

Gluten Free

# MAKE AHEAD High Protein Breakfast Recipes



By Registered Dietitian &  
Healthy Living Blogger  
Kelli Shallal MPH RD  
[www.hungryhobby.net](http://www.hungryhobby.net)





**Hi, friends! I'm Kelli Shallal, Registered Dietitian and Personal Trainer behind Hungry Hobby.**

In addition to blogging, I work with nutrition coaching clients one-on-one. Like me, many of my clients struggle with eating breakfast. They often don't feel hungry or feel too rushed to get in something nutritious before the day begins.

Eating the right thing for breakfast is just as important as eating breakfast at all. Have you ever had something sugary like a muffin and sweet coffee for breakfast, only to feel exhausted a few hours later? **We now know that protein is the most essential component to a healthy breakfast.** Protein stabilizes blood sugar and enhances fullness, two key components to keeping you going and feeling full of energy.

I've filled this book with all my favorite protein rich healthy breakfast recipes that can be made up to five days ahead of time. This ensures you've got breakfast ready to eat in less than 5 minutes, or something delicious and nutritious to take to work with you. I've also included shopping and nutrition tips to help you become a breakfast champion. As an added bonus, all the recipes in this book are gluten-free (GF) or have GF modifications.

I hope you enjoy this ebook!

**- Kelli Shallal, MPH, RD**

**For more healthy recipes and healthy living tips, please visit Hungry Hobby at [www.hungryhobby.net](http://www.hungryhobby.net)**

## Table of Contents

<b>THE 10 BEST BREAKFAST FOODS</b> .....	<b>3</b>
<b>EGG-A-LICIOUS RECIPES &amp; FACTS</b> .....	<b>4</b>
HARD BOILED EGGS .....	6
HARD BAKED EGGS .....	6
<b>SPINACH &amp; TOMATO GOAT CHEESE QUICHE</b> .....	<b>7</b>
<b>BREAKFAST SAUSAGE CASSEROLE</b> .....	<b>8</b>
<b>CAULIFLOWER RICE CRUSTED FRITTATA</b> .....	<b>9</b>
<b>SOUTHWEST COTTAGE CHEESE MUFFINS</b> .....	<b>10</b>
<b>ZUCCHINI QUICHE</b> .....	<b>11</b>
<b>ZUCCHINI QUICHE QUESADILLA</b> .....	<b>11</b>
<b>SPICY BROCCOLI CHEDDAR QUICHE</b> .....	<b>12</b>
<b>BLACK FOREST EGG CUPS</b> .....	<b>13</b>
<b>BAKED PUMPKIN PANCAKES</b> .....	<b>14</b>
<b>CHA-CHA-CHA-CHIA! WHAT ARE CHIA SEEDS?</b> .....	<b>15</b>
<b>HOW TO USE CHIA SEEDS</b> .....	<b>15</b>
<b>COCONUT CHOCOLATE CHIA PUDDING</b> .....	<b>16</b>
<b>DARK CHOCOLATE SUNFLOWER SEED BUTTER CHIA PUDDING</b> .....	<b>17</b>
<b>CHOCOLATE PEANUT BUTTER (BUTTERFINGER) CHIA PUDDING</b> .....	<b>18</b>
<b>OATMEAL CRUST</b> .....	<b>19</b>
<b>HOW TO MAKE OVERNIGHT OATS</b> .....	<b>20</b>
<b>PARFAIT STYLE OVERNIGHT OATS</b> .....	<b>21</b>
<b>NUT/SEED BUTTER STYLE OVERNIGHT OATS</b> .....	<b>22</b>
<b>GLUTEN FREE VEGAN PROTEIN PANCAKES</b> .....	<b>23</b>
<b>MAKE AHEAD PROTEIN SHAKES</b> .....	<b>24</b>
<b>HOW TO MAKE SMOOTHIE PACKS</b> .....	<b>25</b>
<b>RECIPES TO PAIR WITH PROTEIN SHAKES OR EGGS</b> .....	<b>26</b>
MINI CHOCOLATE CRANBERRY PUMPKIN LOAVES .....	26
PALEO COCONUT ALMOND BANANA BREAD .....	27
PALEO CINNAMON RAISIN BREAD .....	28

**For more healthy recipes and healthy living tips, please visit  
Hungry Hobby at [www.hungryhobby.net](http://www.hungryhobby.net)**

## The 10 Best Breakfast Foods

*The best foods to eat for breakfast are any foods that contain **protein**. Bonus additions to a winning breakfast are **fiber and healthy fat**. **Fiber** increases fullness and promotes regularity. **Healthy fat** is also thought to promote fullness, and is necessary for many functions in our bodies including hormone health. If you workout before breakfast, you may also want to include a source of healthy carbohydrates to help you recover.*

1. Eggs & Egg Whites (protein and healthy fat)
2. Uncured Natural Breakfast Meats (protein)
3. Fish – salmon or smoked salmon (healthy fats & protein)
4. Low Sugar Whole or 2% Greek Yogurt, sweetened with stevia or monk fruit (protein)
5. 2% Cottage Cheese (protein)
6. Nuts & Seeds – high in fiber and healthy fat
7. Avocados – high in fiber and healthy fat
8. Vegetables – high in fiber
9. Low Sugar Protein Powders
10. High fiber carbohydrates such as fruit, sweet potato, beans, or oats. (*optional*)

