BetterBreakfasts™

15 Low-Glycemic, Gluten-Free Pancakes, Popovers, Waffles, French Toast, Muffins & More!

INSIDE: FLUFFY, FLAKY, BUTTERY GOODNESS!

www.HealingGourmet.com
Better Breakfasts

15 Low-Glycemic, Gluten-Free Pancakes, Popovers, Waffles, French Toast, Muffins & More!

By Kelley Herring & The Editors of Healing Gourmet®

DISCLAIMER: This publication does not provide medical advice. Always consult your doctor.
Better Breakfasts

I know you’ve heard it before…. *Breakfast is the most important meal of the day.*

But unfortunately most of us are filling up on JUNK to start our day.

You know what I’m talking about – the sugary toaster pastries… the syrup-soaked waffles…the bowl of processed cereal… the drive thru muffin or scone that’s so hard to pass up when you’re starved and in a rush to work.

But enjoying a proper, nutritious breakfast doesn’t have to be a chore. In fact, we’ll make it a JOY!

In *Better Breakfasts*, we’ll show you how to make delicious low glycemic, gluten free waffles, pancakes and egg breakfasts that you can whip up for your whole family in less than one hour… and that’s for a whole week’s worth of food!

That’s right – these are make-ahead breakfasts that your entire family will love. And you’ll NEVER again have to think or say – “What about breakfast?”

Imagine sinking your teeth into a crispy waffle or a cheesy egg muffin that you heated up… just in the short time while waiting for your coffee to brew (NO cleanup!).

Picture the smile on your child’s face when you offer a sit down breakfast – even if it’s just for five minutes - before school.

Not only will you and your family be nourished, you’ll feel good about your choices and starting every day on a healthy foot!

*To bringing back REAL breakfasts,*

*Kelley Herring*

CEO & Editor in Chief
Healing Gourmet
Contents
Cinnamon Rolls ................................................................................................................................. 5
Breakfast Popovers ........................................................................................................................... 7
Coconut Flour Waffles ..................................................................................................................... 8
Easy Grain-Free Bread..................................................................................................................... 9
Paleo French Toast (& French Toast Sticks) .................................................................................... 10
Paleo Pumpkin Pancakes ............................................................................................................... 11
Pumpkin Protein Pancakes ........................................................................................................... 12
Fluffy “Buttermilk-Style” Pancakes .............................................................................................. 13
German “One-Pan” Pancakes ....................................................................................................... 14
Blueberry Super-Syrup ................................................................................................................... 15
Paleo Protein Donuts ..................................................................................................................... 16
Low Carb Donuts ........................................................................................................................... 17
Chocolate Icing ............................................................................................................................... 18
Cinnamon “Sugar” ........................................................................................................................... 19
Cinnamon Apple Muffins ............................................................................................................... 20
Paleo Baking Powder ..................................................................................................................... 20
Spiced Breakfast Porridge ........................................................................................................... 21
Mexican Beef, Salsa & Jalapeño Cheese Breakfast Muffins ............................................................. 22
Cinnamon Rolls

Yield: 10 iced cinnamon rolls
Active Time: 30 minutes
Total Time: 1 hour
Preferences: Gluten Free, Dairy Free, Paleo*

Ingredients

For the biscuit rolls
- 3 cups blanched almond flour (plus more for dusting, as needed)
- 1/2 tsp. Celtic Sea Salt
- 1/4 tsp. baking soda
- 1/4 cup virgin coconut oil
- 2 Tbsp. coconut sugar
- 2 large pastured eggs

For the filling
- 2 Tbsp. coconut sugar
- 1/2 cup pecans, finely chopped
- 1/2 cup raisins
- 2 Tbsp. cinnamon

For the icing
- 1/4 cup Native Forest Coconut Milk
- 1 Tbsp. virgin coconut oil
- 1/4 tsp. organic vanilla extract
- 1 Tbsp. organic erythritol*
- 8-10 drops liquid stevia, to taste

