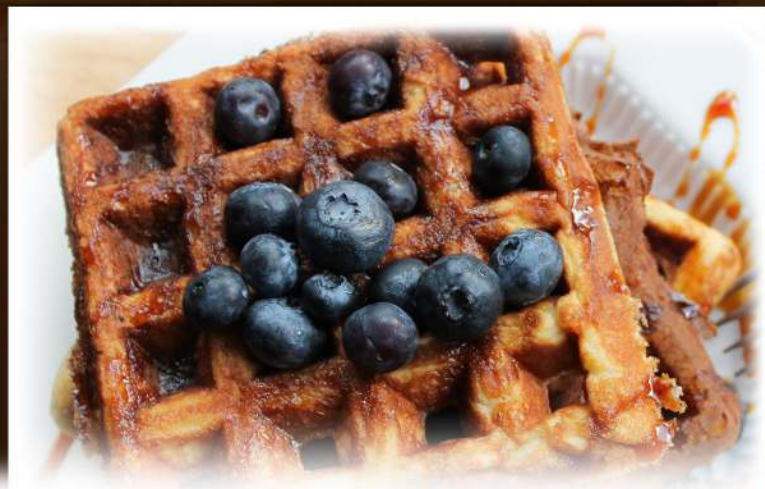


The Healthy BREAKFAST *Book*



Cereal-Free Secrets to Starting the Day with Real Food

Free
Preview

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Free
Preview

Thank you for viewing this sample of The Healthy Breakfast Book!

Where's the free toy that used to come in breakfast cereal?

It's not the only thing missing from the box these days.

We've been duped to think that breakfast variety equates to many different colors of cereal boxes festooned with various cartoon characters or health claims.

In reality, all those hundreds of different boxes contain strikingly similar ingredients and probably don't do much for our bodies in terms of varying our nutritional intake. They certainly **don't give us a leg up on our 5-a-day fruits and vegetables**, don't offer healthy and satiating fats, and often include questionable ingredients that aren't usually found in an average kitchen or in nature.

If you feel like breakfast from scratch is unattainable, like real food takes too long for your busy lifestyle, like your mornings are forever stuck at Cereal 1.0 – I've got an upgrade for you.

Enjoy this free preview of [The Healthy Breakfast Book](#)! It has the full table of contents plus a few recipes so you can get a feel for the style the book is written in and see that it'll soon become a staple in your cookbook collection.

If you'd like to buy the complete copy of The Healthy Breakfast Book visit www.kitchenstewardship.com/Breakfast

Thanks for looking!

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Introduction

Imagine a week during which you have **only hot oatmeal, every single day.**

Sounds boring, right?

In that case, you probably shouldn't try time traveling. You'd probably get tired of the breakfasts.

I was reading *Mrs. Piggle Wiggles* to my kids recently and stopped short in surprise – not because of her innate sense of how to cure a child of any misbehavior problems imaginable, but by the fact that the children in the book seemed to **eat the same breakfast, every morning.** They had “their porridge” and “their egg,” written such that it was obvious that this was a daily routine. It was an eyebrow-raising moment for me, but it got me thinking about breakfasts in our current culture.

We also love the *Little House* series by Laura Ingalls Wilder, and although their breakfasts were often home-cooked and very large so as to impart enough energy for a long, hard day's work, I don't think they had hundreds of choices, and I'm certain everyone ate the same meal.

Life has changed a lot since the advent of processed foods.

The cereal aisle, with all of its dazzling colors, stopping short only of flashing lights and revolving pinwheels, has a dizzying array of choices numbering in the hundreds. It's nothing for a household to have five or six open boxes of cereal at once, affording **each family member their own personal choice in the mornings.**

Breakfast has been transformed from a time of sustenance and nourishment, fueling hard-working families for their day, to an opportunity to assert one's independence and personal opinion.