**For more healthy recipes and healthy living tips, please visit Hungry Hobby at [www.hungryhobby.net](http://www.hungryhobby.net)**

## Egg-a-licious Recipes & Facts

Eggs deliver many nutrients, including protein, B vitamins, fat-soluble vitamins such as A, D, E and K, and important minerals such as zinc, iron and copper. Egg meals have been shown in repeated studies to increase fullness and reduce intake in later meals, compared to the other meals with the same calorie content (1-4.) Therefore, **starting your day with eggs may help curb your appetite and stay on track the rest of the day.** It can be a struggle to get in enough vegetables throughout our hectic days. With a little planning and prep, eggs can also help you get in a full serving of your favorite veggies without you having to think twice! Adding more fiber, nutrients and taste to your healthy breakfast!

### *Egg Labels about What Chickens Eat*

#### **"Omega-3 Eggs"**

*What it means:* The hens' feed is supplemented with omega-3-rich oils such as fish oil, krill oil, flaxseed oil and algae oil. Each egg may have up to 250 milligrams of omega-3s per egg.

#### **"Vegetarian Feed"**

*What it means:* The hens' feed is entirely vegetarian, meaning it is free of animal byproducts (defined as not suitable for humans) and usually composed of grains, soy and seeds. This diet ensures that chickens aren't eating poultry byproducts, which they wouldn't normally consume. However, keep in mind that chickens are not naturally vegetarians. If allowed to forage naturally, they eat a mixture of seeds, grains, bugs and worms.

### *Eggs Labels about Chickens' Living Conditions*

#### **"Cage-Free"**

*What it means:* The chickens are not kept in cages. Instead, they might be kept in a barn-like environment without access to the outdoors.

#### **"Free-Range"**

*What it means:* Chickens are not kept in cages and, generally, have some outdoor access. This outdoor access is not for any guaranteed amount of time, however.

**For more healthy recipes and healthy living tips, please visit  
Hungry Hobby at [www.hungryhobby.net](http://www.hungryhobby.net)**



## **"Pasture Raised"**

*What it means:* Thought to be the gold standard, this label indicates hens had unlimited access to the outdoors, usually within in a confined area (however, there is no standard definition of a "confined area"). Some "pasture raised" chickens are kept in movable, floorless cages that allow access to the outdoors and pasture, but keep the chickens from roaming freely. Some "pasture raised" eggs have been found to have higher amounts of omega-3s, even though the hens were not given omega-3-supplemented feed.

## *Additional Egg Labels*

## **"Fertile"**

*What it means:* Instead of being segregated by sex, hens are allowed to mate with roosters. This means the eggs may contain both male and female genetic material, which begins the first step of embryonic development. However, the eggs do not develop further without continued incubation.

## **"Organic"**

*What it means:* According to the USDA: "Eggs marked with the USDA's National Organic Program label come from uncaged hens that are free to roam in their houses and have access to the outdoors. The hens are fed an organic diet of feed produced without conventional pesticides or fertilizers."

## **Brown Eggs**

*What it means:* There is no nutritional difference between brown and white — or any other color — eggs. The difference in color is determined by the breed of hen.

## **Grades: AA, A, B or Inedible**

*What it means:* Defined by the USDA, these standards of quality are determined by the depth of the air cell, the firmness of the white, the definition of the yolk and the presence of impurities.

## **Size**

*What it means:* This is defined by the weight of one dozen eggs:

- Small: 18 ounces
- Medium 21 ounces
- Large: 24 ounces
- X-large: 27 ounces
- Jumbo: 30 ounces

**For more healthy recipes and healthy living tips, please visit  
Hungry Hobby at [www.hungryhobby.net](http://www.hungryhobby.net)**



### Hard Boiled Eggs

1. Take desired amount of eggs and put in them in a medium pan. Add enough COLD water until they are fully submerged just below the surface.
2. **You want to heat your eggs slowly or they will crack open.** Set your eggs on medium heat. (Stainless steel pans heat up quickly, set to medium low heat.) Keep the lid on.
3. Boil (will take about 10 minutes to start boiling) for 20 minutes. If bubbles start overflow, tilt the lid for 3-5 seconds and replace, **or leave** tilted until eggs are done.

To test to see if they are done: take one out of the pan with spoon and roll long direction. If it rolls length ways it is done.

4. Once done, drain, fill up pan with cold water and add 1 cup of ice cubes. Let sit in cold water for 5 minutes then peel.

### Hard Baked Eggs

1. **Preheat oven to 325 to 350F.** You'll want to do a test run to figure out what works best for you based on your equipment and geographical location. Complete one batch of two eggs at 325 and another at 350, stick with making whole batches with the temperature that yields the best results.
2. Place eggs in a muffin tin and bake for 30 minutes.
3. Using tongs, transfer to an ice bath to cool. Then you can peel them.

