

30-DOP Breakfast

Grain-Free Pancakes

Serves: 4 at quantities given.

Steps:

1. Place the bananas in a large bowl and mash them with a fork until smooth. Beat the eggs in a separate bowl until frothy. Add them to the bananas.
2. Add the nut butter and mix well until creamy and smooth. Season with freshly ground black pepper.
3. Heat the olive oil in a skillet or on a griddle. Pour $\frac{1}{4}$ cup pancake batter for each pancake onto the griddle or skillet. Cook pancakes for 2 minutes and then flip with a spatula. Cook on an additional 2 minutes, or until the pancakes are golden brown.

- 4 ripe bananas
- 4 large eggs
- $\frac{1}{2}$ cup nut butter
- freshly ground black pepper, to taste
- 2 tsp olive oil or coconut

Paleo Spinach Quiche

Serves: 4 to 6 at quantities given.

Steps:

1. Preheat oven to 350 degrees F. Grease a 9-inch glass pie plate.
2. In a small skillet, heat the olive oil over a medium heat, and sauté the onion, spinach, onion, salt, pepper, and nutmeg for about 5 minutes or just until the onions are translucent.
3. Stir the eggs and almond milk together in a small bowl. Add the spinach mixture, stir, and pour into the pie plate.
4. Bake the quiche on the middle oven rack for 30 to 40 minutes, or until the center is completely set. Serve warm or at room temperature.

- 1 tsp olive oil, plus more for greasing the pan
- 1 cup chopped fresh spinach
- $\frac{1}{4}$ cup chopped red onion
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp freshly ground black pepper
- $\frac{1}{2}$ tsp ground nutmeg
- 8 large eggs, beaten
- $\frac{1}{2}$ cup plain almond milk

Caveman French Toast

Serves: 2 at quantities given.

Steps:

1. In a small bowl, beat the eggs and water together until frothy. Add vanilla, cinnamon and nutmeg.
2. Heat a non-stick omelet pan on medium-high heat. When hot, add coconut oil and swirl pan to coat.
3. Add half the egg mixture to the pan and let it cook through before flipping. Cook until brown on both sides.

- 4 large eggs
- 1 tbsp water
- 1 tsp vanilla extract
- 1 tsp cinnamon
- pinch of nutmeg
- 1 tbsp coconut oil
- **Pure maple syrup for drizzling**

Italian Frittata

Serves: 6 at quantities given

Steps:

1. Preheat oven to 375 degrees F.
2. In a large sauce pan, heat the oil over medium-high heat. Add the onions and garlic and cook until soft. Add the zucchini and continue cooking for a couple more minutes. Add spinach, combine and cook until wilted. Remove pan from heat and add the tomatoes and olives.
3. Season with freshly ground black pepper.
4. In a large bowl, whisk the eggs until frothy.
5. Lightly brush the bottom of an 8 x 13-inch casserole dish with oil. Add the veggies to the dish. Pour over the egg mixture and stir to combine.
6. Bake for an hour until the top is browned and the center is cooked through. Slice into squares and serve.

- 2 tbsp olive oil
- 1 small onion, diced
- 2 gloves garlic, minced
- 1 zucchini, diced
- 1 pound spinach, coarsely chopped
- 12 cherry tomatoes, quartered
- ½ cup black olives
- freshly ground black pepper, to taste
- 12 large eggs