Directions
1. Preheat the oven to 350 degrees F.
2. In a large bowl, combine the blanched almond flour, salt and baking soda
3. In a separate bowl, gently beat together the coconut oil, 2 T coconut sugar, and room temperature eggs. If the eggs are too cold, they might cause the coconut oil to harden.
4. Add the egg mixture to the blanched almond flour mixture, gently mixing to form a smooth dough.
5. On a large piece of parchment paper, place the dough. Place another piece of parchment on top of the dough. Flatten a bit with your hands. Now roll the dough out into about a 9x13 rectangle with approximately ½-3/4 inch thickness.
6. In a small bowl, combine the cinnamon, raisins, nuts and remaining coconut sugar.
7. Remove the top layer of parchment covering the dough. Sprinkle the cinnamon-nut mixture evenly over the dough to cover the whole surface. Be gentle not to tear the dough.
8. Now roll up the dough. Begin with the short end of the rectangle; start to roll the edge of the dough away from you, making a tight roll. Continue rolling to create a uniform log, using the parchment paper to help you roll. Take your time! Keep it tight but be gentle. Blanched almond flour dough is not as flexible as grain-based dough.
9. One you have rolled the dough up, it is time to lengthen it. Gently roll the whole log of dough to make it longer and uniform in thickness. (The ends will ne narrow)
10. With a sharp knife, slice the roll into 2 inch thick slices (that is approx. the width of two fingers).
11. Lay the slices cut side down onto a parchment lined cookie sheet. Space them a few inches apart.
12. Transfer to oven and bake for 10-15 min. Stay close to the oven and start checking around 8 minutes. They should be golden with slight browning at the top. The center of the rolls should be soft but not mushy. Do NOT overbake.
13. When done, remove from the oven and let cool. Do not move them before cooling – they will break.
14. Meanwhile, make the icing.
15. Add the coconut milk to a small saucepan over low heat. Add the organic erythritol and stir to dissolve crystals. Add in the coconut oil and the vanilla. Sweeten with stevia. Remove from heat. As the mixture cools, it will thicken. You can either drizzle your rolls individually, or save the icing in the fridge in a covered container and spread on a cinnamon roll and reheat in the toaster oven.

**PALEO OPTION:** Substitute coconut sugar for organic erythritol.

**Nutrition Information Per Serving**
349 calories, 29 g fat, 8.7 g saturated fat, 19 g carbohydrate, 8.5 g sugar, 6 g fiber, 9 g protein, 42 mg cholesterol, 218 mg sodium
Breakfast Popovers

Yield: 6 popovers  
Active Time: 15 minutes  
Total Time: 30 minutes  
Preferences: Gluten Free, Dairy Free, Paleo

Ingredients
- 4 pastured eggs
- 1/2 cup Native Forest Coconut Milk
- 1/4 tsp. Celtic Sea Salt
- 2 Tbsp. coconut flour

Directions
1. Preheat your oven to 425 degrees F.  
2. Put all ingredients in a bowls and stir until well combined.  
3. Line a muffin tin with muffin liners and fill about 2/3 full.  
4. Put in the oven and bake for 20 minutes, or until tops are lightly browned. Do not open the oven door or they may collapse.  
5. Allow to cool slightly before enjoying.

Nutrition Information Per Serving
91 calories, 7 g fat, 4 g saturated fat, 3 g carbohydrate, 1 g sugar, 1 g fiber, 5 g protein, 141 mg cholesterol, 60 mg sodium
Coconut Flour Waffles

Yield: 4 waffles
Active Time: 15 minutes
Total Time: 30 minutes
Preferences: Gluten Free, Dairy Free*, Paleo

Ingredients
- 4 Tbsp. melted Kerrygold Irish Butter or virgin coconut oil*
- 6 pastured eggs
- 1/2 tsp. liquid stevia (to taste)
- 1/2 tsp. Celtic Sea Salt
- 1/2 tsp. non-aluminum baking powder*
- 1/3 cup coconut flour

Directions
1. Put the butter and eggs in a blender and blend until well combined.
2. Add the stevia, salt and baking powder, and mix to combine.
3. Add coconut flour and blend until there are no lumps.
4. Pour the batter into a preheated, greased waffle iron and cook until waffles are golden brown.
5. Enjoy warm with Blueberry Syrup.

PALEO OPTION: See the Paleo Baking Powder recipe on page 20.

