easy and fun to make. You can be creative trying different nuts and dried fruits, adding pureed or diced fresh fruits and tinkering with different grains and flours. Psyllium husk is loaded with soluble fiber, great for digestion and lowering cholesterol. You can find organic psyllium husk in health food markets. Avoid non-organic as it is loaded with pesticide.

Makes 1 loaf

Ingredients

2 c shelled sunflower seeds
1 c flaxseed meal
1 c almonds or walnuts
1 ½ c rolled oats (if making gluten-free, make sure to get certified gluten-free oats)
1 ½ c almond meal
1 c shredded coconut
1 c dried currants or cranberries
¼ c chia seeds
½ c psyllium seed husks (6 T if using psyllium husk powder)
½ t sea salt
6 T melted coconut oil or ghee or combination
3 c water

Directions

In a large mixing bowl, combine all dry ingredients, stirring well. Whisk maple syrup, oil, and water together in a measuring cup. Add this to the dry ingredients and mix very well until everything is completely soaked and dough becomes very thick. Pour mixture into a flexible, silicon loaf pan or a standard loaf pan lined with parchment. Smooth the top of loaf with the back of a spoon. Let sit on the counter for at least 2 hours.

Continued on next page

Amazing Health Bread, *continued*

Preheat oven to 350°. Place loaf pan in the oven on the middle rack, and bake for 30 minutes. Remove bread from loaf pan, place it upside down directly on the rack, carefully peeling away parchment paper, and bake for another 30 to 40 minutes. Bread is done when it sounds hollow when tapped. Let cool completely before slicing. Best when sliced thinly and toasted for extra crispiness. Store bread in a tightly sealed container in refrigerator for up to five days or in freezer.



Baked Quinoa Pancake

You may remember the puffy, oven-baked pancake that was popular in the 1970's. I looked forward to its almost popover-like crispy-chewy consistency. This is my updated, gluten-free, healthier version of that delicious treat. Quinoa is a high-protein seed. Ghee is a clarified butter that no longer contains whey or casein proteins and is therefore considered non-dairy. It has been used for thousands of years with Ayurvedic treatments, and it has a slightly caramel flavor. Purchase organic grass-fed ghee (or coconut oil) from your local health food market. Xanthan gum is frequently used in gluten-free foods for its gluten-like binding quality. It is a natural product produced by harmless bacteria.

Serves 2

Ingredients

1 T ghee (or coconut oil)
¼ c quinoa flour
½ c almond milk (store-bought organic or homemade nut milk)
1 egg
1 t xanthan gum
zest of 1 lemon
juice of ½ lemon
berries (optional)
drizzle of maple syrup

Directions

Preheat oven to 475°. Place ghee into oven-proof 11" sauté pan. When oven is ready, place pan in oven to melt ghee and heat pan for 3 minutes. Meanwhile add the next 5 ingredients to blender. Blend until smooth and consistency of thick cream. Add a splash of almond milk to thin if necessary and combine. Carefully remove pan from oven, and pour in batter. Use spatula or back of spoon to spread batter out evenly on bottom of pan. Bake in oven for 12 minutes. Immediately squeeze lemon juice on top of pancake and top with berries and syrup.



Pumpkin Buckwheat Porridge

Though its name may be misleading, buckwheat is a gluten-free, highly nutritious grain. It is loaded with magnesium and rich in iron, fiber and other minerals.

Serves 2

Ingredients

1 c buckwheat or “kasha,”* or gluten-free rolled oats
1 ¼ c almond milk (store-bought organic or homemade nut milk) or coconut milk
½ cup pumpkin puree (I use canned organic)
1 t cinnamon
½ t ginger
⅛ t cloves
⅛ t sea salt
2 T ground chia seeds
2-3 T raw honey or maple syrup
¼ c walnuts, chopped
2 T shredded coconut, toasted

Directions

If you bought kasha, you’ve got pre-toasted buckwheat grains. If you bought buckwheat, toast one cup in a sauté pan over medium heat for 5 minutes, stirring often, to bring out the nutty flavor of the grains. In a pot, add 1 cup of water and 1 cup of the almond milk to the buckwheat or oatmeal. Bring to a boil and add the pumpkin puree, cinnamon, ginger, cloves and salt. Turn down the heat to a simmer and cook for 15-20 minutes. Once the liquid has evaporated, turn off heat and stir in chia seeds. To serve, place some of the porridge in a bowl and add about ¼ cup almond milk or desired amount. Top with the walnuts, honey or maple syrup and coconut.



Protein Rice Pudding

This multigrain pudding is high in protein and fiber. It is a healthier version of classic rice pudding and is lightly sweetened with figs and maple syrup.

Serves 4-5 for breakfast or dessert

Ingredients

1 T ghee or butter
1 T olive oil
1 c Arborio rice
3 c almond milk, warmed (store-bought organic or homemade nut milk)
¼ c red quinoa
12 dried figs, covered and soaked in boiling filtered water for ½ hour
½ t cardamom
3 T pure maple syrup
2 t chia seeds
¼ c cashew cream (requires advanced prep; see note below)*

Directions

In a saucepan melt ghee. Add olive oil. Add Arborio rice and stir to coat. Cook for a minute until rice edges become translucent. Add ½ cup of the almond milk to the rice and stir often until absorbed. Add another ½ cup and repeat. Continue this way until all almond milk has been added and absorbed. Turn off heat. Cook quinoa: Combine ¼ c uncooked quinoa in ½ c water; gently boil for 12 minutes. Add cooked quinoa to rice. Puree figs with in a high-powered blender. Add fig puree, cardamom, maple syrup, chia seeds and cashew cream to rice mixture. Stir until well combined. Cool in refrigerator. Eat cooled or at room temperature.

*Cashew cream: Makes extra. Soak ½ cup of cashews in water for four hours or more. Drain cashews of their soaking water. Pour cashews and 2 T water into a high-powered blender. Blend on high power until creamy.



Seaweed Breakfast Wrap

Seaweed (and seafood such as crab, shrimp, scallops, etc.) is an excellent source of iodine, which is vitally important for thyroid function. Combined with avocado, eggs and umeboshi plum paste – fermented umeboshi plums rich in antioxidants, probiotics and used as a digestive aid in Japan – this wrap provides many essential nutrients for brain health and disease prevention.

Serves 1

Ingredients

1 sheet nori seaweed (My favorite brand is Gimme, organic seaweed because it's crispy, oversized, and organic.)
olive oil or coconut oil
2 eggs
½ t umeboshi plum paste
½ ripe avocado, sliced thin
1 small handful fresh baby spinach leaves
1 T fresh cilantro, chopped (or other herb)

Heat oil in pan briefly over medium heat. Crack and scramble eggs in bowl and add to pan, stirring until cooked through. Lay seaweed sheet on plate. Spread a ½" line of plum paste down left edge of seaweed, facing up. In center of sheet, evenly place scrambled egg, and top with avocado, spinach, and herb, leaving room on both sides to wrap the sheet over the egg mixture. Fold right side of sheet over egg mixture. Then fold left side over and press plum paste edge to seal the wrap.