**For more healthy recipes and healthy living tips, please visit  
Hungry Hobby at [www.hungryhobby.net](http://www.hungryhobby.net)**

# Spinach & Tomato Goat Cheese Quiche

(Gluten Free, Vegetarian)

Makes: 6 Servings

*Spinach and Tomato Goat Cheese Quiche is a divine combination of savory spices, fresh veggies, and tangy goat cheese.*

## Ingredients:

- 1/2 onion, chopped
- 1 clove garlic minced (or 1/2 teaspoon garlic powder)
- 1 teaspoon oil (avocado or olive)
- 4 cups fresh spinach
- 4 eggs
- 1 cup egg whites
- 2 ounces goat cheese
- 1 Roma Tomato, cut into slices
- salt and pepper to taste



## Instructions:

1. Preheat oven to 375F.
2. Sauté chopped onion and garlic (if using fresh) for 1-2 minutes until tender.
3. Add spinach and stir until wilted, remove from heat.
4. In a medium bowl whisk eggs, egg whites, garlic powder (if you didn't use fresh), salt and pepper (I used about 1/4 teaspoon of each.). Add in spinach mixture and mix well.
5. Pour into an 8x8 dish or 8 inch cake pan, spread out ingredients evenly.
6. Add crumbled goat cheese evenly and top with tomato slices.
7. Bake for 30-35 minutes or until eggs are firm (set.) Let cool 5-10 minutes before serving.

Nutrition Estimates Per Serving:

130 Calories, 8g Fat, 2.5g Carb, .7g Fiber, 1.4g Sugar, 12g Protein

**For more healthy recipes and healthy living tips, please visit  
Hungry Hobby at [www.hungryhobby.net](http://www.hungryhobby.net)**



# Breakfast Sausage Casserole

(Gluten Free Option)

## Makes: 8 Servings

*This healthy and hearty egg casserole is packed with flavorful breakfast sausage casserole, something worth waking up for!*

## Ingredients:

- .75lb ground chicken or turkey breakfast sausage
- 6 cups spinach
- 1T oil (avocado or olive)
- 1.5 cup milk (I used original almond - unsweetened)
- 3/4 cup (or 6 ounce container) 2% plain Greek yogurt
- 1/2 cup grated parmesan
- 1 tablespoon garlic powder
- 8 eggs
- 7-8 pieces of thin sliced whole grain bread cubed (or GF bread if needed)
- cooking spray



## Instructions:

1. Preheat oven to 350F. Cook chicken breakfast sausage in skillet with oil on medium high until no longer pink. Remove from pan and set aside.
2. Add spinach and cook for 1-2 minutes until spinach is wilted.
3. Whisk eggs milk, yogurt, garlic and parmesan.
4. Spray 9 x 13 pan and spread cubed bread evenly over the bottom. Add spinach evenly on top of bread.
5. Pour whisked egg mixture over bread, move pieces around to make sure they are well soaked.
6. Top evenly with chicken mixture.
7. Bake for 55-60 minutes until eggs are set. Remove from oven and let cool for 10 minutes before serving.

Nutrition Estimates Per Serving: 295 Calories, 15g Fat, 15g Carb, 3g Fiber, 3g Sugar, 15g Protein

**For more healthy recipes and healthy living tips, please visit  
Hungry Hobby at [www.hungryhobby.net](http://www.hungryhobby.net)**

## Cauliflower Rice Crusted Frittata

(Dairy Free, Gluten Free, Vegetarian)

Makes: 4 Servings

*A healthy low carb breakfast full of veggies, protein, and healthy fat to keep you full all morning long!*

### Ingredients:

- 16 ounces fresh cauliflower rice (or 2 medium/1 large head of cauliflower riced)
- 2 tablespoons Avocado Oil
- 2 cups egg whites
- 4 eggs
- sprinkle garlic salt
- sprinkle garlic powder
- sprinkle black pepper
- red pepper flakes to taste



### Instructions

1. Preheat broiler.
2. Shred cauliflower rice using the shred attachment of a food processor (or buy a pre-riced bag.)
3. In an OVEN SAFE SKILLET - Add cauliflower rice and sprinkle of garlic salt (no more than 1/4 teaspoon) to skillet and sauté in oil on medium high for 3-4 minutes until tender.
4. Meanwhile whisk eggs and remaining seasonings in a bowl.
5. Pour eggs over cauliflower and let set 5-7 minutes.
6. Once eggs are almost set place in broiler for 5-7 minutes or until complete firm (set.)
7. Let cool 5 minutes before serving!

