

# Quick & Easy Whole Food Recipes

*A healthy outside starts on the inside.  
~ Robert Ulrich*

Busy days and hectic nights can make it challenging to stick to your goals, but with these quick and easy whole food recipes, you'll find that it doesn't have to be a super time-consuming task.

The key to healthy eating is planning ahead, so one thing that I find incredibly helpful is to make a double batch of a recipe, and use that for leftover lunches (or dinners) during the week.

I love the motto of cook once, eat twice (or more) so you save time, but still get to eat nutrient-dense foods that your body needs.

With each recipe you'll find a chart that shows which recipes fit the following criteria:

- Gluten-Free (some have non gluten-free options)
  - Vegan
  - Vegetarian
  - Dairy-Free

By having these recipes, hopefully you can experiment and find some new favorites to add to your rotation.

Wishing you health and happiness,

*Ashley Carter*

# Breakfast



## Pumpkin Pie Oatmeal

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Pumpkin Pie Oatmeal	✓	✓	*	✓	

\* If using gluten-free oats and/or spices

### **Ingredients:**

- 1/3 cup regular oats
- 1 cup almond milk, unsweetened
- 1/3 cup pumpkin puree, canned
- 1 tsp flax seeds, ground
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- 1 tbsp maple syrup
- 1 tbsp pecans, chopped

### **Directions:**

1. In a medium size pot, heat oats and almond milk until almost boiling.
2. Stir in pumpkin, flax seeds, and vanilla.
3. Cook for about 5-7 minutes, until desired consistency is reached.
4. Serve in a bowl and top with cinnamon, maple syrup, and pecans. Enjoy!

## Breakfast Omelet With Zucchini

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Breakfast Omelet With Zucchini	X	✓	*	✓	

\* If using gluten-free spices

### **Ingredients:**

- 1 tablespoon coconut oil
- 2 eggs, large
- 1/4 cup zucchini, grated with water squeezed out
- 1 dash salt & pepper

### **Directions:**

1. Whisk eggs, zucchini, and pepper in a bowl.

2. Melt coconut oil in a frying pan.
3. Add egg mixture and fry, without stirring, until eggs are no longer runny.
4. Slide out of the pan onto a plate and fold in half. Top with salt & pepper. Enjoy!

## Banana Nut Chia Pudding

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Banana Nut Chia Pudding	✓	✓	✓	✓	

### Ingredients:

- 1 cup almond milk (unsweetened)
- ¼ cup chia seeds
- 1 medium banana, sliced
- 1 tbsp maple syrup
- 2 tbsp walnuts, chopped

### Directions:

1. Mix chia and almond milk in a bowl.
2. Allow 5-10 minutes (or longer) for mixture to thicken into a pudding-like consistency.
3. Divide into two bowls, and add ½ banana, drizzle with maple syrup, & top with walnuts. Enjoy!

## Breakfast Avocado & Egg

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Breakfast Avocado & Egg	X	✓	*	✓	

\* If using gluten-free spices

### Ingredients:

- 1 large avocado, cut in half with seed removed
- 2 eggs, large
- 1 dash salt & pepper

### Directions:

1. Preheat oven to 425F.

2. Cover small baking tray with parchment paper and place avocado halves with the hole side up. You may want to scoop a bit of the avocado to make the hole a big enough to fit the egg into.
3. Crack and gently pour one egg into each hole where the seed was.
4. Place in oven and bake 15-20 minutes until egg whites have set.
5. Sprinkle with salt & pepper. Enjoy!

## Overnight Cinnamon Raisin Oats

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Overnight Cinnamon Raisin Oats	✓	✓	*	✓	

\* If using gluten-free oats and spices

### Ingredients:

- ¼ cup old-fashioned oats
- ½ ounce chia seeds
- 2 tbsp coconut milk yogurt (see next recipe), or any other yogurt
- 2 tbsp raisins
- ½ tsp cinnamon
- 1/2 cup almond milk, unsweetened

### Directions:

1. Place all ingredients into a small mason jar & shake until well combined.
2. Place in the fridge and let sit overnight.
3. Eat cold, or heat if desired. Enjoy!

## Coconut Milk Yogurt

Makes 6 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Coconut Milk Yogurt	✓	✓	✓	✓	

### Ingredients:

- 2 cups full-fat coconut milk, canned
- 2 probiotic capsules

### Directions:

1. Gently blend coconut milk with contents of probiotic capsules until well combined.
2. Place in cool sanitized glass jar.
3. Store in a warm place for 1-2 days. Test for thickness. If you want it thicker, try keeping it warm for another day.
4. Place in fridge and/or serve. Enjoy!

Tip: Fermenting food is not an exact science. If this doesn't work out as you'd prefer, try different brands of coconut milk and/or probiotics.

## Toast With Almond Butter & Banana

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Toast With Almond Butter & Banana	✓	✓	*	✓	

\* If using gluten-free bread and spices

### **Ingredients:**

- 1 piece of bread, gluten free
- 2 tbsp almond butter
- ½ medium banana, sliced
- ½ tsp cinnamon

### **Directions:**

1. Toast slice of bread.
2. Spread almond butter, and top with sliced banana. Sprinkle with cinnamon. Enjoy!

## Egg Muffins

Makes 6 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Egg Muffins	X	✓	*	✓	

\* If using gluten-free spices

### **Ingredients:**

- 12 eggs
- 1 cup red pepper, chopped
- 1 cup mushrooms, sliced
- 4 cups spinach

- ½ tsp garlic powder
- 2 dashes pepper
- ½ tsp turmeric

**Directions:**

1. Preheat oven to 425F. Place 12 muffin cups in muffin tin.
2. Sauté pepper and mushrooms for about 3 minutes until crisp-tender. Add spinach and cook until wilted.
3. Add vegetables to 12 muffin cups.
4. Whisk eggs and spices together and pour into 12 muffin cups. It's ok if they only fill half-way because these will expand in the oven.
5. Place in oven and bake about 30 minutes, or until eggs have set. Enjoy!

## Banana Crepes

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Banana Crepes	X	✓	*	✓	

\* If using gluten-free spices

**Ingredients:**

- 1 ripe medium banana
- 2 eggs, large
- 2 tsp coconut oil, divided
- ¼ tsp cinnamon

**Directions:**

1. Melt 1 tsp coconut oil in frying pan over medium-high heat.
2. Mash banana in bowl and mix in eggs to form a batter.
3. Pour ½ of the batter into the pan, turning pan to spread evenly.
4. Turn heat down and fry for 4-5 minutes until edges of pancake loosen easily with a spatula.
5. Flip pancake over, and fry for another 2-3 minutes.
6. Slide out of pan onto plate and do the same for the other ½ of the batter.
7. Sprinkle with cinnamon. Enjoy!

## Avocado & Egg Toast

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Avocado & Egg Toast	X	✓	*	✓	

\* If using gluten-free bread

**Ingredients:**

- 1 piece of bread, gluten free
- ½ avocado
- 1 tsp coconut oil
- 1 egg, fried
- 1 dash salt & pepper

**Directions:**

1. Toast slice of bread.
2. Smash avocado and spread on bread.
3. Fry egg in coconut oil and place on top with a dash of salt & pepper. Enjoy!