

The Paleo Brunch Cookbook



**41 Super Tasty Recipes To
Serve For Your Friends & Family**

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Blueberry Almond Muffins

Ingredients:

2 cups almond flour
½ tsp baking soda
⅛ tsp salt
2 TBSP almond butter
2 TBSP maple syrup
3 eggs
1 TBSP vanilla extract
1 TBSP lemon juice
¼ tsp lemon zest
⅛ tsp almond extract
1 cup blueberries
¼ cup almonds, chopped



Directions:

- 1) Preheat the oven to 325°F. Grease a muffin tin or use silicon muffin liners.
- 2) In a medium bowl, stir together almond flour, baking soda, and salt. Set aside.
- 3) In another bowl, whisk together almond butter, maple syrup, eggs, vanilla extract, lemon juice, lemon zest, and almond extract. Stir in almond flour mixture. Once mixture is completely combined, fold in blueberries and chopped almonds. Transfer to muffin liners.
- 4) Bake for 20-22 minutes, until done {a toothpick inserted into the middle should come out clean}.
- 5) Enjoy!

[Recipe Source](#)

Paleo Mini Quiches with Almond Flour Crust

Ingredients:

For the crust:

3 cups almond flour

2 eggs

2 egg whites

For the filling:

2 eggs

2 tbsp sliced green onions

1 tbsp diced red pepper

1 piece bacon, cooked and diced

1/2 cup almond or coconut milk

1/4 tsp salt

Fresh ground black pepper, to taste



Directions:

- 1) Pre-heat oven to 375 degrees F. Spray the muffin tin with some coconut spray oil. In a medium bowl, stir together the almond flour, eggs, and egg whites until a dough forms. Spoon about a tablespoon of dough into each tin, pressing towards the outside to form a mini crust. Bake crust for 15-20 minutes, until it starts to turn golden brown.
- 2) While the crust bakes, whisk the filling ingredients together and season with salt and pepper. Pour egg mixture into the baked crust. Bake for an additional 20-25 minutes, until the center is just set. Remove from the oven and cool for 10 minutes. Using a knife, lift quiches from muffin tin. Serve warm.

[Recipe Source](#)

Immunity Boosting Orange Coconut Carrot Smoothie

Ingredients:

4 to 6oz coconut milk or almond milk
1/2 c coconut kefir or coconut flavored yogurt
6 oz fresh orange juice
4 oz 100% carrot juice
*Optional - for extra thickness add frozen pineapple (2/3 cup)

Directions:

Place ingredients in a blender. Blend and serve

[Recipe Source](#)



Vanilla and Cinnamon Cashew Yoghurt

Ingredients:

1½ cups cashews, soaked for at least 4 hours
200ml water
4 medjool dates, pitted
1 lemon, juiced
1 teaspoon vanilla powder
1 teaspoon ground cinnamon
Pinch of pink Himalayan salt

Directions:

- 1) Drain and rinse the cashews and add to a blender with the rest of the ingredients.
- 2) Blend on high until completely smooth, about 5 minutes depending on how strong your blender is.



- 3) Once nice and creamy, add to bowls and either chill until ready to eat or add the toppings and eat immediately!

[Recipe Source](#)

Triple Chocolate Doughnuts

Ingredients:

- 1 Large (7-8oz) Yellow (Ripe) Plantain
- 2 TB Unsweetened Almond Milk
- ¼ Cup Arrowroot Starch
- 1 Tsp Baking Powder
- 1 TB Unsweetened Cocoa Powder
- 2 TB Bittersweet Chocolate Chips
- 15 Drops Chocolate Stevia
- Cocoa Stevia Syrup (for drizzling, optional)

Directions:

- 1) Preheat the oven to 375°F.
- 2) In a food processor or blender, add in your plantain (peeled and chopped in to large chunks). Blend until smooth.
- 3) In a large mixing bowl, add the blended plantain, almond milk, arrowroot, baking powder, cocoa powder, and stevia. Mix everything together. Then fold in your chocolate chips.
- 4) In a greased doughnut pan, spoon out the mixture into four of the doughnut molds as evenly as possible.
- 5) Bake the doughnuts for 12-13 minutes. Remove, let cool, and serve with a drizzle of cocoa syrup! You can eat these warm from the oven or store in a container for later. If I'm eating them later, I like to heat them in the microwave for 30 seconds of so to get nice and warm!



[Recipe Source](#)

Soft Paleo Cinnamon Rolls (Nut-Free)

Ingredients:

Dough:

warm water - 1/3 cup
active dry yeast - 2-1/2 teaspoons
coconut palm sugar - 1/4 cup
palm shortening - 1/3 cup, melted
eggs - 2
egg whites - 2
pure vanilla extract - 1 teaspoon
cassava flour - 1-1/2 cups
coconut flour - 6 tablespoons
salt - 1/2 teaspoon
baking powder - 2 teaspoons

Filling:

Ghee or coconut oil - 3 tablespoons, melted
coconut palm sugar - 1/4 cup
ground cinnamon - 1 tablespoon

Icing:

canned full-fat coconut milk - 1/2 cup
coconut palm sugar - 2 tablespoons
cassava flour - 2 tablespoons

Directions:

- 1) Preheat oven to 375 degrees Fahrenheit and grease an 8 "x8" glass baking dish with some coconut oil.
- 2) In a large mixing bowl, add the water and yeast. Let sit a minute.
- 3) Whisk in the eggs, shortening, coconut sugar, and vanilla.
- 4) Add the flours, salt, and baking powder and mix well. Let stand a couple minutes to let the dough firm up.
- 5) Roll out the dough between two pieces of plastic wrap to 1/4 inch thick.
- 6) Brush with ghee.



- 7) In a small bowl, mix together the coconut sugar and cinnamon. Sprinkle liberally over dough.
- 8) Carefully roll up the dough, starting from one long side. Don't rush it, and pat with your hands to fix any tears.
- 9) Cut the dough into 1 to 2 inch slices and place face up in the baking dish. Press them down a little.
- 10) Bake for 30 minutes.
- 11) In a small bowl, combine the coconut milk and coconut sugar. Microwave 20 seconds or so and then stir in the cassava flour. Drizzle over warm rolls and devour.