Nutrition Information Per Serving
248 calories, 20 g fat, 11 g saturated fat, 6 g carbohydrate, 1 g sugar, 3 g fiber, 11 g protein, 357 mg cholesterol, 190 mg sodium
Easy Grain-Free Bread

Yield: One 7.5" x 3.5" loaf (12 slices)
Active Time: 10 minutes
Total Time: 40 minutes
Preferences: Gluten Free, Dairy Free, Paleo

Ingredients
- 2 cups blanched almond flour
- 2 Tbsp. coconut flour
- 1/4 cup golden flaxseed meal
- 1/4 tsp. Celtic Sea Salt
- 1/2 tsp. baking soda
- 5 pastured eggs
- 1 Tbsp. Coconut Secret Coconut Nectar
- 1 Tbsp. organic raw apple cider vinegar

Directions
1. Preheat oven to 350 degrees F.
2. In a food processor, place the blanched almond flour, coconut flour, flax, salt and baking soda. Pulse a few times until ingredients are combined.
3. Add the eggs, coconut nectar and vinegar, and pulse a few more times until well combined and you have a thick batter.
4. Pour the batter into a 7.5 x 3.5 loaf pan greased lightly with coconut oil. Note: Using a pan that is larger may result in bread that does not rise properly.
5. Bake for about 30 minutes until top is browned.
6. Cool completely before slicing and serving.

Nutrition Information Per Serving
159 calories, 13 g fat, 2 g saturated fat, 7 g carbohydrate, 2 g sugar, 3 g fiber, 7 g protein, 88 mg cholesterol, 98 mg sodium
Paleo French Toast (& French Toast Sticks)

Yield: 12 servings  
Active Time: 15 minutes  
Total Time: 1 hour, plus chilling  
Preferences: Gluten Free, Dairy Free, Paleo

Ingredients
- 1 loaf Easy Grain Free Bread, sliced
- 10 pastured eggs
- 3/4 cup Native Forest Coconut Milk
- 1/2 tsp. Celtic Sea Salt
- 1 tsp. cinnamon
- 1 tsp. organic vanilla extract
- Optional: Kerrygold Butter and Blueberry Super-Syrup or pure maple syrup for serving

Directions
1. Lightly grease a 2-quart casserole dish. Lay the bread slices in the dish.
2. Using an electric mixer, beat the eggs, coconut milk, cinnamon, salt and vanilla until bubbly. Pour over the bread, cover and place in the refrigerator for at least 3 hours, or overnight.
3. When ready to bake, preheat oven to 350 degrees F. Bake casserole for 30-40 minutes until top is golden brown.
4. Serve warm with butter and Blueberry Super-Syrup.

NOTE: For French Toast Sticks, simply slice the bread into 2 inch “sticks”. Cover with coconut milk-egg mixture for 20 minutes. Cook in coconut oil in a cast iron pan or bake at 350 F on a lightly greased cookie sheet for 20-25 minutes. To make freezer-friendly, allow French toast sticks to cool completely, and then place in freezer bags. Reheat for 5 minutes in toaster oven.

Nutrition Information Per Serving
245 calories, 19 g fat, 5 g saturated fat, 8 g carbohydrate, 3 g sugar, 3 g fiber, 13 g protein, 265 mg cholesterol, 162 mg sodium
Paleo Pumpkin Pancakes

Yield: 2 servings  
Active Time: 15 minutes  
Total Time: 30 minutes  
Preferences: Gluten Free, Dairy Free, Paleo

Ingredients

- 1/4 cup coconut flour  
- 1/4 tsp. baking soda  
- 1/4 tsp. **Celtic Sea Salt**  
- 1/2 tsp. cinnamon  
- 1 pinch nutmeg  
- 1/4 cup organic pumpkin puree  
- 3 pastured eggs  
- 1 Tbsp. **Native Forest Coconut Milk**  
- 1 Tbsp. virgin coconut oil  
- 1/4 tsp. organic raw apple cider vinegar  
- 1/2 tsp. pure maple syrup

Directions

1. Combine the coconut flour, baking soda, salt, cinnamon, and nutmeg in a bowl and whisk to mix.
2. In a separate bowl, beat the eggs with the coconut oil, coconut milk, apple cider vinegar, maple syrup and pumpkin.
3. Slowly add the coconut flour to the eggs and stir until well combined.
4. Heat a cast iron skillet or griddle over medium-low heat. Add butter or coconut oil to the pan.
5. When your fat is melted, spoon the batter into your skillet. Cook for about 2 minutes or so and carefully flip (they will not bubble up like traditional pancakes so you’ll need to keep an eye on them). Continue cooking until browned on both sides and cooked in the middle.
6. Serve the pancakes warm with butter and **Blueberry Super-Syrup**.