The cereal box has unwittingly (or perhaps very purposefully) become **an icon of The American Way.**

The American Way is a perfect blend of independence and convenience – laced with obesity, diabetes, heart disease, prescription drugs, and billions of dollars in lifestyle-induced healthcare costs.

We've been duped by food processing companies, blinded by flashy packaging and led to believe that we have an infinite variety of food choices for our first meal of the day, the all-important breakfast. In reality, for most of the country, we're just eating one thing: cereal. It may be dressed up in many different outfits, but underneath lie the same old catalysts for ill health, namely grains and sugars.

Double coupons and a free toy inside can't compensate for what has become a **pretty expensive daily investment and a foundation of our national sugar addiction:** the price we pay for processed foods. (And who does double coupons anymore anyway? Or free toys in the cereal boxes?)

It doesn't have to be this way. Even if your mornings feel harried and rushed and you hardly have two

working brain cells to rub together to make a spark before you have your coffee, **cereal isn't the only option for a quick breakfast.** (And it's certainly not the most nourishing; see the next section for more details.)

The Healthy Breakfast Book is your guide to a better morning, to helping you start the day with real food, no matter what. With this book, you'll be armed with ideas and strategies to include vegetables, fruits, healthy fats, and whole grains (or no grains) in your family's breakfasts, and to avoid processed foods without waking up at 4:00 a.m....Unless you wake up at 4:00 a.m. anyway, in which case, you really need this book, because that's a long time until lunch!

What to Expect

I've tossed out the normal organization for breakfast recipes with this book. You won't find an egg section, breads all in a row and a group of cereals and porridge.

The Healthy Breakfast Book is arranged the way I assume people will need it most: Speed.

How long do you have to prepare breakfast, and does that work need to be done the night before, days before, or in the morning before everyone is up? Have you planned ahead or do you need a “make it now” meal that doesn't require any preparation, soaking, or thawing? And how long do you have to eat – family breakfast at the table or something to grab and run?

You'll find a HOT section, which is divided into “prep ahead,” “make on demand,” or “flexible/both,” and a COLD section with “quick to go” meals, “quick at the table” options that take no prep in the morning but are too messy for vehicle travel, as well as some cold options that require a bit of “morning prep” (but nothing the night before).

And like the companion book, *The Healthy Lunch Box*, this book will also give you time-saving strategies and habits you can begin today to help your real food mornings move along much more smoothly. (Some of the recipes are the same in both books, which is why you can use the code **BfastLunch** for 50% off *The Healthy Lunch Box* → <http://www.kitchenstewardship.com/lunch-box>.)

Why No Cereal?

It's not like cereal and I didn't used to get along. Hey, I used to love Special K on ice cream in high school! (You see the irony there, right? We're all on a journey, and you have to start somewhere!!) It's just that we've had a falling out in the last five years or so, but it's not personal, really. It's academic.

You see, the more I read up on nutrition, the more I'm *not* finding it in fortified brand name cereal, not only the packed-with-sugar sort in the colorful, cartoon-emblazoned boxes, but also the whole grain “goodness” of many of today's cereals.

Here's what you'll find in a box of cereal that might get you off to the *wrong* start:

Sugar. Yes, it can be avoided, but you have to be savvy. Even a lot of “healthy” marketed cereal has sugar in the ingredients under four different names, for example. Here's some fascinating and frightening info on how much sugar is in cereal and how rampant it is in our diets:

<http://www.kitchenstewardship.com/SugarCereal>

White, refined flour. The starchy part of the grain only, white flour converts quickly to simple sugars, and your body uses it for quick energy, leaving you hanging high and dry – and tired – by mid-morning.

Unhealthy fats/oxidized fat. Most processed foods companies haven't come around to the idea that real, traditional fats are good for you, and besides that, they're always watching their bottom line. You're far more likely to see cheap, subsidized corn or soybean oil than butter or coconut oil, and even “healthy” cereals often use fats like canola or safflower/sunflower which are far too delicate to be subjected to heat and pressure.