[Recipe Source](#)

Avocado Lime Omelette

Ingredients:

2-3 eggs (depending on how ravenous your hunger is, but no matter what you decide your mouth will want more when you're done)
1/8 medium yellow onion (diced)
1 or 2 chili peppers
1/2 tbsp ghee
1/2 avocado
juice of one half regular lime
salt

Optional:

Franks Red Hot Sauce to taste
aged cheddar (if primal/lacto-paleo)

Directions:

- 1) In a non-stick pan, melt ghee over medium heat.
- 2) Add diced onions and chilies and saute, seasoned with a pinch of salt, until golden.



- 3) In a bowl, whisk eggs (I just use a fork), add a pinch of salt here too, as well as $\frac{1}{4}$ avocado.
- 4) Smash up the avocado a bit - think chunky guacamole.
- 5) Cube the other $\frac{1}{4}$ avocado, and put in another bowl. Squeeze some of the lime over this and sprinkle with salt.
- 6) Add onions and chilies to the egg mixture and stir well.
- 7) Melt a little more ghee in pan, then pour in egg mixture, evenly coating the pan.
- 8) Cook until lightly golden and base is solid, then flip to cook other side.
- 9) Slide omelette unto a plate, pour avocado cubes on half of the egg, folding the other half over top. Sprinkle with more lime juice and optional ingredients.

[Recipe Source](#)

Maple Glazed Donuts

Ingredients:

$\frac{1}{4}$ C melted lard or coconut oil, plus extra for frying

2 eggs

3 Tbsp honey

1 mashed banana, preferably not over-ripened.

1 tsp vanilla extract

$\frac{1}{4}$ C coconut flour

2 C almond flour

$\frac{3}{4}$ C tapioca starch

1 tsp baking soda

$\frac{1}{2}$ tsp nutmeg

pinch of salt

$\frac{1}{2}$ C maple butter

optional topping ideas: shredded coconut, pecans, or crumbled bacon.



Directions:

- 1) Use a mixer to combine ¼ C melted coconut oil or lard, eggs, honey, mashed banana, and vanilla extract.
- 2) Sift the dry ingredients (almond flour, tapioca starch, coconut flour, baking soda, nutmeg, and salt) into the wet ingredient mixture. Use the mixer to combine until you get a dough. The dough will be pretty sticky and wet but firm enough to form into donuts.
- 3) Dust a work surface with tapioca starch. Transfer the dough to your work surface and dust a little more starch on top of that to make the dough easy to handle.
- 4) Divide the dough into 6 equal chunks. Form these into balls then slightly flatten with your hand.
- 5) Use a knife to cut X's into the middle of each donut then push dough from the center of the X outward to form the donut holes.
- 6) Heat ¼ inch of coconut oil or lard in a medium to large skillet. Allow the oil to heat to 275°F for best results.
- 7) Place the donuts in the hot oil and once they are lightly browned, flip. Each batch of donuts should cook about 2 minutes. I cooked mine in 3 batches but the number of batches really depends on the size of your skillet.
- 8) Place donuts on a cooling rack to dry.
- 9) When donuts are cool enough to handle, put maple butter in a bowl and microwave for a few seconds until it's just barely runny. Mine took about 10 seconds to get there from room temperature.
- 10) Dip donuts in maple butter and whatever toppings make you happy. I like mine plain. Return the donuts to cooling rack to allow the glaze to dry.

[Recipe Source](#)

Crispy Fried Eggs

Ingredients:

¼ cup extra light olive oil
4 eggs
sea salt to taste
freshly ground black pepper
Greek oregano to taste (optional)
2 lemon wedges (optional)

Directions:

- 1) Take two eggs and crack them into a small bowl. Set aside.
- 2) Heat oil in an 8-inch skillet over medium heat until it reaches a light smoking point.
- 3) Now, turn the heat down to medium-low.
- 4) Carefully and quickly pour the eggs into the very hot oil and immediately step away from the stove. I'm serious. Those eggs are about to splatter hot oil everywhere!
- 5) After 10-15 seconds or so, the eggs should be calm enough for you to step back to the stove.
- 6) Grab a spoon and scoop up some of that hot oil to pour over the egg whites. The eggs will puff up into airy deliciousness while the bottoms crisp up. I cook my eggs for about a minute to a minute and a half; until the edges are golden and crisp and the whites are cooked.
- 7) Remove from heat and season to taste with salt and pepper. If using lemon and oregano, add that now too!
- 8) Repeat steps 1-7 for serving number two.
- 9) Enjoy!



[Recipe Source](#)

Marvelous Mango Muffins

Ingredients:

1/4 cup tapioca starch or arrowroot starch
1/4 cup potato starch
1/4 cup coconut flour
3/4 cup almond or sunflower seed meal
2 teaspoons baking powder
1/4 teaspoon baking soda
1/2 teaspoon stevia powder
1/2 teaspoon xanthan gum
2 ripe mangoes
2 Tablespoons dairy free milk of choice,
unsweetened



Directions:

- 1) In a medium mixing bowl combine the dry ingredients and set aside.
- 2) Peel the mango and puree in blender until smooth.
- 3) In a small mixing bowl combine the pureed mango with the milk. Add this to the dry ingredients and stir well.
- 4) Fill lightly greased muffins tins 3/4 full with the batter.
- 5) Bake at 350 for 20-25 minutes. We love these plain or with raw honey!

