



16 QUICK & EASY
Breakfast
RECIPES

From The PaleoHacks Kitchen

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EGGS IN HASH

Brown Nests

L Prep Time: 5 minutes **L** Cook Time: 25 minutes **🍴** Serves: 4 people

Ingredients:

- 1 medium sweet potato, washed and peeled
- 4 large eggs

Instructions:

1. Preheat oven to 400 degrees and grease 4 cups in a regular-sized muffin tin with coconut oil.
2. Using a coarse cheese grater, grate the sweet potato into a medium sized bowl. Using your fingers, line the 4 greased muffin tins with the sweet potatoes, pressing the sweet potatoes up against the sides to make a "crust".
3. Bake the sweet potato crusts for 5-8 minutes, making sure not to burn the sweet potatoes.
4. Remove the muffin tin from the oven and carefully crack an egg in each mini-crust. Place the muffin tin back in the oven and bake for 10 minutes or until the egg whites are opaque (be careful not to overcook). Allow the egg nests to cool before removing from the muffin tin.

PALEO CASSAVA *Flour Pancakes*

L Prep Time: 5 minutes **L** Cook Time: 10 minutes **🍴** Serves: 8-10

Ingredients:

- 3 eggs
- ¼ cup coconut oil, melted
- ¼ cup almond milk
- 1 T honey
- ¾ cup cassava flour
- ½ t baking soda
- ¼ t salt

Instructions:

1. In a mixing bowl, whisk the eggs.
2. Add the coconut oil, almond milk, and honey. Mix well.
3. Add the cassava flour, baking soda, and salt; mix well.
4. Cook by scant ¼ cupfuls a couple minutes per side on a greased griddle or skillet over medium heat, or until golden brown and cooked through.
5. Serve with maple syrup if desired.



BREAKFAST

Sausage Quiche

L Prep Time: 20 minutes **L** Cook Time: 25 minutes **🍴** Serves: 6-8 servings

Ingredients:

- 6 eggs
- 2 small zucchinis, thinly sliced
- 1/2 red onion, diced
- 1 pound bulk pork sausage
- 1 T coconut oil
- 1/2 cup coconut milk
- 1/2 cup halved grape tomatoes
- Freshly ground black pepper, to taste

Instructions:

1. Preheat the oven to 350° F and grease two 9" pie pans.
2. Heat up a large skillet over medium heat.
3. Add the coconut oil and sausage; cook and stir until meat is about halfway cooked.
4. Add the onions and zucchini; cook and stir until meat is cooked and veggies are crisp-tender.
5. Divide the meat and veggie mixture between the prepared pie pans.
6. In a mixing bowl, whisk the eggs with the coconut milk and pepper until a bit frothy.
7. Divide the eggs evenly between the two pie pans, pouring evenly. Press the meat and veggies down a bit with a spatula to evenly cover with eggs.
8. Sprinkle the tops of the quiches with halved grape tomatoes.
9. Bake for 20-25 minutes.
10. Cool a bit.
11. Slice, serve, and enjoy!





PALEO RAINBOW *Smoothie*

L Prep Time: 5 minutes **L** Cook Time: 1 hour **🍴** Serves: 1 Mason jar smoothie

Ingredients:

- ½ cup frozen blueberries
- 1 ½ frozen bananas, divided
- ¼ cup frozen peaches and/or mango
- ½ cup frozen pineapple, divided
- ½ cup frozen strawberries
- ½ cup spinach
- 10 T coconut milk, divided
- Optional: honey to taste

Instructions:

1. For the indigo layer: Blend frozen blueberries, ½ frozen banana and 2 T coconut milk. Carefully spoon smoothie into the bottom of the Mason jar so as to not stain the sides of the jar. Freeze first layer for 10 to 20 minutes. Remember to give your blender a quick rinse between each layer.
2. Tip: To speed up the freezing process, place Mason jar in a bath of ice water and salt while in the freezer.
3. For the orange layer: Blend frozen peaches and/or mango, ¼ cup frozen pineapple and 2 T coconut milk. Carefully spoon smoothie atop indigo layer. Freeze for 10 to 20 minutes.
4. For the green layer: Blend spinach, ½ frozen banana and 2 T coconut milk. Carefully spoon smoothie atop orange layer. Freeze for 10 to 20 minutes.
5. For the pink layer: Blend frozen strawberries and 2 T coconut milk. Carefully spoon smoothie atop green layer. Freeze for 10 to 20 minutes.
6. For the yellow layer: Blend ¼ cup frozen pineapple, ½ frozen banana and 2 T coconut milk. Carefully spoon into top of glass. Enjoy your work of art!