You're consuming too many inflammatory omega-6s (and GMOs) in the former and likely oxidized (damaged) fats in the latter. Omega 6s are the opposite of omega-3s, the heart healthy fats, and oxidized fats have free radicals, the opposite of cancer-preventative antioxidants.

Another term for oxidized fat? Rancid. Yum.

I'm not sure if you can add enough walnuts and blueberries to your bowl to compensate for all that.

Folic acid. Since 1998, folic acid has been added to all white flour, cereals, and some other food products for the sole reason of preventing spinal tube birth defects. If you're not pregnant or trying to conceive, they're not really there for you – but how often are daily cereal eaters consuming folic acid? It's a necessary nutrient, but our bodies were designed to make folic acid from folate, found naturally in greens and organ meats.

Science geeks: More info from Chris Kresser here: <http://bit.ly/1bSUQy0>, a confirmation from 2010 here: <http://nbcnews.to/1jGMxH5>, and a rebuttal of sorts from January 2013 here: <http://bit.ly/19dWWGr> (but note that this was only one study – personally, I need to see more proof that it's safe before I regularly consume something made in a lab that hasn't been proven to help me and wasn't part of traditional diets).

Denatured Vitamin E. Whole grains are a source of Vitamin E, but Vitamin E is very heat sensitive. The “puffing” or “extruding” process that commercial cereal is subjected to almost certainly ruins the health benefits of the Vitamin E. (More: <http://bit.ly/1gUITaj>)

Phytic acid. This one is a bit controversial, but basically, whole grains are seeds, which are not intended by the plant to be food, but to propagate the plant. Seeds therefore have mechanisms in place to prevent digestion.

To a human, that means a few things: (1) For some, whole grains are difficult to digest to the point that

they cause people to feel digestive distress. (2) For everyone, it's likely that the minerals we should be getting by eating our healthy whole grains are bound up and inaccessible to our bodies, and it's even possible that the whole grains might negatively impact our absorption of other minerals we consume with the grains, like calcium. (More here: <http://www.kitchenstewardship.com/WhySoak>)

Grains. Some say that humans shouldn't be eating grains at all, that our bodies aren't designed for them. Many people have found the key to redeeming their health is to cut grains out completely, which knocks all processed cereal off the table. I take a middle road, and in our home we eat mostly gluten-free, low on grains in general, and when we do eat them, they're usually soaked. We're not 100% anything, but we're a whole lot healthier than we were before all this. This book has a similar mix of recipes and philosophies.

Extrusion. Extruded grains are another controversial subject. Extrusion is the process of forcing a dough through a tube to make shapes like Os, stars, even the shreds of shredded wheat, typically at high heat and pressure. It may cause serious fat oxidation (whole grains contain their own fats, even if nothing is added to the mixture) and is often the cause of the denatured vitamins.

I truly am not sure if extrusion is harmful to human health or not, but it's not something I could accomplish in my own kitchen, so I'm wary. I wrote a bit more about the process here: <http://www.kitchenstewardship.com/ExtrudedGrains>

Here are some sources speaking about extrusion and cereal, but none of them are very solidly science-based: <http://bit.ly/1ff7eqT> and <http://bit.ly/19y0Kib>. *Note that the rat study is only one study, not peer-reviewed or even published, and it has been fairly soundly debunked, if nothing else by the fact that almost all pet food is now extruded. Pets are still alive, as far as I know...although I hear about more and more being put on medication for the same diseases of civilization that are rampant among their human counterparts.*

And finally, although even thousands of anecdotes cannot technically equate to the preciseness of peer-reviewed research, I appreciate hearing people's experiences. Here is a **note from a reader who has taught many years among the inner city poor**:

"In the school that I worked for, the students received a government subsidized breakfast. Most days it was cereal, milk, and a packet of crackers or cookies to go with it. Every once in a while they would get hard boiled eggs, yogurt, or string cheese and do you know what? I could tell the difference on those days. On those days, behavior and learning outcomes were 100 times better.