[Recipe Source](#)

Cinnamon Crunch Flatbread

Ingredients:

- 2/3 cup tapioca starch
- 1/3 cup potato starch
- 1/4 cup coconut flour
- 1/2 cup avocado oil
- 1/4 cup water
- 1 (cage-free) egg
- 2 tsp ground cinnamon
- 2 Tbsp coconut palm sugar
- 1/4 tsp sea salt
- 1 Tbsp (grass-fed) butter, softened



Directions:

- 1) Preheat the oven to 425 degrees F, and line a rectangular cookie sheet with parchment paper.
- 2) In a small bowl, combine the cinnamon, coconut palm sugar, and salt. Set aside.
- 3) In a large mixing bowl and using a fork to stir, combine the avocado oil, water, and egg.
- 4) Sift in the tapioca starch, potato starch, and coconut flour, adding them to your wet ingredient mixture. Combine the wet and dry ingredients thoroughly with your fork. This mixture should be sticky and hold some shape.
- 5) Spread this mixture onto the parchment-lined cookie sheet, evenly distributing the dough and forming a long, flat rectangular, flatbread shape. Note that this dough is super sticky, so I find it easiest to wet my hands and spread and shape the dough by hand. If the dough starts sticking to your hands, re-wet your hands.
- 6) Once the dough is shaped into the rectangular shape and about 1/4" thick, place in the preheated oven for 12 minutes.
- 7) After 12 minutes, remove from the oven. Slide the flatbread off of the parchment, and straight onto the cookie sheet (I've found that if it gets left on the parchment paper, the bottom of the flatbread tends to get soggy. Take out the parchment and the bottom will get crispy.)

- 8) Coat the top of the warm flatbread with the softened butter. Then evenly sprinkle the cinnamon sugar mixture over top of the buttered flatbread.
- 9) Place under your oven's broiler (High, if your oven has the option) for a couple of minutes. Watch your flatbread the whole time! This can turn ugly quickly. Let the cinnamon sugar start to bubble all over. Once the sugar is bubbling over the entire flatbread, remove from the oven and let it cool and set. Enjoy!

[Recipe Source](#)

Poached Egg with Truffle Salt Grilled Zucchini

Ingredients:

- 3-4 zucchini, medium
- 4 eggs, poached
- 15-20 cherry or plum tomatoes, halved
- 2 tbsp olive oil
- handful fresh basil leaves
- 1 tsp truffle salt
- pepper, to taste

Directions:

- 1) Poach your eggs (3-min eggs are my favorite), then set aside in a bowl or luke-warm water.
- 2) Using either a mandoline or a vegetable peeler, slice your zucchini into thin ribbons. Lightly brush olive oil on both sides, then sprinkle with truffle salt and pepper.
- 3) Heat your grill pan on medium-high heat. Place the zucchini ribbons on the grill pan for approximately 30 seconds, then flip. Remove and divide evenly between four plates.
- 4) Place your tomatoes on the plate, then top with a poached egg and a few leaves of basil. Add any additional pepper before serving.



[Recipe Source](#)

Baked Avocado Egg Cups

Ingredients:

1 avocado
2 large eggs
seasonings and sauces of choice (I used
Siracha and salt/pepper)

Directions:

- 1) Preheat oven to 450 degrees.
- 2) Half a ripened avocado and remove the stone.
- 3) Scoop out a small amount of the flesh to make a hole the size of the egg.
- 4) Add sauces like siracha, pesto, ketchup, etc to the hole before adding the egg.
- 5) Crack open the first egg into a small bowl.
- 6) Slowly pour the egg into the hole in one of the avocado halves.
- 7) Top with sea salt and black pepper.
- 8) Repeat for the second egg and avocado half.
- 9) Bake for 10-12 minutes in a small ramekin.
- 10) Enjoy!



[Recipe Source](#)

Baked Eggs with Shredded Chicken and Salsa

Ingredients:

1 cup of shredded chicken
4 eggs
1 cup chunky salsa

Directions:

- 1) Preparation: Heat oven to 400 degrees.



- Lightly butter inside of ramekins.
- 2) Evenly divide the shredded chicken between the four ramekin. Evenly divide $\frac{3}{4}$ cup of salsa between the ramekins. Gently crack an egg in each ramekin (optional: add 1 tablespoon heavy cream over the egg to prevent the possibility of the egg drying out). Place ramekin in a baking dish. Pour tap hot water into the baking dish until it reaches half way up the ramekins.
 - 3) Bake until the egg whites and yolk is just set, about 15-18 minutes. Remove from oven and spoon remaining salsa on top. Serve immediately.

[Recipe Source](#)

Blueberry Avocado and Spinach Power Smoothie

Ingredients:

- 1 cup blueberries, frozen or fresh
- 1 cup fresh baby spinach
- 1 cup / 250ml coconut milk (feel free to use almond milk or any other milk of your choice)
- $\frac{1}{2}$ ripe avocado, skinned and pitted
- 1 tablespoon chia seeds
- 1 tablespoon honey
- $\frac{1}{2}$ cup crushed ice
- 1 scoop protein powder (optional)



Directions:

Place all ingredients in a blender and process until smooth.

[Recipe Source](#)

Green Egg and Tomato Scramble

Ingredients:

- 4 large eggs
- 1 tbsp coconut oil
- 1 medium sized tomato, chopped
- 1/3 cup chopped fresh cilantro
- 1 avocado, mashed
- 1 cup fresh arugula leaves
- Salt to taste



Directions:

- 1) Begin by heating your skillet to medium heat.
- 2) Crack your eggs and whip them until the yolks and whites are incorporated. Also, prepare your vegetables here if you haven't.
- 3) Once your pan is hot, place the coconut oil in your pan, wait until it's melted and coated.
- 4) Add in your eggs and immediately start to mix around with a spatula for about 1 minute.
- 5) Add tomatoes and cilantro and continue to toss around for another minute.
- 6) Once the eggs are just about finished, add in the avocado.
- 7) Plate and serve with fresh arugula on top.

[Recipe Source](#)

Shaved Asparagus Salad with Crispy Fried Egg

Ingredients:

- 1 bunch asparagus (approx 5-7)
- 2 free range eggs, room temp (1 per serving)
- 1 1/2 tbsp olive oil
- 1 tbsp butter



2 tbsp lemon juice
1 tbsp pine nuts
1/4 red chilli, finely chopped
Sea salt and pepper

Directions:

- 1) Cut and discard the ends of the asparagus, about 1.5 inches up from the bottom. Rinse the asparagus and pat dry with a paper towel.
- 2) With a vegetable peeler, shave the asparagus, from the tops downwards until there is nothing left but a very thin shaving and its head.
- 3) In a pan, melt the butter until it stops foaming and add the pine nuts. Let the pine nuts go a little golden and then add the lemon juice. Remove from heat.
- 4) Drizzle the butter, lemon and pine nut mixture onto the asparagus heads and shavings. Season it with a little salt and pepper.
- 5) Heat the olive oil in a very hot pan. When the oil is shimmering, add the egg. It should sizzle up vigorously and immediately.
- 6) Plate the asparagus and when the egg is crispy enough to your liking, place it on top of the asparagus. Sprinkle with the chopped red chilli.
- 7) Enjoy!