3-LAYER RASPBERRY *Almond Butter 'Oats'*

 Prep Time: 20 minutes

 Serves: 2-3 servings

Ingredients:

- 1 cup coconut milk
- 1 cup cashew milk
- 1/3 cup chia seeds
- 1/2 cup unsweetened coconut flakes
- 3 tablespoons maple syrup
- 1 teaspoon vanilla extract
- 1 tbsp almond butter
- 1 cup raspberries

Instructions:

- 1.** In a mixing bowl, combine the coconut milk, cashew milk, chia seeds, coconut flakes, maple syrup, vanilla extract, and coconut flour.
- 2.** Mix well and let sit a couple of minutes to set up just a bit.
- 3.** In 2-3 small jars, layer the coconut-chia mixture, almond butter, and raspberries to fill the jars.
- 4.** Refrigerate for a few hours or overnight. Enjoy for a quick and nutritious breakfast!





BUBBLY HOT BACON *Spinach Frittata*

L Prep Time: 5 minutes **L** Cook Time: 20 minutes

Ingredients:

- 8 large eggs
- 4 large egg whites
- 1 cup almond milk (or other nut milk)
- ¼ onion, diced
- 1 grape tomatoes, quartered
- 2 cups spinach
- 6 strips nitrate-free bacon, cooked & crumbled, and grease reserved to cook the eggs

Instructions:

1. Preheat oven to 400 degrees.
2. Cook the bacon in a cast iron skillet over medium-high heat until cooked through, remove the bacon from the pan and reserve the bacon grease, setting the pan off to the side for now. Crumble the bacon, once cooled, and set aside.
3. In a medium to large bowl, whisk together eggs, egg whites, and milk. Set aside.
4. In the bacon grease, sauté the onions and for 2-3 minutes until tender. Add tomato and spinach and cook for 1-2 more minutes. Spinach should just begin to wilt.
5. Pour your egg mixture in the skillet and add bacon pieces. Let cook for 4-6 minutes. The eggs should just begin to set.
6. Bake for 8-12 minutes, until eggs are completely cooked through.



DARK CHOCOLATE *Banana Milkshake*

🕒 Prep Time: 2 minutes 🕒 Cook Time: 3 minutes 🍴 Serves: 1

Ingredients:

- ½ cup dark chocolate, melted
- 1 frozen banana
- 2 T coconut cream or milk, chilled
- 1 t vanilla extract
- 1 T honey

Instructions:

1. Add dark chocolate, banana, coconut cream, vanilla extract, and honey to a blender. Blend mixture until smooth. Top with a dollop of coconut cream if you'd like!
2. Tip: Thin the milkshake to your desired consistency with a small amount of water or milk of your choice.

LOX AND CAPER Egg Muffins

🕒 Prep Time: 5 minutes 🕒 Cook Time: 25 minutes 🍴 Serves: 6

Ingredients:

- 2 large eggs
- 4 large egg whites
- 1/3 cup unsweetened coconut milk
- 2 T capers
- 1/4 cup lox, sliced into quarter-inch pieces
- 1/2 t dried parsley
- Salt and pepper, to taste

Instructions:

1. Preheat the oven to 325 °F. Prepare a muffin tin with nonstick baking spray, coconut oil or silicone baking liners.
2. In a small bowl, combine eggs, egg whites, and coconut milk with a fork until frothy. Add the lox, capers, parsley, salt and pepper and combine.
3. Pour the egg mixture into the muffin cavities, dividing it evenly among 6 muffin cavities.
4. Bake at 325 °F for 22-25 minutes (until the tops of the eggs are set).
5. Remove from the oven and cool in the pan for 5 minutes before removing and placing on a baking rack to cool completely.
6. Store in the refrigerator in an airtight container up to a week.



