

Triple Switch Breakfast Ideas

5 Minute Pesto Scrambled Eggs

Serves: 1 or 2 depending on appetite

Steps:

1. Melt the butter in a skillet over a medium heat
2. Crack the eggs directly into the pan, then scramble them slowly – combining the yolks and white loosely so that the colour variation is still visible between the two. A heat-resistant silicone spatula is recommended for this process.
3. About one minute into cooking, add the pesto to the pan and continue to scramble the eggs, mixing the pesto in gently.
4. Once the eggs are no longer runny, they are done.
5. Serve with extra pesto and a side of Bacon.

- 1 tbsp or butter or coconut oil
- 4 eggs
- 1-2 tbsp of pesto

All taken from: Practical Paleo a customized approach to health and a whole-foods lifestyle by Diane Sanfilippo

Eggs Benedict: Paleo Style

Serves: 1 at quantity listed

Steps:

1. Put the avocado, lemon juice, and garlic in a food processor until smooth and creamy.
2. Poach the egg in a pot of simmering water until done, about 4 minutes.
3. To serve, place the egg on top of the tomato slice and top with the avocado sauce and bacon.
4. Season with freshly ground black pepper.

- ½ medium avocado
- 2 tbsp lemon juice
- 1 clove garlic
- 1 large egg
- 1 tomato slice
- 2 slices uncured, nitrate-free bacon, cooked and crumbled
- Freshly ground black pepper, to season

Paleo Huevos Rancheros

Serves: 1 at quantity listed

Steps:

1. Heat oil in a medium skillet over medium heat. Add garlic, bell pepper, onion and jalapeno pepper, and sauté until soft.
2. Add the eggs and cook until the whites are cooked through.
3. Season with freshly ground pepper.
4. To serve, top the eggs and veggies with salsa and avocado. Serve immediately.

- 1 tbsp olive oil or coconut oil
- 2 cloves garlic
- 1 red bell pepper, chopped
- ½ small onion, diced
- 1 jalapeno pepper, minced
- 2 large eggs
- Freshly ground black pepper, to season
- ½ cup prepared salsa
- ½ medium avocado, sliced

10 Minute Grain-Free Porridge Oats

Serves: 1 large portion at quantity listed

Steps:

1. Combine all ingredients in a small mixing bowl.
2. Transfer to a sauce pan, and heat over a low flame until it reaches your desired temperature.

- 2 tbsp almond butter
- ¼ cup shredded coconut
- 6 tbsp warm water (or coconut milk (full-fat))
- ¼ tsp vanilla extract
- ½ tsp cinnamon

All taken from: Practical Paleo by Dianne Sanfilippo