[Recipe Source](#)

Pineapple Coconut Muffins

Ingredients:

6 eggs
1/3 cup coconut cream
1/2 cup coconut oil, melted
1/4 cup maple syrup
1 cup finely diced fresh pineapple
1/2 cup coconut flour
3/4 cup coconut flakes
1/4 cup chopped macadamia nuts (omit for nut-free)



½ teaspoon baking soda

Directions:

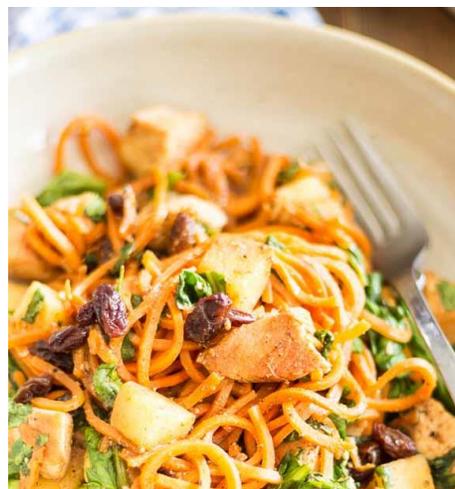
- 1) Preheat oven to 375 degrees Fahrenheit and grease a muffin pan with some coconut oil.
- 2) In a large mixing bowl, whisk the eggs. Stir in the coconut cream, coconut oil, maple syrup, and pineapple.
- 3) Add in the coconut flour, coconut flakes, macadamia nuts, and baking soda.
- 4) Scoop the batter into 8 muffin cups and bake for 30 minutes, or until they pass the toothpick test.

[Recipe Source](#)

Sweet Potato and Chicken Hash

Ingredients:

- 1 tbsp ghee
- 2 boneless skinless chicken breasts (about 300g each)
- 1 medium sweet potato, peeled and spiralized (about 350g)
- 1 gala apple, cored and diced
- 1 cup water, divided
- 1 cup baby spinach leaves, chopped
- 2 tbsp organic raisins
- 1/2 tsp Himalayan salt
- 1/2 tsp freshly ground black pepper
- 1 tsp garam masala
- 1/4 tsp freshly ground nutmeg



Directions:

- 1) Melt the ghee in a large skillet placed over medium-high heat. Once the fat is nice and hot, add the chicken and cook until golden brown, about 6 to 8 minutes total.

- 2) Add 1/2 cup water and deglaze the pan, then stir in salt, pepper, garam masala and freshly ground nutmeg.
- 3) Add the apple and sauté for about one minute, or until the apple is slightly softened.
- 4) Throw in the spiralized sweet potato, add another 1/2 cup of water and cook, stirring delicately until the sweet potato is soft and water is almost completely evaporated.
- 5) Kill the heat, throw in the chopped spinach and raisins. Stir delicately until the ingredients are evenly distributed and spinach is sufficiently wilted.
- 6) Serve without delay.

[Recipe Source](#)

Grain Free Baked Almond Donuts

Ingredients:

- 1 cup (100g) almond meal/flour
- 3 tbsp (65g) honey** (or maple syrup/coconut nectar/agave)
- 2 large eggs (100g)
- 2 tsp vanilla extract (optional)
- 1/4 tsp baking soda

Directions:

- 1) Preheat your oven to 150C/300F
- 2) Grease your donut pan and set aside.
- 3) In a medium mixing bowl, mix together all of your ingredients until smooth.
- 4) Fill your donut pans with your mixture, filling each donut cavity 1/2 way full.
- 5) Bake for 10-15 minutes, keeping an eye on them and taking them out as soon as your donuts are cooked and a skewer inserted into the middle removes clean. Be sure not to overcook them as they'll dry out!



- 6) Allow to cool before removing from the tins and eating as is or topping with whatever your heart desired (stay tuned for more recipes!)
- 7) These donuts will keep in the fridge or at room temperature for 3-4 days stored in an airtight container. If you live in a really humid climate I'd suggest keeping them in the fridge so that they last longer, however, they will keep fine at room temperature if it's not too hot!

[Recipe Source](#)

Sausage, Egg and Spinach Stack with Crispy Sage

Ingredients:

1 tablespoon olive oil
About ¼ cup of your favorite gluten-free, low sodium, lean ground pork sausage
1 egg
1 cup spinach
1 small garlic clove, minced
2-3 sage leaves
Salt and pepper



Directions:

- 1) Heat a saute pan over medium heat. Once hot, add the olive oil.
- 2) Form the lean ground pork sausage into a patty. Feel free to add more than ¼ cup of meat, but don't go too crazy here. Remember: you're trying to make a healthier breakfast dish.
- 3) Cook the patty in the pan for about 2-3 minutes on each side, just until you get a beautiful crispness to the outside of the patty all around.
- 4) Remove from heat when cooked thoroughly and set aside on a plate.
- 5) Using the same pan, add the spinach. Mix around until the leaves are all just barely shiny thanks to the oil, and then add your garlic. Swirl the garlic and spinach around a bit, for about one minute, and then add the sage leaves. Be sure to turn the sage leaves over so that both sides get all crisped up.

- 6) Once the spinach is cooked to your taste, remove from the pan and place on the plate either on top of or below the sausage patty. I like spinach to be just slightly wilted but not soggy. The sage leaves should be crispy, so leave them in for another minute if they are not done at the same time as the spinach. Remove and set them to the side of your plate.
- 7) In the same pan, crack that beautiful egg open and cook it to your preference. Remove and add to the top of the stack.
- 8) Top with sage leaves.
- 9) Salt and pepper to taste.
- 10) Devour and forget all about those missing carbs and cheese.