Nutrition Estimates Per Serving:

193 Calories, 11g Fat, 1g Carb, .5g Fiber, .5g Sugar, 19g Protein

**For more healthy recipes and healthy living tips, please visit  
Hungry Hobby at [www.hungryhobby.net](http://www.hungryhobby.net)**

## Southwest Cottage Cheese Muffins

(Gluten Free, Vegetarian)

Makes: 12 Servings

*These southwestern inspired cottage cheese muffins are the perfect high protein, healthy-go-to, savory and cheesy breakfast or snack!*

### Ingredients:

- 4 whole eggs
- $\frac{3}{4}$  cups egg whites
- 1 cup cottage cheese
- $\frac{1}{2}$  cups oat flour (3/4 cup oats ground into flour)
- $\frac{1}{2}$  cups shredded pepper jack cheese
- 1 whole green onion, chopped
- 1 whole bell pepper, chopped
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{4}$  teaspoon salt



### Directions:

1. Preheat oven to 375°F and grease a muffin tin (or use cupcake liners).
2. Whisk together eggs and egg whites. Mix in remaining ingredients.
3. Divide mixture evenly among 12 muffin cups. Bake 25–35 minutes, or until golden crust forms on the top and inserted toothpick comes out clean.

Nutrition Estimates Per Muffin:

99 Calories, 5g Fat, 5g Carb, 1g Fiber, 1g Sugar, 9g Protein

**For more healthy recipes and healthy living tips, please visit  
Hungry Hobby at [www.hungryhobby.net](http://www.hungryhobby.net)**

## Zucchini Quiche

(Gluten Free, Dairy Free)

Makes: 4+ Servings

*The beauty about this simple quiche is that it is full of veggies and is the perfect canvas to create quick sandwiches or breakfast quesadillas with!*

### Ingredients:

- 3 eggs
- 2 cups liquid egg whites
- 2 large zucchini, shredded and squeezed dry
- 1 teaspoon garlic

### Instructions:

1. Preheat oven to 350F
2. Whisk all ingredients together in a small bowl, add to a greased 8x8 baking dish.
3. Bake for 35-45 minutes until eggs are set, let stand for 5-10 minutes.



Nutrition Estimates Per Serving:

140 Calories, 1g Fat, 6g Carb, 2g Fiber, 3g Sugar, 19g Protein

## Zucchini Quiche Quesadilla

FOR QUESADILLA: Fill tortilla with 1/8 of chopped quiche (1/2 of a serving) and 2T of shredded cheese. Pan fry or microwave turning every 1-2 minutes until tortilla is crispy and cheese is melted.



**For more healthy recipes and healthy living tips, please visit  
Hungry Hobby at [www.hungryhobby.net](http://www.hungryhobby.net)**



## Spicy Broccoli Cheddar Quiche

(Gluten Free, Vegetarian)

Makes: 4 Servings

*A cheesy and spicy, veggie packed way to start your day with a bang!*

### Ingredients

- 2 cups liquid egg whites
- 2 cups chopped cooked broccoli
- 2 ounces cheddar cheese, shredded
- sprinkle of parsley, chives, and red pepper flakes to taste

### Instructions

1. Preheat oven to 350F
2. Whisk together all ingredients except red pepper flakes
3. Spray/oil an 8x8 casserole dish and pour egg mixture in.
4. Top with sprinkle of red pepper flakes across the top.
5. Bake for 40-45 minutes or until eggs are completely set.
6. Let cool for 5-10 minutes before eating.



Nutrition Estimates Per Serving:

140 Calories, 3g Fat, 3g Carb, 1g Fiber, 1g Sugar, 18g Protein

**For more healthy recipes and healthy living tips, please visit  
Hungry Hobby at [www.hungryhobby.net](http://www.hungryhobby.net)**



## Black Forest Egg Cups

(Gluten Free, Dairy Free)

### Makes: 12 Servings

*Swap black forest deli meat for regular crust in these mini quiches for more flavor and more protein!*

### Ingredients

- 2 medium zucchini, shredded
- 2 green onions, chopped
- 3 garlic cloves minced
- 1/4 cup chopped parsley
- 10 eggs
- 4-6 ounces black forest turkey or ham (uncured natural- I used Diestel Farms)
- 1/8 teaspoon celery or regular salt



### Directions:

1. Preheat oven to 350F and prepare all vegetables (chop, shred etc.)
2. Whisk 10 eggs together in large bowl.
3. Add prepared veggies and seasonings.
4. Grease muffin tin (avocado oil, butter, or grapeseed oil recommended)
5. Line each muffin with a piece of turkey and then fill each cup with 1/4 cup of egg mixture.
6. Bake for 25 minutes and let cool for 5-10 minutes, then enjoy!

Nutrition Estimates Per Muffin:

78 Calories, 4g Fat, 2g Carb, 1g Fiber, 0.5g Sugar, 8g Protein

**For more healthy recipes and healthy living tips, please visit  
Hungry Hobby at [www.hungryhobby.net](http://www.hungryhobby.net)**

## Baked Pumpkin Pancakes

(Gluten Free, Dairy Free, Vegetarian)

Makes: 4 Servings

*When you want pancakes for breakfast or need a new way to eat eggs, these are a delicious start to any day!*

### Ingredients:

- 2 ripe bananas
- 3/4 cup canned pumpkin
- 4 eggs
- 2 cups liquid egg whites
- 1 tablespoon pumpkin pie spice
- 1 tablespoon vanilla extract