Nutrition Information Per Serving

256 calories, 18 g fat, 12 g saturated fat, 13 g carbohydrate, 3.5 g sugar, 6 g fiber, 12 g protein, 317 mg cholesterol, 310 mg sodium
Pumpkin Protein Pancakes

Yield: 2 servings
Active Time: 15 minutes
Total Time: 15 minutes
Preferences: Gluten Free, Dairy Free, Paleo

Ingredients

- 2 Tbsp. canned pumpkin
- 1/2 medium banana
- 1 pastured egg
- 1 scoop *Jay Robb’s Vanilla Protein Powder* (egg or whey protein)
- 1 Tbsp. ground flaxseed meal
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg

Directions

1. Put all ingredients in the bowl of a food processor and process until smooth.
2. Heat a skillet or griddle over medium-low heat, and add a bit of butter or spray with cooking spray.
3. Spoon the batter onto the pan and cook each pancake for 2-3 minutes. Flip and cook for another minute or so until pancakes are lightly browned and cooked through.
4. Serve warm with butter and *Blueberry Super-Syrup*.

Nutrition Information Per Serving
149 calories, 4 g fat, 1 g saturated fat, 12 g carbohydrate, 4.4 g sugar, 3 g fiber, 16 g protein, 106 mg cholesterol, 227 mg sodium
Fluffy “Buttermilk-Style” Pancakes

Yield: 24 silver dollar pancakes (6 servings of 4 pancakes each)
Active Time: 15 minutes
Total Time: 15 minutes
Preferences: Gluten Free, Dairy Free, Paleo

Ingredients

- 1 1/2 cups blanched almond flour
- 1/2 tsp. baking soda
- 1/4 tsp. *Celtic Sea Salt*
- 1/2 tsp. cinnamon
- 3 pastured eggs
- 4 Tbsp. *Native Forest Coconut Milk*
- 2 Tbsp. *Coconut Secret Raw Coconut Nectar*
- 1 tsp. organic vanilla extract
- Coconut oil or butter for frying

Directions

1. Combine the blanched almond flour, baking soda, salt and cinnamon in a medium bowl. Lightly stir the ingredients until combined.
2. Put the eggs, coconut milk, coconut nectar and vanilla in a separate bowl and whisk together until combined.
3. Add the dry ingredients to the liquid and mix well. Allow to rest for about 5 minutes.
4. Heat a cast iron skillet or griddle over medium heat and add butter or oil to the pan.
5. When melted, add the batter to the pan and allow it to cook for about 2 minutes. Flip, cook for another minute or until pancakes are done.
6. Serve warm with butter and *Blueberry Super-Syrup*.

Nutrition Information Per Serving
254 calories, 20 g fat, 5 g saturated fat, 12 g carbohydrate, 6 g sugar, 4 g fiber, 9 g protein, 106 mg cholesterol, 160 mg sodium
German “One-Pan” Pancakes

Yield: 12 servings
Active Time: 10 minutes
Total Time: 30 minutes
Preferences: Gluten Free, Dairy Free, Paleo

Ingredients

- 1/4 cup virgin coconut oil
- 12 pastured eggs, beaten
- 1 cup blanched almond flour
- 1 cup shredded, unsweetened coconut
- 1/4 tsp. Celtic Sea Salt
- 1 tsp. cinnamon

Directions

1. Preheat oven to 325 degrees F.
2. Put the coconut oil in an 11x13 baking dish and put in the oven for about 5 minutes, until melted.
3. Combine the rest of the ingredients in a large mixing bowl and pour into the hot pan.
4. Bake for 15-20 minutes until the center is cracked and the sides are pulling away from the pan.
5. Slice and serve warm with fresh fruit or Blueberry Super-Syrup.

Nutrition Information Per Serving

204 calories, 18 g fat, 8 g saturated fat, 4 g carbohydrate, 1 g sugar, 2 g fiber, 9 g protein, 211 mg cholesterol, 72 mg sodium
Blueberry Super-Syrup

Yield: 2 cups (32 servings of 1 Tbsp. each)
Active Time: 15 minutes
Total Time: 15 minutes
Preferences: Gluten Free, Dairy Free, Paleo, Vegan

Ingredients

- 1 cup organic blueberries
- 1 cup water
- 2 Tbsp. pure maple syrup or Coconut Secret Raw Coconut Nectar
- 2 Tbsp. arrowroot powder

Directions

1. Put the ingredients in a blender and blend until smooth.
2. Pour the liquid into a saucepan and heat over medium heat until the mixture begins to bubble up. Reduce heat and whisk constantly until thickened, about 3-5 minutes.
3. Serve warm overtop pancakes, French toast or waffles.