[Recipe Source](#)

Curried Sweet Potato Frittata

Ingredients:

- 2 medium sweet potatoes (about 12 ounces each), thinly sliced
- 3 teaspoons olive oil, divided
- $\frac{3}{4}$ teaspoon sea salt, divided
- 2 cups spinach or baby kale
- $\frac{1}{2}$ medium onion, minced (about $\frac{3}{4}$ cup)
- 2 garlic cloves, finely minced
- 1 tablespoon finely minced ginger
- 6 large eggs
- 3 tablespoons goat cheese (omit for paleo)
- 1 teaspoon curry powder
- $\frac{1}{4}$ teaspoon cumin
- $\frac{1}{4}$ teaspoon coriander
- $\frac{1}{8}$ teaspoon cayenne powder
- Chopped toasted almonds and goat cheese, for garnish



Directions:

- 1) Preheat your oven to 420 degrees. Line a baking tray with parchment paper.
- 2) Place the thinly sliced sweet potato rounds on the prepared baking tray, overlapping them slightly as needed. Drizzle with two teaspoons of olive oil and sprinkle with ¼ teaspoon of sea salt. Let them roast for about 20-25 minutes, or until they are soft.
- 3) Place the spinach or kale in a 9" non-stick or cast iron frying pan with a splash of water over high heat. Cover the pan and bring the water to a boil. Let it steam for 1 minute then remove it from the heat. Using a pair of tongs, ring it out and set it aside.
- 4) Heat the remaining teaspoon of olive oil over medium-high heat, using the same pan you used for the spinach or kale. Add the onion and cook for 5 minutes, stirring occasionally, until it has begun to brown. Add the garlic and ginger and cook for 30 more seconds. Remove the onions from the pan.
- 5) In a medium sized bowl whisk together the eggs, optional goat cheese, curry powder, the remaining ½ teaspoon of sea salt, cumin, coriander and cayenne powder.
- 6) When the sweet potatoes are soft remove them from the oven. Turn the oven to broil. Layer the sweet potatoes in the bottom of the pan used for the onions. Spread the wilted kale or spinach over the top, and then sprinkle on the onions. Pour the eggs into the pan and give it a little shake so everything settles.
- 7) Put the pan on medium-low heat and let it cook for 5-6 minutes, or until it has mostly set. The top will still be a little runny.
- 8) Put the pan into the oven under the broiler and let it finish cooking for 2-3 minutes, or until it has puffed up and no longer runny. Remove the pan from the oven and let it sit for several minutes before serving it.

[Recipe Source](#)

Paleo Whole Wheat Look-A-Like Bread

Ingredients:

1 cup unblanched almond flour
(ground almonds with skins)
1 cup tapioca starch (easily found at
bulk food stores)
2 tablespoon baking powder
1 teaspoon pink sea salt
8 large eggs
1 cup unsweetened organic apple
sauce
4 tablespoons Earth Balance Soy
Free Dairy Free Spread



Directions:

- 1) Set oven to 350 degrees.
- 2) Mix dry ingredients together and set aside.
- 3) Place apple sauce in a medium size bowl and add all eggs.
- 4) Add butter spread and whisk until butter is the size of peas. (It doesn't have to be completely broken down into it)
- 5) Add wet ingredients to dry and blend until completely incorporated.
- 6) Grease 2 loaf pans with a touch of the butter spread and divide the batter between them.
- 7) Bake in the oven for 23-25 min. Best slightly under cooked than over cooked.
- 8) Cool slightly and remove bread to wire racks to finish cooling.
- 9) Once cool seal in a Ziploc bag in the fridge.

[Recipe Source](#)

Paleo Egg McMuffin Bagel Sandwich

Ingredients:

1/2 cup almond flour
1/2 cup arrowroot flour
2 eggs
1 tablespoon palm oil
1/4 apple
1 teaspoon baking powder
1/4 teaspoon salt
6 eggs (for frying) plus 1 tablespoon olive oil (for frying)
6 pieces romaine lettuce
optional: cooked bacon or turkey strips
3 tablespoons mayo
2 teaspoons whole seed dijon mustard



Directions:

- 1) Pre heat oven to 350 degrees and grease a bagel pan.
- 2) For the bagels combine the almond flour, arrowroot flour, 2 eggs, palm oil, apple, baking powder, and salt and blend in a food processor until all apple chunks are broken down and the batter is smooth.
- 3) Fill the bagel pan with batter and bake on 350 for 10 minutes until the tops of the bagels are golden.
- 4) Remove bagels from the oven and begin frying the eggs.
- 5) Heat a skillet over medium heat and fry six eggs in one tablespoon olive oil.
- 6) Slice bagels in half and spread mayo and mustard on either side.
- 7) Fill the sandwich with fried egg, lettuce, and bacon or turkey.

[Recipe Source](#)

Paleo Hash Browns

Ingredients:

2 green plantains
2-3 Tbsp avocado oil
Salt & pepper to taste

Directions:

- 1) Start by peeling your plantains and shredding them with a grater for a classic hash brown.
- 2) Heat a skillet over medium high heat and add your avocado oil.
- 3) When the pan is good and hot, toss in the shredded plantains and spread them out in a thin layer. Add salt and pepper to your tasting and cook on one side about 5-7 minutes, until the plantains have developed a golden brown crust and slide around easily in the pan.
- 4) Use a spatula to flip the hash browns over to the other side. Season with salt and pepper to taste on this side and cook another 5-7 minutes.
- 5) Serve and enjoy these great paleo hash browns.



[Recipe Source](#)

Paleo Breakfast Muffins

Ingredients:

2 tablespoons melted coconut oil
1 tablespoon honey
½ cup unsweetened apple sauce
3 eggs
1 teaspoon vanilla
½ cup cashew or almond milk
2½ cups almond flour
2 tablespoons coconut flour



- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 cup mixed blackberries and raspberries, or fruit of choice

Directions:

- 1) Preheat oven to 350° and line a muffin tin with 12 liners.
- 2) In a large bowl, mix the coconut oil, honey, applesauce, eggs, vanilla, and cashew milk. Stir until fully combined.
- 3) Add in the almond flour, coconut flour, baking powder, and salt.
- 4) Stir until just combined and no chunks are left.
- 5) Evenly distribute between the 12 muffin tins.
- 6) Push berries in on top and bake for 20-22 minutes.
- 7) Can be stored one day on the counter, an longer than that store in the fridge.