### Instructions

1. Preheat oven to 375F.
2. Mix together bananas, pumpkin, pumpkin pie spice and vanilla extract well. I used an electric hand mixer to get the job done.
3. Whisk together with eggs and egg whites. (I mixed mostly by hand then gave it one final swirl with the electric mixer.)
4. Spray two 8x8 pans (you can try one 9x13 it should be fine) with cooking oil.  
**\*Note you can also bake these in muffin cups for mini cupcakes!**
5. Using a measuring cup or scoop to divide mixture evenly among pans. If you are using two pans it's important to go back and forth between each one. (The pumpkin/banana will kind of hang out at the bottom so you don't want all eggs in one pan and pumpkin in the other. Or solve the problem and use one large pan.)
6. Bake at 375F until pancakes are fully set, mine took 30 minutes.
7. To "crisp" up the top like a traditional pancake, broil on low for 4-6 minutes.
8. Let stand 10 minutes before serving.

Nutrition Estimates Per ¼ Recipe:

195 Calories, 5g Fat, 19g Carb, 4g Fiber, 19g Sugar, 20g Protein

**For more healthy recipes and healthy living tips, please visit  
Hungry Hobby at [www.hungryhobby.net](http://www.hungryhobby.net)**

## Cha-Cha-Cha-CHIA! What Are Chia Seeds?

Chia seeds are impressive little jewels that are the key ingredient to many healthy and delicious, make-ahead breakfast options. They actually absorb 10 times their weight in liquid. By doing so, they create what is known as a “chia gel,” which works as a fabulous thickening agent. Chia seeds are considered a “super-food,” a food that provides phenomenal health benefits such as:

1. Helping to **hydrate** the body with fluid and electrolytes.
2. Providing a rich source of plant based **omega-3's** which help fight inflammation.
3. Providing a huge dose of **fiber**. Chia seeds are an excellent source of soluble fiber. Fiber has been shown to aid in weight control, fight heart disease, and contribute to regularity. Fiber also helps to **regulate blood sugar**, slowing down the break down of carbohydrates and promoting stable blood sugar.
4. Providing 2-3grams of plant based protein per tablespoon.

## How To Use Chia Seeds

1. **Chia Pudding** – 1 tablespoon of chia seeds plus ¼ cup milk is the basic recipe. Let sit overnight to gel. Recipe variations included in the next few pages.
2. **Chia Jam** – Add 1 tablespoon of chia seeds for every cup of mashed fruit and heat in small pan over medium until bubbling. Store in a mason jar for a delicious homemade no added sugar jam.
3. **Smoothies** – chia seeds help to create a thicker texture, as well as, add healthy fats and fiber to make your smoothie a more filling meal.
4. **Make Overnight Oats** – chia seeds make it possible to make your oatmeal ahead of time with a thick, creamy consistency. See tutorial in next section.
5. Use a **chia egg** in place of eggs as a vegan binder in breakfast bars and pancakes. 1T chia seeds + 3T water = 1 egg. Add 1/8 teaspoon baking soda or powder to help with rising the product.
6. Make a **hydrating sports drink**. Typical sports drinks are loaded with preservatives, chemicals, artificial colors and sugar or artificial sweeteners. Make your own natural hydrating sports drink by combining ½ cup tart cherry juice, coconut water, or beet juice with ½ cup water and 1 tablespoon chia seeds.

**For more healthy recipes and healthy living tips, please visit  
Hungry Hobby at [www.hungryhobby.net](http://www.hungryhobby.net)**

## Coconut Chocolate Chia Pudding

*(Gluten Free, Vegetarian)*

**Makes: 1-2 Servings**

### **Ingredients:**

- 1 5 ounce container of Greek coconut yogurt (my favorite or Trader Joe's or Siggis)
- 3/4 cup unsweetened vanilla non-dairy milk (I used almond)
- 1 scoop chocolate protein powder
- 2T Chia Seeds
- optional toppings - banana, dark chocolate, coconut flakes, etc...



### **Instructions:**

1. Combine first four ingredients in a bowl. Let sit overnight or for 12 hours (in the refrigerator) to let chia seeds swell and create the chia pudding texture.
2. Top with desired toppings and devour!

Nutrition Estimate For Entire Recipe (without topping):

380 Calories, 8g Fat, 32g Carb, 12g Fiber, 16g Sugar, 42g Protein

**For more healthy recipes and healthy living tips, please visit  
Hungry Hobby at [www.hungryhobby.net](http://www.hungryhobby.net)**

## Dark Chocolate Sunflower Seed Butter Chia Pudding (Gluten Free, Dairy Free, Vegan)

**Makes: 1 Serving**

**Ingredients:**

- 1.25 cups of unsweetened almond milk
- ¼ cup chia seeds
- 1 tablespoon sunflower seed butter
- 2 tablespoons unsweetened dark cocoa powder
- 1 tablespoon honey or maple syrup
- 4 drops stevia
- 1 scoop collagen or protein powder (optional)

**Directions:**

1. Combine all ingredients in a blender bottle or small bowl. If you have a blender bottle shake the bottle to combine all ingredients or whisk all ingredients in a bowl.
2. Let sit in the refrigerator overnight. The chia seeds will create a gel turning it into a pudding like consistency.
3. Serve chilled and top with fruit, nuts, more honey, whip cream, more sun butter you get the idea...