Were they organic eggs? Were they raw milk yogurts and cheeses? No.

But the students still benefited from the fat and the protein and the nutrients that they could actually assimilate (for once!). It kept their bellies fuller for longer and kept their brains sharper and more focused. The cereal days were the worst."

— source: <http://www.kitchenstewardship.com/CerealGMletter>

1 Meal Plan

My 8-year-old son said to me recently as he was flipping pancakes and fried eggs on a Saturday morning, “Remember when we used to have scrambled eggs, like, *every day* for breakfast?”

I laughed a little, but I also realized that he was probably more accurate than I'd like to admit. When we first started dropping cereal from our morning culinary regimen, I didn't always have a good plan, and what's available that doesn't need thawing, planning or preparation the night before? Scrambled eggs.

We eventually branched out a lot more, but that daily habit made a resurgence in a big way when our family was thrown into the world of grain-free living for a time, to help us figure out if my husband was bothered by gluten or not (he is). When you're coming from a sourdough-bread-or-oatmeal-or-granola-and-maybe-pancakes-every-morning-for-breakfast sort of lifestyle, and you suddenly eat no grains at all, your head sort of does this:

No grains for breakfast, hmmm, let's see, that means we can still eat scrambled eggs, that's wonderful, and then we could have...let's try eating...hey, we could have – no, that won't work – but there's always...um...how about scrambled eggs again, and this time we'll add cheese!

The antidote to monotony, of course, is planning ahead.

Why Meal Plan Breakfasts?

Whether you eat gluten or grains or not, there are many, many options for a nourishing breakfast beyond scrambled eggs. The trick is that many of them take a little pre-planning. You might need to make quick breads or muffins (even grain-free ones) on the weekend and freeze them, soak pancake batter the night before, or start a habit of keeping smoothie ingredients on hand and organized so your smoothies are so quick to make they can still be squeezed into rushed early morning moments.

Perhaps you're already a great menu planner but never thought about including breakfasts in your plans. If you're *not* a dinner meal planner, well, you should probably start that too, but either way, planning breakfasts is even easier, and you can start immediately.

I encourage you to make a few week-long breakfast meal plans that can be utilized anytime and rotated for variety. You'll want to make these “master plans” using only ingredients you always have on hand and recipes you know your family already loves so that when you use one, you don't have to think about it at all.

I've included a printable chart for you to create your own master breakfast plans (comes with the PDF “premium package”) and I'm also providing a few examples using recipes from this book. Be sure to read through the entire plan before using it – I started Monday with a nice easy “Garfield Monday” type meal for most of them, but that means prep happens in the latter part of the week before.

Basic Master Breakfast Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PREP Soak double oatmeal	Check: enough frozen bananas for smoothie?		Bake or thaw squash	Assemble crustless quiche	Make granola	prep for pancakes – soak, thaw squash, etc.
MEAL Pancakes, make double or triple	Soaked oatmeal	Oatmeal with a smoothie	Egg scramble, with leftover pancakes	GF pumpkin pie porridge	Crustless quiche, (made the night before)	Day off = homemade granola

Master Breakfast Plan for those with a full work week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PREP	Soak quinoa	Hard-boil some eggs; drain and rinse quinoa	Continue to rinse quinoa	Soak pancakes, thaw meat, soak oatmeal	See below	See below
MEAL	Leftover pancakes with fruit or yogurt if the recipe was grain-based, or peanut butter sandwiches	Leftover baked oatmeal or waffles from Sunday, smoothie if you have time	Homemade granola	Muffins or bars, with a hard-boiled egg	"Day off" = monkey salad with milk	Quadruple batch of pancakes, served with meat-and-veggie laden egg scramble
						Homemade waffles, double or triple batch or soaked baked oatmeal, 2 pans

Saturday: Make a pound of meat and chop veggies for the freezer, and freeze half the leftover pancakes and refrigerate the rest. The point of serving such a big breakfast is two-fold: (1) you hopefully have more time to cook on the weekends and can prep ahead while not doing a special prep time, and (2) you can make a big batch of pancakes and actually have enough left over for 2 more meals because people are also filling up on eggs. Soak waffles, finish mixing up oatmeal so it's quick in the morning, cook quinoa, soak oats for quinoa bars, soak muffins or granola.