[Recipe Source](#)

Creamy Orange Avocado Smoothie

Ingredients:

- 2 frozen bananas
- ¾ cup fresh orange juice (about large 2 oranges)
- 1 avocado
- orange zest (if you feel fancy)

Directions:

Place all ingredients in your blender and blend until smooth, adding water if needed.



[Recipe Source](#)

Paleo Eggs Benedict with Cucumber Salsa and Avocado

Ingredients:

Hollandaise:

4 egg yolks
12 tablespoons butter
Juice of 1/2 lemon
Pinch of cayenne pepper
Salt and pepper, to taste

Eggs Benedict:

4 eggs
4 slices Canadian bacon
1 avocado sliced
4 cups arugula
1 double batch Paleo bread **(I sub the palm oil for olive oil, use 3 eggs, bake in a loaf pan at 400 for 20-25 minutes)



Cucumber Salsa:

2 roma tomatoes, diced
1 small cucumber, diced
1 jalapeño, minced
Handful of cilantro, minced
Juice of 1 lime
Salt, to taste

Directions:

- 1) To make the bread follow this recipe and double it. Reduce the eggs to 3 and instead of using palm oil use olive. Pour into a greased loaf pan and bake at 400 for 20-25 minutes.
- 2) To make the salsa combine the all salsa ingredients and season with salt to taste. Set aside.
- 3) Place 4 inches of water in a medium saucepan and bring to a simmer over medium high heat. Working one at a time crack an egg into a shallow dish and carefully pour into the simmering water as close to the surface as you

can. Let poach for 3 minutes, remove with a slotted spoon, and drain on paper towels. Repeat with remaining eggs.

- 4) To make the hollandaise heat 12 tablespoons of unsalted butter over medium heat until melted and bubbling. Place 4 egg yolks in a blender with the lemon juice and cayenne. Blend for 30 seconds until yolks are broken down. With the blender running stream in the bubbling butter in a slow steady stream. The sauce should thicken. Season with salt and set somewhere warm like beside your stove to keep warm.
- 5) To warm the ham simply place it in a hot pan for a few moments.
- 6) To assemble the dish place a piece of bread on a plate and top with a slice of ham, a few slices of avocado, a poached egg and spoon some hollandaise on top. Serve with salsa and arugula on the side.

[Recipe Source](#)

Grain-Free Skillet Pancake with Roasted Cherry Compote

Ingredients:

Roasted Cherry Compote:

- 2 cups cherries, pitted*
- 1 tablespoon coconut oil
- 1 tablespoon coconut sugar

Grain-Free Skillet Pancake:

- 2 tablespoons coconut oil
- 3 eggs
- $\frac{3}{4}$ cup lite coconut milk or almond milk
- 1 teaspoon pure vanilla extract
- 1 cup blanched almond flour
- 3 tablespoons tapioca flour
- 3 tablespoons coconut sugar
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon sea salt



For serving:

Coconut whipped cream, optional

Directions:

- 1) Preheat the oven to 400 degrees F.
- 2) Add the ingredients for the roasted cherries to a small casserole dish and toss everything together. Set aside.
- 3) Add the coconut oil to a 10-inch cast iron skillet and place in the oven just until melted. Remove the skillet from the oven and carefully rotate the skillet to spread the oil along the sides of the pan. It will seem like there is a lot of oil in the skillet - this is normal.
- 4) Add all of the ingredients for the pancake to a blender and blend until smooth.
- 5) Pour the pancake batter into the skillet and place on the center rack of the preheated oven.
- 6) Place the cherries in the oven, and bake both the cherries and the pancake for 20 to 22 minutes.
- 7) Remove the pancake and the cherries from the oven and allow them to cool slightly.
- 8) Cut the pancake into triangles and serve with cherry compote and coconut whipped cream. Note: Keep in mind the skillet will stay hot for a long time! Be sure to use oven mitts when handling.

[Recipe Source](#)

Breakfast Casserole with Sausages

Ingredients:

- 8 eggs
- 1 lb. Italian sausage, casing removed
- 2 sweet potatoes, diced
- 1 medium onion, diced
- 1 bell pepper, diced



3 garlic cloves, minced
2 green onions, thinly sliced
⅓ cup almond or coconut milk
Sea salt and freshly ground black pepper
Cooking fat

Directions:

- 1) Preheat your oven to 375 F.
- 2) Melt some cooking fat in a skillet placed over a medium-high heat. Add the sausages, and crumble while cooking.
- 3) When the sausages are cooked, transfer them to a large bowl.
- 4) Add the onion, garlic, and bell pepper to the same skillet, and cook for 4 to 5 minutes over a medium heat.
- 5) Pour the vegetables into the bowl with the cooked sausages.
- 6) Add the sweet potatoes to the skillet, season to taste, cover, and cook about 8 minutes.
- 7) Mix the sweet potatoes into the bowl with the sausages and vegetables.
- 8) Pour the sausage and sweet potato mixture in a baking dish.
- 9) In a bowl, whisk together the eggs, almond milk, and season with salt and pepper to taste.
- 10) Pour the egg mixture over the sausage mixture, and place in the oven.
- 11) Bake for 20 minutes, and serve warm with green onions sprinkled on top.

[Recipe Source](#)

Paleo Double Chocolate Zucchini Muffins

Ingredients:

5 Tablespoons Coconut Flour
3 Tablespoons Unsweetened Cocoa Powder
1 ½ teaspoon Baking Powder
1 teaspoon Cinnamon
¼ teaspoon Salt

4 Large Eggs
1/3 cup Maple Syrup
3 Tablespoons Melted Coconut Oil
OR Olive Oil
1 teaspoon Vanilla Extract
1 cup Shredded Zucchini (about 1 medium), drained and well squeezed of excess moisture
1/2 cup Mini Chocolate Chips



Directions:

- 1) Preheat oven to 375 degrees F. Prepare a muffin pan by greasing or spraying with nonstick cooking spray (or use silicone muffin cups). Set aside.
- 2) In a small bowl, whisk to combine Coconut Flour, Cocoa Powder, Baking Powder, Cinnamon, and Salt. Set aside.
- 3) In a large bowl, whisk Eggs. Add Maple Syrup, Oil, and Vanilla, and whisk to combine. Whisk in Zucchini.
- 4) Pour dry ingredients into the bowl of wet ingredients, and whisk until combined. Stir in chocolate chips.
- 5) Spoon batter into 10 of the prepared muffin cups (each should be a little more than 3/4 full. Don't worry, they won't overflow!) Fill the empty muffin cups half full with water to prevent any pan warping.
- 6) Bake muffins for about 12-15 mins, or until a toothpick inserted into the center comes out clean or with a few moist crumbs attached.
- 7) Allow muffins to cool in the pan for about 10 minutes before carefully removing to cool completely on a wire rack (Carefully running a plastic knife around the edges of each muffin before removing each one makes them come out of the pan a little easier).
- 8) Store muffins in the refrigerator for up to 5 days, or in the freezer for up to 3 months.
- 9) Makes 10 muffins.