**For more healthy recipes and healthy living tips, please visit  
Hungry Hobby at [www.hungryhobby.net](http://www.hungryhobby.net)**



# Chocolate Peanut Butter (Butterfinger) Chia Pudding

(Gluten Free & Vegan)

Makes: 1 Serving

## Ingredients:

- 2 tablespoons chia seeds
- 1 cup almond milk unsweetened
- 2 tablespoons PB2 chocolate
- 3/4 scoop protein powder chocolate
- 1 tablespoon peanuts whole and halves



## Instructions:

1. Combine all ingredients except peanuts in a mason jar or airtight container. Either stir them or use a blender bottle whisk to mix everything up.
2. Let sit in refrigerator for 6-8 hours until chia seeds have gelled creating the pudding.
3. Serve topped with honey roasted peanuts and whatever other toppings you would like. (Fruit, granola, more nuts would all be lovely.)

Nutrition Estimate For 1 Serving:

300 Calories, 15g Fat, 17g Carb, 10g Fiber, 5g Sugar, 25g Protein

For more healthy recipes and healthy living tips, please visit  
Hungry Hobby at [www.hungryhobby.net](http://www.hungryhobby.net)

## Single Serving Oatmeal Crust

(Gluten Free, Vegetarian)

### Ingredients:

- 2 cups oats
- 1 tablespoon ground cinnamon
- 3/8 teaspoon salt
- 1.5 teaspoons coconut oil
- 3 tablespoons liquid egg whites
- 1 tablespoon honey
- 18 drops stevia
- ¼ cup water + 2-3 tablespoons more



### Directions:

1. Preheat oven to 350F. Grind oats in a food processor for at least 2 minutes until you get a very fine flour.
2. Combine dry ingredients (flour with cinnamon, and salt.)
3. Add in remainder of ingredients and mix until a dough forms, add in a tablespoon of water at a time until it is wet enough to mold into a crust but not sticky.
4. Split the dough into three sections to form three individual crusts. *The most important part is keeping the other crust moist. While you're working with one cover the other with damp paper towels. When you finish making a crust, cover it with a wet paper towel while you finish making the other ones.*
5. Bake 17-19 minutes or until edges have slightly darkened.

#### **BERRY CHEESECAKE**

- 1 ounce cream cheese
- ¼ cup berries
- 1-2 teaspoon honey (aka a drizzle)

#### **NUTTY COTTAGE CHEESE (HIGHEST PROTEIN)**

- 1/2 cup low fat cottage cheese
- 1 T sliced almonds
- 1-2 teaspoon honey (aka a drizzle)

#### **APPLE CHEDDAR WALNUT**

- 1/4 cup cheddar, shredded
- ½ small apple, sliced thinly
- 1 tablespoon walnuts, chopped
- 1-2 teaspoon honey (aka a drizzle)

*\*For this version you can bake the toppings with the crust it will just take 10-15 minutes longer. Or you can microwave the toppings onto it after you have baked the crust "naked."*

**For more healthy recipes and healthy living tips, please visit  
Hungry Hobby at [www.hungryhobby.net](http://www.hungryhobby.net)**

## How To Make Overnight Oats

Oatmeal is a delicious and comforting way to start your day. Unfortunately though, preparing and cleaning a bowl of homemade oats can take up to 20 minutes to prepare. Instant oats are quick, but are heavily processed, often packed with sugar and preservatives, and lack protein to keep you full.

By making a batch of overnight oats, you can have hearty rolled oats or steel cut oats with your favorite flavor combination. You can load them up with protein and healthy fat to ensure you stay full all morning!

I've tried many different recipe styles and love them all. Here are the basics of what you need to get started:

- **The base recipe always includes:** oats (gluten free, if needed) and milk (any kind works). *I find a 1 to 1 ratio of oats to liquid to be my favorite creamy texture.* Usually somewhere between 1/4 cup to 3/4 cup oats per serving. This may seem like a large variation, it depends on your needs and what style of oats you are trying to create.
- **Pick your protein:** Greek yogurt and/or protein powder (any kind works).
- **Pick your sweetener:** I use flavored yogurt, protein powders, stevia, maple syrup, coconut sugar, honey, or fruit. *\*This is a great way to use frozen fruit. As the frozen fruit defrosts overnight it creates a syrup that sweetens the oats naturally*
- **Key Ingredient: Chia Seeds-** the chia gel binds everything together and creates a thick hearty texture. You'll need 1/2 teaspoon or more depending on the thickness you want.
- **Add some toppings:** nuts/seeds and nut/seed butters add healthy fats to keep you full. *A few suggestions:* almond slivers, walnut crumbles, cashew crumbles, peanuts, sunflower seeds, hemp seeds, whatever else sounds good! Fresh fruit, coconut shreds, and dark chocolate are all great options too! *\*Another way to get healthy fats in would be to use organic 2% or full fat organic Greek yogurt, organic milk, or coconut milk.*

## Parfait Style Overnight Oats

### Reverse Parfaits (Gluten Free & Vegetarian)

Makes: 1 Serving

#### Ingredients:

- ¼ cup quick cooking steel cut oats
- ¼ cup frozen fruit of choice (I recommend strawberries or peaches)
- 3-4 drops stevia (or a teaspoon honey)
- ¼ teaspoon vanilla extract
- ½ cup milk (dairy or unsweetened non dairy)
- ½ cup Greek yogurt (plain or low sugar vanilla)
- ½ cup fresh fruit topping of choice



#### Directions:

1. Combine oats, frozen fruit, stevia, and milk in a small bowl or jar. Top with fresh fruit.
2. Place in the refrigerator and let "soak" overnight or for 6-8 hours.
3. Enjoy!