Sunday: in the afternoon or evening – make a batch of muffins, granola or quinoa bars for the week. Check your stash of homemade granola or cereal to see if you need to plan that in.

*OR have a "breakfast-for-dinner" = "brinner" on Saturday or Sunday if you'd rather have a lazy weekend morning (or have to be somewhere early anyway on the weekends)

Whole Grain Maple-Almond Breakfast Pudding

Whether this is a pudding or a porridge is probably debatable, but let's pretend it's the morning and we can barely see well enough to read the recipe through our sleep-fogged eyes. It's not worth hemming and hawing over; let's just eat. ;) The original rice pudding is actually also in my *Smart Sweets* desserts book, but I've cut the sweetener so much that there's no reason it can't sit alongside oatmeal as a nourishing breakfast option.

Ingredients

1 c. brown rice
2 c. water
4 c. milk
1 tsp. almond extract
½ c. maple syrup
1 Tbs. butter

Method

Soak the rice in the water overnight for best digestion.

When ready to cook, bring to a boil and keep at a low boil, uncovered, for 10 minutes. Drain off the water carefully (don't use a large-holed colander). I use the soak water (minus taking some out for the next batch: <http://www.kitchenstewardship.com/FermentedRice>) but you could certainly drain and cover with fresh.

Add milk and bring carefully to a boil over medium to medium-low heat, with the cover off, stirring often. Be sure to scrape the bottom of the pan as milk can burn easily.

Once you reach a boil, turn the burner to low, cover, and cook 45-90 minutes until pudding is thick and milk seems to have all been absorbed. Don't stir too often during this time, but watch for scorching on the bottom of the pan.

When thickened, remove the pan from heat; then add sweetener, vanilla and butter and stir. Serve warm or cold with cinnamon; some like to add raisins.

Makes 8 servings.

Notes and Variations

- If you leave the cover off, it won't really make much difference. I tend to not even set a timer but just keep stirring very occasionally until it's all thick. It seems like it's not working at first, but it will get there eventually!
- If you can find black rice, it makes the most gorgeous *purple* rice pudding. So fun, and packed with antioxidants!
- I almost always make a double batch while I'm at it. Rice pudding will last a week in the refrigerator. In theory, at least – ours is never around that long!
- If maple-almond isn't your thing, just use vanilla extract and honey or sucanat/sugar to season the pudding.
- Why soak the rice? More here: <http://www.kitchenstewardship.com/FermentedRice>

Quick Leftover Grain Porridge

There's a reason I didn't title this recipe "Rice Pudding" even though the basic recipe uses rice. I want it to be clear that you can make a pudding/porridge out of any grain, and leftover cooked grains from dinner make for a very fast, very nourishing breakfast.

- Simply put whatever leftover grains you have into a pot (you should probably have at least 2 cups to make it worth heating something up).
- Cover with any dairy or non-dairy milk and bring to a low boil.
- Simmer uncovered, stirring often, until the milk has mostly been absorbed and the consistency is like a thick tapioca pudding or oatmeal.
- The amount of time the process takes will vary depending on how much liquid you add. If you just put a little in, enough to partly cover but not submerge the grains, this porridge can be a 5-minute breakfast.
- Season with just about anything you want – a splash of syrup or honey, cinnamon or pumpkin pie spices, leftover pureed squash, vanilla or almond extract, orange zest...the world is yours.