[Recipe Source](#)

Paleo Cherry Buckle

Ingredients:

1 cup Cassava Flour
1 cup Almond Flour
1/2 cup Coconut Sugar
1 tsp Baking Powder
1/4 tsp Baking Soda
1/2 tsp Sea Salt
1 Egg
1 cup Almond Milk
1 tsp Apple Cider Vinegar
1/4 cup Coconut Oil, melted
2 tsp Vanilla Extract
2 cups Cherries (pitted, fresh or frozen)

For the topping:

1/4 cup Coconut Sugar
1/4 cup Cassava Flour
pinch Sea Salt
1/2 tsp Cinnamon
2 tbs Coconut Oil, melted



Directions:

- 1) Preheat the oven to 375 F.
- 2) Mix the flours, sugar, baking powder, baking soda, and salt in a large bowl.
- 3) Whisk together the egg, milk, vinegar, coconut oil, and vanilla in a medium bowl.
- 4) Add the wet ingredients to the dry and mix until just combined.
- 5) Scatter the cherries in the bottom of an 8-inch square pan. Spread the batter evenly over the cherries.
- 6) Mix the ingredients for the topping together in a small bowl and then sprinkle over the batter.

- 7) Bake for 45 minutes, until the fruit is bubbling and the top is a golden brown. Let cool for at least 15 minutes before serving.

[Recipe Source](#)

Pumpkin Waffles

Ingredients:

- 1 large banana
- ¼ cup almond butter
- 2 large eggs (I use organic)
- ¾ cup pumpkin puree (not pumpkin pie mix)
- ¼ cup coconut flour
- 1 teaspoon baking soda
- 2 teaspoons pumpkin pie spice
- 1 teaspoon vanilla extract
- pinch of fine sea salt

Directions:

- 1) Place your banana in a food processor and pulse a few times until it starts to puree.
- 2) Next add all the other ingredients in the food processor and process until it becomes a batter.
- 3) Preheat your waffle iron. Spray generously with spray oil (I use coconut oil).
- 4) Once ready, use your large ice cream scoop to measure one scoop per quadrant. Close and cook per your waffle iron's directions.
- 5) Makes 2¼ waffles (in my machine) or 9 quadrants.
- 6) Can be stored in fridge for several days. Can also be stored in the freezer.
- 7) Serve with maple syrup.
- 8) Notes: I have made these Pumpkin Waffles with several brands of store bought almond butter, but I have achieved the best results (by far) by



using My Favorite Almond Butter recipe on my site. I have included a link in this post or you can use search on side bar. :)

[Recipe Source](#)

Banana Breakfast Coffee Cake

Ingredients:

For the cake

- 3/4 cup (72 grams) almond flour
- 3/4 cup (84 grams) coconut flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 teaspoons cinnamon
- 5 eggs
- 2 teaspoons vanilla extract
- 3/4 cup (162 grams) melted coconut oil or butter
- 2 spotty, mashed bananas

For the topping

- 4 tablespoons (24 grams) almond flour
- 2 tablespoons (40 grams) maple syrup or honey
- 2 tablespoons (27) melted coconut oil or butter
- 1/2 cup (54 grams) chopped walnuts
- 2 tablespoons cinnamon

Directions:

- 1) Preheat your oven to 350°F/178°C and grease a 13x9 inch baking dish (33x23 cm).
- 2) Using hand held or a stand mixer, mix your eggs together on a medium speed, then add your mashed bananas mixing until smooth. Add the remainder of your wet ingredients and mix until combined.



- 3) In another medium sized bowl mix together your dry ingredients until thoroughly combined, then add the dry ingredients to the wet and mix everything together on a medium speed for about 1 minute.
- 4) Spoon your batter into the greased baking dish. You may need to smooth out the batter using the back of a spoon to cover the dish. Set aside while you make the topping.
- 5) To make the topping, simply mix together the flour, maple, melted oil, chopped walnuts and cinnamon. Drizzle the mixture evenly over the top of the cake.
- 6) Bake for 35-40 minutes or until it passes the toothpick test - stick a toothpick or knife tip into the center - if it comes out clean it's done.
- 7) Allow it to cool covered overnight, or for at least 15 minutes and then enjoy.

[Recipe Source](#)

Pepperoni Crusted Pizza Baked Egg Skillets

Ingredients:

6 pepperoni slices* (I recommend using Applegate brand)
2 tbsp pizza sauce
1/4 cup Mozzarella cheese, shredded
(omit for dairy free and Paleo)
2 eggs
dried oregano and fresh basil, to garnish

Directions:

- 1) Preheat your oven to 400 degrees F. On the stove, warm a personal sized 6 1/2 inch skillet to medium heat.
- 2) Layer your pepperoni slices around the edge of the skillet. Sprinkle the mozzarella cheese around the bottom of the pan then the pizza sauce on top, spreading evenly throughout the bottom of the pan.



- 3) Crack the eggs on top. Continue heating just until the whites start to set then use an oven mitt to transfer the skillet to the oven.
- 4) Cook for a couple minutes just until the whites are completely set but the yolks are still runny (mine took 1 1/2- 2 minutes, but watch carefully so it does not become overcooked).
- 5) Garnish with dried oregano and fresh basil.