## Nut/Seed Butter Style Overnight Oats

### Angel Food Cake Overnight Oats

*(Vegan, Gluten Free)*

**Makes: 1 Serving**

**Ingredients:**

- 1/2 cup rolled oats
- 1/2 cup milk
- 1 tablespoon sunflower seed butter
- 2 teaspoons chia seeds (do not omit)
- 5-8 frozen strawberries
- 5-6 drops stevia
- 1-2 tablespoons maple syrup (optional)
- 1 scoop unflavored or vanilla protein powder or collagen powder



**Instructions:**

Combine all ingredients in a mason jar. Let oats soak overnight in the refrigerator and grab your breakfast to devour in the morning. Can be eaten cold or heated up in a glass or microwave safe container.

Nutrition facts will vary depending on type of protein powder used.



## Gluten Free Vegan Protein Pancakes

*A healthier no refined flour stack of pancakes, thick yet fluffy pancakes bursting with sweet wild blueberries. Make multiple batches and freeze some for an easy made ahead breakfast!*

### Ingredients

- 1 cup rolled oats
- 1 whole banana
- 1 cup non dairy milk unsweetened
- 60 grams unflavored protein powder (I used Naked Nutrition Brown Rice)
- ½ teaspoons baking powder
- ¼ teaspoons baking soda
- ½ teaspoons vanilla extract



### Instructions

1. Blend all ingredients in a blender for 60 seconds or until fully blended.
2. Prepare a greased pancake griddle or large skillet over medium heat. Use a pancake ring or just freehand two large spoonfuls of batter, to make 4-inch pancakes. Once you pour batter, add about 1 tablespoon of blueberries to top of pancakes. Cook and do not flip until edges are golden brown. Flip and cook for about 1 minute or until set. Let cool on cooling rack or eat immediately.

Nutrition Estimate For ½ Recipe (will vary depending on brands used):  
348 Calories, 5g Fat, 46g Carb, 7g Fiber, 7g Sugar, 31g Protein

## Make Ahead Protein Shakes

### Ingredients:

- 6 cups vanilla or original non dairy milk
- 4 servings of your favorite protein powder
- 1 big spoonful of nut, seed, or peanut butter (probably 1/4-1/3 cup)
- 1/4 cup coconut sugar (if protein powder isn't sweetened)
- Sometimes I add chia seeds as well (1/4-1/3 cup) – this makes it considerably thick, borderline pudding status



**Directions:** Blend ingredients and split between four mason jars. Use within 3-4 days. They separate a little bit but a quick shake (even without a blender ball) and they are good to go! Perfect paired with a smoothie pack (see below) or almond flour/bread.

## How To Make Smoothie Packs

Smoothies are an excellent way to start your day, full of nutrients and conveniently portable. One common mistake made with smoothies is not adding protein and/or healthy fat to help keep you full.

To make a filling smoothie, you might find yourself pulling all kinds of containers out of the fridge, taking a considerable amount of time. Combining make-ahead protein shakes and smoothie packs help you dump, blend, and devour with minimal clean up and ease.

### FREEZER

*\*Place desired combo in a zip-lock bag to dump into the smoothie in the morning with ease.*

#### STRAWBERRY BANANA

- 1/2 frozen banana
- 1 cup frozen strawberries
- 1 handful of greens (kale, spinach, etc.)

#### PUMPKIN PIE

- 1/2 frozen banana
- 5 pumpkin puree ice cubes
- 1 handful of greens (kale, spinach, etc.)

#### COCONUT CASHEW

- 1/2 frozen banana
- 5 frozen coconut milk ice cubes
- 1 tablespoon unsweetened coconut shreds
- handful of cashews
- 1 handful of greens (kale, spinach, etc.)

#### BERRY BLAST

- 1 cup mixed frozen berries
- 1 cup ice cubes
- 1 handful of greens (kale, spinach, etc.)