You might even start making extra cooked rice, quinoa, millet, or bulgur when you're planning dinners just so that you can make an easy breakfast.

Try planning, cold grain salads like this spelt salad (<http://www.kitchenstewardship.com/SpeltSalad>), stir fries, and simple grain-based side dishes that can be made with a variety of whole grains like this one (<http://www.kitchenstewardship.com/FriedRice>). You can also freeze leftover whole grains and pop them right into a pot with milk (but leave extra time for the thawing process, even in the hot milk).

Greek Meat Muffins

These meat muffins are pretty versatile, and I hope you'll experiment with even more variations. This one is a bit more sophisticated than the pizza muffins and demonstrates a super twist on the basic format.

Ingredients

½ lb. ground beef (or any ground meat)
½ tsp. salt
¼ tsp. pepper
½ c. red pepper, chopped (optional)
½ c. onion, chopped (about 1 medium)
1 ½ c. cooked chickpeas (garbanzo beans), divided
2 cloves garlic, crushed
2-6 c. fresh spinach, loosely packed
½-1 c. chopped broccoli, optional
1 Tbs. lemon juice
2 tsp. dried oregano
½ c. feta cheese, plus more to top
4 eggs
diced tomatoes for topping

Method

Brown the beef, seasoning with salt and pepper. Drain the grease and add onions and peppers for the last 5 minutes.

While this is cooking, mash or food process 1 c. of the chickpeas. Also grease or put muffin cup liners in your pan. Thin paper liners tend to stick to the meat too much, but if you use unbleached liners, they really help speed up the cleanup. Preheat the oven to 375F.

When the onions are getting translucent, add the crushed garlic and fresh spinach, washed and roughly chopped, stirring over medium heat for 1-2 minutes until the spinach is all wilted. Turn off the heat and give everything a chance to cool for a few minutes.

Alternate spinach methods: You could also very quickly steam the spinach separately OR use frozen spinach, about a pound package, but you'd need to thaw and thoroughly drain it first.

Add chopped broccoli or any other veggies you want to sneak in there.

In a medium sized bowl, beat the eggs, then mix in all the meat and veggie mixture, mashed chickpeas, plus the additional half cup chickpeas (whole), lemon juice, oregano, and feta cheese. If you added extra veggies, you may need an additional egg to compensate. The mixture should be moist all the way through, although not exactly runny.

Transfer to lined muffin cups with a heaping quarter cup measuring cup, stirring as you work to ensure even egg distribution. Be sure to leave a little headroom for some “puffing” action if your muffin tin is on the small side.

Bake at 375F for 30-40 minutes or 15-20 for mini muffins. They're done when the egg is set.

Serve with additional feta and tomatoes on top.

Makes 12 muffins or 24 mini muffins (sometimes more if you add more veggies).

Notes and Variations

- Serve with hummus on the side or fried eggs or hash (p. 60).
- I was having fun with food and served a dinner of nothing but muffins (<http://www.kitchenstewardship.com/MuffinMeal>). Be inspired to make eating more fun!
- If you don't have all this time in the morning, bake the muffins ahead and simply reheat for breakfast or eat cold (if cold meat sounds icky, think meatloaf sandwiches. It's great).
- The muffins freeze just fine and reheat (once thawed) in a 350F oven in 10-20 minutes. They'd likely reheat well from frozen on a cookie sheet but would need extra time.

Inspired by Well Fed by Melissa Joulwan: <http://www.kitchenstewardship.com/WellFed>



Savory Spinach Grain-free Waffles

Waffles were one thing we missed so very much when gluten left our lives. This recipe is far from frugal, but it's incredibly filling and oh! so delicious. On first taste of the original version, my husband said something to the effect of, "Waffles are back." I think I saw stars in his eyes.