[Recipe Source](#)

French Toast Sticks

Ingredients:

- 1 batch Sandwich Rolls, using a greased mini loaf pan*
- 2 tbsp grass-fed butter, for greasing
- 2 eggs
- 2 tsp organic vanilla extract
- 1 tsp cinnamon
- 1/4 cup non-dairy milk (coconut, cashew, or almond)
- 1/4 cup syrup, for serving

Optional

- 2 tbsp organic powdered sugar
- 1 tbsp coconut sugar or maple sugar, 1 tsp cinnamon

Directions:

- 1) Make batch of bread following directions on the recipe
- 2) Slice bread into strips
- 3) In a bowl, whisk together eggs, vanilla, cinnamon, and milk
- 4) Dip bread into the mixture covering each side of the bread, repeat until all sticks are coated
- 5) Heat butter in a skillet and place coated bread pieces into the pan for 2 minutes



- 6) Flip, and cook for another 2-4 minutes on the other side
- 7) Remove and serve with syrup**

[Recipe Source](#)

Pineapple Protein Chia Seed Pudding

Ingredients:

- 1 cup homemade almond milk
- 1 scoop Epic Plant-Based Protein Vanilla Lucuma (or 4 tablespoons of your favorite vanilla protein powder)
- 1/4 cup organic pineapples (diced small)
- 2 tablespoons organic chia seeds

Directions:

- 1) Add all ingredients to a 16 ounce mason jar, seal it tightly and shake it vigorously until everything is well combined.
- 2) Leave it in the refrigerator for about 1 hour, or until it thickens to your preference.
- 3) Enjoy!



[Recipe Source](#)

Kale Honey Dew Melon Smoothie

Ingredients:

- 2 cups honey dew melon (peeled and chopped)
- 1 cup baby kale (stemmed)
- 1 medium ripe banana
- 1 tsp chia seeds
- 2 cups unsweetened vanilla almond milk

Directions:

- 1) Combine all the ingredients in a blender and blend for 2 minutes or until smooth.
- 2) Pour the smoothie in a glass and serve chilled.



[Recipe Source](#)

Eggs Baked in Artichokes

Ingredients:

- 1 artichoke, fresh
- 2 eggs
- Olive oil
- Salt & Pepper
- Parsley, chopped
- Optional: half a lemon

Directions:

- 1) Trim the spin tips from the artichoke leaves. Cut the artichoke in half, and seam until it is cooked through. I use our Instant Pot, and steam the artichoke halves with about 1 inch of



water for 10 minutes. If you are steaming your artichoke on the stove, follow the same instruction but place in a steam basket in a pot with about 1 inch of water, cover with a lid, and steam until the leaves are tender--20 to 30 minutes, depending on artichoke size.

- 2) Allow the artichoke to cool enough that you can handle it. Use a knife to cut out the "choke," the fuzzy center. I also pull out the smaller leaves from the middle at this point to make more room for the eggs (I eat those leaves on the spot!)
- 3) Preheat the oven to 350°F. Place artichoke halves in a pan and drizzle with avocado oil. Season with salt and pepper. Crack one egg into the cavity of each artichoke, and place in oven. Bake for 14-18 minutes, until the entire egg white is set. I like my yolks to be a bit runny, so I stay conservative here. Sprinkle each one with additional salt and pepper, and sprinkle with minced parsley. If you have half a lemon, squeeze a bit of juice over top. Serve hot.

[Recipe Source](#)

Raspberry Mango Breakfast Cobbler

Ingredients:

1 cup frozen raspberries
1 cup frozen mango, chopped roughly
¼ cup honey (or maple syrup)
1 cup almond meal
¼ cup hemp hearts
¼ cup tapioca starch
¼ cup sunflower seeds
1 tsp baking powder
1 tablespoon chia
1 tablespoon psyllium husk (powdered and whole are both fine)
pinch fine sea salt
¼ cup honey
1 cup coconut milk



1 teaspoon vanilla extract
full fat coconut milk, to serve

Directions:

- 1) Preheat the oven to 350F.
- 2) In a small-medium oven-safe baking dish (mine is a vintage pyrex about 7.5 inches across, 3.5 inches deep), combine the raspberries, mango, and honey.
- 3) In a separate medium mixing bowl, combine the almond meal, hemp hearts, tapioca starch, sunflower seeds, baking powder, chia, psyllium, and pinch salt.
- 4) Combine the honey, coconut milk, and vanilla until well mixed in a small bowl, then add to the dry mix. Stir to combine.
- 5) Pour the batter over the berry/mango mix.
- 6) Bake 30-35 minutes, until the edges are golden brown and the porridge is hot all the way through.
- 7) Let cool 5-10 minutes before serving. Serve with coconut milk poured over top. Enjoy!

[Recipe Source](#)

Asparagus Eggs Benedict with Grain Free Biscuits and Avocado Hollandaise

Ingredients:

Grain Free Biscuit:

1 cup almond meal
¼ cup coconut flour
½ teaspoon baking powder
½ teaspoon baking soda
Pinch of salt
2 tablespoons melted coconut oil
4 eggs, beaten
2 teaspoons honey



Avocado Hollandaise:

1 avocado

Juice of ½ lemon

⅓ cup water

Other Ingredients:

1 bunch asparagus, woody ends snapped off

6 eggs

Directions:

- 1) Preheat oven to 350 degrees.
- 2) First, make the biscuits. In a large bowl, whisk together almond meal, coconut flour, baking soda, baking powder, and salt. Drizzle in melted coconut oil and using your fingers or a fork, stir together until evenly dispersed in the flour. In a medium bowl, whisk together eggs and honey. Pour into flour and whisk until combined.
- 3) Oil a baking sheet. Using a large spoon, drop 6 biscuits evenly on the sheet. Bake 15-20 minutes until golden.
- 4) While biscuits are baking, steam asparagus in a steamer pot for 5 minutes until bright green and tender. Remove and set aside to cool. Once cool enough to handle, cut in half.
- 5) Poach the egg according to this method.
- 6) While you're poaching the eggs, make the hollandaise. Add the avocado, lemon juice and water to a blender. Season with salt. Blend until pureed.
- 7) When ready to serve, top each biscuit with asparagus and a poached egg, then spoon on some avocado hollandaise.

[Recipe Source](#)

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