



## More Make Ahead Breakfasts: Grocery List

1. Banana Walnut Muffins
2. Cherry Vanilla Granola
3. Leek, Mushroom, & Goat Cheese Frittata



### Veggies

1 small yellow onion (3)  
2 leeks (3)  
5oz sliced mushrooms (3)



### Eggs

12 large eggs (1,3)



### Dairy (optional)

4oz goat cheese crumbles (3)  
1/2c unsalted butter (2)  
(OR sub with 1/2c coconut oil)



### Pantry

1/2c coconut flour (1)  
1tsp baking soda (1)  
1tsp baking powder (1)\*  
1/2c honey (2)  
1/2c almond butter (1)\*  
4c GF oats, optional (2)\*  
muffin liners (1)



### Fruits

4 bananas (1)  
(the more ripe, the better)



### Oils

~3/4c coconut oil (1,2)  
~1/4c olive oil (3)



### Nuts & Dried Fruit

1c dried tart cherries (2)\*  
1/4c flax (2)  
1c unsweet coconut flakes (2)  
2c chopped pecans (2)  
2 1/2c chopped walnuts (1,2)  
1c almond slivers (2)



### Spices

1 1/2 tsp vanilla extract (1,2)  
~2tsp cinnamon (1)  
1/2tsp ground nutmeg (1)  
(optional)



## More Make Ahead Breakfasts: Prep Day

Pre-heat oven to 350 F. (1,2,3)



### Banana Walnut Muffins (1)

Place in food processor or blender and pulse until combines and has smooth consistency:

- 4 bananas
- 4 eggs
- 1/2c almond butter
- 2T coconut oil, melted
- 1tsp vanilla extract

In a large bowl mix together:

- 1/2c coconut flour
- 1/2c chopped walnut pieces
- 2 tsp cinnamon
- 1/2tsp nutmeg, optional
- 1tsp baking powder
- 1tsp baking soda

Add wet ingredients to dry ingredients & mix well. Line a muffin tin with cups. Fill ~2/3 full of batter.

Bake @ 350F or 20-25 minutes, until a toothpick comes out clean. Cool completely. Option to freeze. [\*] (1)



**Onion & Leeks:** Dice 1 onion for Frittata. Cut 2 leeks in half lengthwise & cut into 1/2" pieces. Place in bowl of water and separate layers, then lift leeks out of water, allowing sediment to fall to bottom.

Heat 1T oil over med heat. Add chopped onion + leeks + 5oz sliced mushrooms, S&P. Sauté ~15 minutes, stirring often. Cool. (3)



### Cherry Vanilla Granola (2)

Melt 1/2c coconut oil & 1/2c (1 stick) butter in a small sauce pan. Add in 1/2c honey & 1/2tsp vanilla & mix well.

Place 1/4c flax in dry, clean, blender or food processor & pulverize.

In a large bowl, stir together:

flax + 4c oats + 2c chopped pecans + 2c chopped walnuts + 1c coconut flakes + 1c slivered almonds + melted oil / honey mixture.  
Place in single layer on baking sheet(s). Bake at 350 F for 20-25 min or until just toasted. Cool & toss in 1c dried cherries. [\*] (2)

**Dairy free?** omit butter and use 1c coconut oil.

**Paleo?** omit oats & cut liquid ingredients in half (1/2c coconut oil + 1/4c honey + 1/4tsp vanilla).



### Frittata (3)

Whisk 8 eggs in a large bowl. Stir in cooled, cooked onions, leeks & mushrooms + 4oz goat cheese crumbles (optional).

Pour into oiled 9x9" pan. Sprinkle w/ 1/8tsp salt. Bake at 350 F for 34-38 min or until no longer jiggly. Cool. Option to freeze. [\*] (3)

**KEY** - [\*]: store in container, label & refrigerate for use later in week



## More Make Ahead Breakfasts: Dish Day

### Banana Walnut Muffins (1)

1. Enjoy muffins as they are. Option to store in freezer and defrost as needed.

### Cherry Vanilla Granola (2)

1. Use as a topping for favorite yogurt & fruit, eat like cereal with favorite milk, or eat as is!
2. Note: Granola can be stored in air-tight container for 2-3 weeks

### Leek, Mushroom, & Goat Cheese Frittata (3)

1. Re-heat each slice in toaster oven (3-5 minutes) or in microwave (30sec-1min) OR re-heat entire frittata in 350 F oven for 15-20 minutes or heated through.
2. Option to freeze whole frittata or individual slices for later use.