Nutrition Information Per Serving
15 calories, 0 g fat, 0 g saturated fat, 4 g carbohydrate, 2.5 g sugar, 0 g fiber, 0 g protein, 0 mg cholesterol, 0 mg sodium
Paleo Protein Donuts

Yield: 8 donuts
Active Time: 15 minutes
Total Time: 40 minutes
Preferences: Gluten Free, Dairy Free, Paleo

Ingredients

- 1 cup blanched almond flour
- 4 pastured eggs
- 1/4 tsp. Celtic Sea Salt
- 1/4 tsp. baking soda
- 1 tsp. organic vanilla extract
- 10-12 drops liquid stevia (to taste)

Directions

1. Preheat oven to 300 degrees F.
2. In a large mixing bowl, whisk all of the ingredients until well combined.
3. DONUT PAN METHOD: Spray a donut pan with cooking spray and fill the pan. Bake for about 20 minutes, or until they begin to turn golden brown. DONUT MAKER METHOD: Alternatively, you can use a donut maker if you have one; follow the instructions for your particular donut maker.
4. Cool completely and dust with Cinnamon Sugar or Chocolate Icing.

NOTE: If you’re looking for a donut pan, consider the Smart Planet Mini Donut Maker – it is PFOA free.

Nutrition Information Per Serving
163 calories, 13 g fat, 2 g saturated fat, 6 g carbohydrate, 3 g sugar, 2 g fiber, 8 g protein, 141 mg cholesterol, 104 mg sodium
Low Carb Donuts

Yield: 8 donuts
Active Time: 15 minutes
Total Time: 40 minutes
Preferences: Gluten Free, Dairy Free

Ingredients

- 1/2 cup coconut flour
- 1/4 cup shredded, unsweetened coconut
- 1/4 cup organic erythritol
- 1/4 tsp. stevia extract powder (to taste)
- 1/4 tsp. Celtic Sea Salt
- 1/4 tsp. baking soda
- 6 pastured eggs
- 1/2 cup virgin coconut oil
- 1/2 cup unsweetened almond milk
- 1 Tbsp. organic vanilla extract

Directions

1. Preheat oven to 350 degrees F.
2. Combine the coconut flour, shredded coconut, organic erythritol, stevia, salt and baking soda in a large mixing bowl.
3. In a separate bowl, beat the eggs with the coconut oil, almond milk and vanilla. Add this to the flour mixture and stir until combined.
4. Fill donut molds about 2/3 full and bake for about 20 minutes, or until a toothpick in the center comes out clean.

Nutrition Information Per Serving
234 calories, 21 g fat, 16 g saturated fat, 5 g carbohydrate, 1 g sugar, 3 g fiber, 6 g protein, 159 mg cholesterol, 123 mg sodium
Chocolate Icing

Yield: 1 cup (16 servings of 1 Tbsp.)
Active Time: 15 minutes
Total Time: 8 hours (overnight chilling)
Preferences: Gluten Free, Dairy Free, Vegan, Paleo

Ingredients

- 1 can Native Forest Coconut Milk
- 1/4 cup plus 1 Tbsp. unsweetened organic cocoa powder
- 1/2 tsp. organic vanilla extract
- 5-6 drops liquid stevia (to taste)

Directions

1. Pour the coconut milk in a bowl refrigerate overnight.
2. Remove from the refrigerator and add cocoa powder, vanilla and stevia. Blend with a fork or a hand mixer until thick and creamy.
3. Refrigerate until ready to use.

Nutrition Information Per Serving
49 calories, 5 g fat, 4 g saturated fat, 3 g carbohydrate, 1 g sugar, 1 g fiber, 0 g protein, 0 mg cholesterol, 11 mg sodium
Cinnamon “Sugar”

Yield: 10 Tbsp. (20 servings of 1/2 Tbsp. each)
Active Time: 5 minutes
Total Time: 5 minutes
Preferences: Gluten Free, Dairy Free, Vegan, Paleo*

Ingredients

- 1/2 cup organic erythritol
- 1 pinch stevia extract (to taste)
- 2 Tbsp. organic cinnamon

Directions

1. Put all the ingredients in a food processor or Magic Bullet.
2. Pulse until well combined.
3. Store in an airtight container at room temperature.