#### PEACH DELIGHT

- 1 peach sliced
- frozen vanilla greek yogurt ice cubes
- 1 handful of greens (kale, spinach, etc.)
- *just add liquid to this one\**

#### GREEN MONSTER

- 1 cup frozen blueberries
- 1/2 avocado
- 1 handful of greens

#### TROPICAL CARROT

- 1 cup frozen tropical fruit mix
- 1/2 cup shredded carrot
- 1 cup ice cubes

## Recipes To Pair With Protein Shakes or Eggs

### Mini Chocolate Cranberry Pumpkin Loaves

*(Dairy Free, Gluten Free, Vegetarian)*

Makes: 3 Loaves

#### Ingredients

- 1 cup blanched fine almond flour
- 2 tablespoons unsweetened chocolate cocoa powder
- 1/2T baking soda
- 1 tablespoon pumpkin spice
- 1 tablespoon cinnamon
- 1/2 cup sunflower seed butter
- 1/2 cup pumpkin puree
- 4 eggs
- 12 drops stevia
- 1.5 tablespoons maple syrup
- 1.25 frozen cranberries
- 1/4 cup dark chocolate chips  
(I used Lilly's Stevia Chips)



#### Instructions

1. Preheat oven to 350F
2. Combine all dry ingredients (flour, cocoa, baking soda, pumpkin spice, and cinnamon)
3. Add in sunflower seed butter, pumpkin, eggs, stevia, and maple syrup and mix until batter is formed.
4. Mix in frozen cranberries and divide batter among 3 mini loaf pans. (I used disposable from Target)
5. Sprinkle with dark chocolate chips.
6. Bake for 40-45 minutes or until bread is firm and toothpick inserted comes out clean. Let stand for at least 10 minutes.

Nutrition Estimate For 1/3 of each mini loaf:

234 Calories, 17g Fat, 15g Carb, 5g Fiber, 5g Sugar, 7g Protein



## Paleo Coconut Almond Banana Bread

(Gluten Free & Dairy Free)

*A dairy free and totally gluten free version of the classic cinnamon raisin bread, packed with natural sweetness of raisins and healthy fats to keep you much fuller than the classic versions.*

**Makes 12 Servings:**

### Ingredients:

- 2 ripe bananas mashed
- 3 eggs
- 1/2 cup almond butter smooth, creamy
- 1 teaspoon vanilla
- 1 tablespoon coconut oil
- 1.5 cup almond meal/flour (I used Trader Joe's)
- 1/4 cup coconut flour
- 2 teaspoon cinnamon
- 1.5 teaspoon baking powder
- .5 teaspoon baking soda
- 1/4 cup coconut sugar
- 1/4 cup unsweetened coconut flakes
- 1 tablespoon coconut sugar



### Instructions:

1. Preheat oven to 375F and grease a 9 x 5 bread pan with coconut oil.
2. Mix mashed banana, eggs, almond butter, and vanilla in a small mixing bowl.
3. Combine together almond flour, coconut flour, cinnamon, baking powder, baking soda, and coconut sugar.
4. Mix wet ingredients into dry until just combined DO NOT OVERMIX and pour into bread pan.
5. Top with coconut flakes and 1T coconut sugar, bake for 20 minutes. Then cover with tin foil and bake for an additional 15-25 minutes or until inserted toothpick comes out clean.



## Paleo Cinnamon Raisin Bread

*(Gluten Free & Dairy Free)*

**Makes: 12 Servings**

### Ingredients:

- 1/2 cup applesauce unsweetened
- 3 eggs
- 1/2 cup butter organic, grass-fed
- 1 teaspoon vanilla extract
- 1.5 cup almond meal/flour
- 1/4 cup flaxseed meal
- 1 T coconut flour (or oat flour)
- 1.5 teaspoon baking powder
- .5 teaspoon baking soda
- 3 tablespoon cinnamon
- 1/4 cup coconut sugar (or cane sugar)
- 1/4 teaspoon salt
- 2/3 cup raisins



### Instructions:

1. Preheat oven to 375F, grease a 9 by 5 bread pan.
2. Combine all dry ingredients including almond meal, flaxseed meal, coconut flour, baking powder, baking soda, cinnamon, coconut sugar, and salt in a large bowl.
3. Combine all wet ingredients including applesauce, eggs, butter, and vanilla extract.
4. Add wet ingredients into dry ingredients until just mixed. Mix in raisins.
5. Add to bread pan and bake for 35-45 minutes until inserted toothpick comes out clean. Let stand at least 15 minutes.

## References:

1. Vander Wal, J. S., Marth, J. M., Khosla, P., Jen, K. C., & Dhurandhar, N. V. (2005). Short-term effect of eggs on satiety in overweight and obese subjects. *Journal of the American College of Nutrition*, 24(6), 510-515.
2. Fallaize, R., Wilson, L., Gray, J., Morgan, L. M., & Griffin, B. A. (2013). Variation in the effects of three different breakfast meals on subjective satiety and subsequent intake of energy at lunch and evening meal. *European journal of nutrition*, 52(4), 1353-1359.
3. Vander Wal, J. S., Gupta, A., Khosla, P., & Dhurandhar, N. V. (2008). Egg breakfast enhances weight loss. *International Journal of Obesity*, 32(10), 1545-1551.
4. Vander Wal, J. S., Marth, J. M., Khosla, P., Jen, K. C., & Dhurandhar, N. V. (2005). Short-term effect of eggs on satiety in overweight and obese subjects. *Journal of the American College of Nutrition*, 24(6), 510-515.