Ingredients

3 eggs
1 c. raw* cashews
⅓ c. milk (plus more to thin batter if necessary)
1 c. packed raw spinach leaves (2 large handfuls)
3 Tbs. melted coconut oil or butter
½ tsp. salt
¾ tsp. baking soda
¼-½ tsp. garlic powder
¼-½ tsp. onion powder
3 Tbs. packed coconut flour
1 Tbs. honey (optional)

**Raw cashews are different than roasted, salted cashews. Buy the the ugly "pieces" if you can find them so they cost less.*

If you only have access to roasted cashews, they work, too (but omit the salt in the recipe).

Method

Start by melting the fat if necessary to allow a bit of time for it to cool.

In a blender, blend the eggs, cashews, milk, spinach, and fat (once cooled). If using a high-powered blender like a Vitamix or Blendtec, 30 seconds or less will do, or the "batter" function. In a regular blender, which really will work, you may have to blend 2-3 minutes, until all the nuts have been pulverized into a creamy batter and the spinach is completely liquidized as well.**

Add the salt, baking soda, garlic and onion powders, and coconut flour and blend well until combined. The honey is optional but can cut some of the bitterness of the spinach.

If the batter seems incredibly hard to pour, feel free to add a bit more milk or water to thin it out, but generally the spinach does a good job of thinning the batter on its own.

Cook in your waffle iron. Mine has levels numbered 1-5, and this batter does well at about 2 ½. If you have a single indicator light, you might need to check for browning slightly before it clicks on as nut batters do cook faster than grains.

Makes about 6-8 5" square waffles.

***If you're worried about your blender being too weak to grind the nuts, try soaking the cashews in water for a few hours and draining them, then use just ¼ c. milk at first until you see how thin the batter is. However, you don't need a high-powered blender to make it happen. My cheap blender did just fine.*

Notes and Variations

- Serve these savory waffles with sour cream on top, or make an open-faced sandwich with a fried egg, bacon, or some breakfast hash.
- If the batter seems too thick for your waffle maker, a splash of water will fix it right up.
- *Fluffier:* Replace one egg with ⅓ c. natural applesauce and decrease milk to ¼ c.
- *Crispier:* Replace one egg with ¼ c. Greek yogurt and decrease milk to ¼ c. to start.

- No coconut flour? Three tightly packed tablespoons of shredded coconut works just as well in a high-powered blender (maybe a regular one too?). You do have to blend a little longer.
- Store in the refrigerator for up to 5 days or freeze for another time.
- If you're not sure about serving with spinach, wait until St. Patrick's Day. They're such a lovely green that anyone would want to devour them on St. Patty's Day!
- The original recipe, which is just “regular” waffles, is also amazing. To adapt backward, cut the spinach, garlic powder, and onion powder. Increase the milk to ½ c. and the sweetener to 3 Tbs. You'll be in heaven. ;)
- Save dishes: Make a smoothie in your blender just before or after the waffle batter, rinsing briefly in between if necessary.

Adapted from the guest post here (<http://www.kitchenstewardship.com/GrainFreeWaffles>) by Danielle from Against All Grain (<http://www.kitchenstewardship.com/AAG>)



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About The Author

I'm Katie Kimball, a Catholic wife and mother of three who wants the best of nutrition and living for her family. My educational background is actually in elementary education and English, but as I began cooking for my children and reading about nutrition, I quickly became a home chef and researcher. In early 2009 I began my journey as an online writer, and I'm head over heels in love with the tangled web that is the blogging career.



I believe that God calls us to be good stewards of all His gifts as we work to feed our families: time, finances, the good green earth, and of course, our healthy bodies. KitchenStewardship.com seeks to share with others ways to balance all four and be prayerful in the call to vocation in the kitchen.

I'm far from perfect: my kitchen is often a mess, I lose my patience with family members, and I certainly spend too much time on the computer. But I do my best to provide optimal nutrition and health for my loved ones, which means I spend a lot of time in the kitchen. I make everything from scratch and talk about food all the time. I also strive to make things taste good, which is where you benefit. Thank you so much for downloading this freebie!

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