PALEO OPTION: Replace organic erythritol with coconut sugar

Nutrition Information Per Serving

2 calories, 0 g fat, 0 g saturated fat, 1 g carbohydrate, 0 g sugar, 0.4 g fiber, 0 g protein, 0 mg cholesterol, 0 mg sodium
Cinnamon Apple Muffins

Yield: 1 dozen muffins
Active Time: 10 minutes
Total Time: 30 minutes
Preferences: Gluten Free, Dairy Free, Paleo*

Ingredients

- 2 medium organic apples, peeled, cored and chopped
- 1/2 cup water
- 1 tsp. lemon juice
- 1/4 cup coconut flour
- 1/2 tsp. non-aluminum baking powder*
- 1/4 tsp. Celtic Sea Salt
- 1 1/2 Tbsp. cinnamon
- 3 pastured eggs
- 4 Tbsp. coconut milk
- 1 Tbsp. Coconut Secret Raw Coconut Nectar
- 1 tsp. organic vanilla extract

Directions

1. Preheat oven to 400 degrees.
2. Put the apples, water, lemon juice and 1 tablespoon of cinnamon in a medium saucepan and cook over medium heat until apples are soft. Remove from heat.
3. In a medium bowl, combine the coconut flour, baking powder, salt, and remaining cinnamon. Set aside.
4. Whisk the eggs, coconut milk, and coconut nectar in a medium bowl. Add the dry ingredients and gently fold in the apple mixture.
5. Fill muffin tins with the batter and bake for 18-20 minutes, until lightly browned and a toothpick inserted in the center comes out clean.

Nutrition Information Per Serving

60 calories, 2.5 g fat, 1 g saturated fat, 8 g carbohydrate, 5 g sugar, 2 g fiber, 2 g protein, 53 mg cholesterol, 27 mg sodium

Paleo Baking Powder

Avoiding grain? Traditional baking powder contains cornstarch and is therefore not “Paleo”. Here’s a simple grain-free baking powder substitute:

- 1 part baking soda
- 2 parts cream of tartar
- 2 parts starch
Spiced Breakfast Porridge

Yield: 2 servings
Active Time: 10 minutes
Total Time: 30 minutes
Preferences: Gluten Free, Dairy Free, Vegan*, Paleo

Ingredients

- 1 acorn squash, roasted, seeded and pureed
- 1 cup Native Forest Coconut Milk
- 1/2 cup unsweetened, shredded coconut
- 2 tsp. cinnamon
- 1/2 tsp. powdered ginger
- 1/2 tsp. nutmeg
- 1 tsp. organic vanilla extract
- 1/4 tsp. Celtic Sea Salt
- 1-2 drops liquid stevia
- 1 scoop Jay Robb Vanilla Egg White Protein

Directions

1. Put the squash puree and coconut milk in a medium saucepan. Add the coconut, cinnamon, ginger, nutmeg, vanilla and stevia and stir until thickened.
2. Add the protein powder and stir until combined.
3. Simmer until desired thickness and serve warm.

*VEGAN OPTION: Substitute SunWarrior Protein for egg protein.

Nutrition Information Per Serving
387 calories, 27 g fat, 22 g saturated fat, 27 g carbohydrate, 4 g sugar, 5 g fiber, 14 g protein, 0 mg cholesterol, 246 mg sodium
Mexican Beef, Salsa & Jalapeño Cheese Breakfast Muffins

Yield: 12 muffins
Active Time: 10 minutes
Total Time: 30 minutes
Preferences: Gluten Free

Ingredients

- 12 pastured eggs
- 1 lb. grass-fed beef (85%)
- 1/2 organic onion, chopped
- 1/2 cup organic salsa
- 2 oz. grass-fed raw jalapeño cheese
- 2 tsp. virgin coconut oil

Directions

1. In a cast iron skillet, add oil. Add the onions and cook, stirring until translucent.
2. Add the grass-fed beef and cook. Stir with a wooden spoon until cooked through. Drain the fat and set aside.
3. Line a stainless steel or cast iron muffin pan with unbleached muffin liners. Divide the onion/beef mixture among 12 lined muffin cups.
4. In a medium bowl, beat the eggs until frothy. Use a small ladle to divide beaten eggs among the muffin cups. Pour over the ground beef mixture.
5. Spoon salsa over the eggs and top with cheese.
6. Transfer to the oven and bake at 375 for 20-25 minutes.
7. Cool and store in a glass container for the week.

Nutrition Information Per Serving
174 calories, 12 g fat, 5 g saturated fat, 2 g carbohydrate, 1 g sugar, 0 g fiber, 15 g protein, 240 mg cholesterol, 190 mg sodium