BACON & EGG SWEET POTATO PANCAKE *Breakfast Sandwich*

 Prep Time: 5 minutes  Cook Time: 10 minutes  Serves: 1

Ingredients:

- 2 slices bacon
- 1 egg cooked to your preference
- 1 small, pre-cooked sweet potato
- 2 large eggs
- 2 T coconut flour
- 2 T unsweetened coconut milk
- 1 T coconut oil
- ¼ t cinnamon
- ¼ t ginger
- ¼ t nutmeg

Instructions:

1. Add pre-cooked sweet potato to a blender with eggs, coconut flour, coconut milk, cinnamon, ginger, and nutmeg. Blend until combined (do not over mix). Note: to cook sweet potatoes in the microwave, simply wash, peel and dice into one-inch cubes. Then toss in a microwave bowl and cook on high for 5 minutes until tender.
2. Place coconut oil on a skillet and bring to medium heat. Scoop ¼ cup of the sweet potato batter onto the skillet to form a pancake. Pat the pancakes flat with the backside of a spoon. Cook 4-5 minutes, then flip and cook another 2-3 minutes on the other side.
3. While the pancakes are cooking, cook the egg and bacon.
4. Assemble the breakfast sandwich by placing the egg and bacon on top of a sweet potato pancake. Then place another sweet potato pancake on top. Store extra pancakes in the refrigerator.

EASY BAKED AVOCADO & Egg Recipe

L Prep Time: 5 minutes **L** Cook Time: 18 minutes **🍴** Serves: 2 Servings

Ingredients:

- 1 organic avocado, halved with pit removed
- 1 egg
- salt
- pepper
- your favorite seasoning --
I use Fajita Seasoning

Instructions:

1. Preheat the oven to 425°F.
2. Flip each avocado side over and slice off enough of the rounded skin so that it can sit flat when the fleshy side is up.
3. Place the avocados, fleshy side up, in a baking pan. Crack some salt into each hole.
4. Whisk the egg in a bowl, divide it between the avocado holes. Sprinkle with salt, pepper and the seasoning of your choice.
5. Bake for 16-18 minutes, until the egg has fully set. Eat with a spoon and enjoy!



ALMOND BUTTER *Banana Toast*

 Prep Time: 10 minutes  Cook Time: 5 minutes  Serves: 4-8

Ingredients:

- 1-2 sweet potatoes, ends cut off and sliced ¼-inch thick
- 4 T almond butter
- 1 ripe banana, sliced
- Cinnamon for sprinkling

Instructions:

1. Cut ends off sweet potatoes and slice into ¼-inch slices.
2. Place sweet potato slices in toaster. Toast. Flip over and toast once more. Some toasters may require additional toasting time.
3. Spread almond butter onto sweet potato slices. Top with banana slices and sprinkle cinnamon.



AVOCADO SUNNY- *Side Up Egg Toast*

L Prep Time: 10 minutes **L** Cook Time: 5 minutes **L** Serves: 4-8

Ingredients:

- 1-2 sweet potatoes, ends cut off and sliced ¼-inch thick
- 1 avocado, mashed with fork
- 1 egg per slice of sweet potato toast
- Sea salt and black pepper to taste

Instructions:

1. Cut ends off sweet potatoes and slice into ¼-inch slices.
2. Place sweet potato slices in toaster. Toast. Flip over and toast once more. Some toasters may require additional toasting time.
3. Spread avocado over sweet potato slices. Top with fried egg. Season with salt and pepper.

SALMON *Caper Toast*

L Prep Time: 10 minutes **L** Cook Time: 5 minutes **🍴** Serves: 4-8

Ingredients:

- 1-2 sweet potatoes, ends cut off and sliced ¼-inch thick
- 3 oz smoked salmon, sliced into 1-inch strips
- 1 T capers
- ½ cup Paleo cashew spread
- For Cashew Spread:
 - 1/2 cup raw cashews
 - 1 t nutritional yeast
 - 1 T green onion, chopped
 - Sea salt to taste

Instructions:

1. Cut ends off sweet potatoes and slice into ¼-inch slices.
2. Place sweet potato slices in toaster. Toast. Flip over and toast once more. Some toasters may require additional toasting time.
3. Spread cashew spread over sweet potato slices. Top with salmon and capers.
4. For the Cashew Spread:
5. Soak cashews in 1 cup of water overnight.
6. Strain water. Add cashews and nutritional yeast to a high-speed blender or food processor. Blend until smooth. Stir in green onion and sea salt.





HEALTHY COCONUT 'Oatmeal' Recipe

🕒 Prep Time: 5 minutes 🕒 Cook Time: 10 minutes 🍴 Serves: 1

Ingredients:

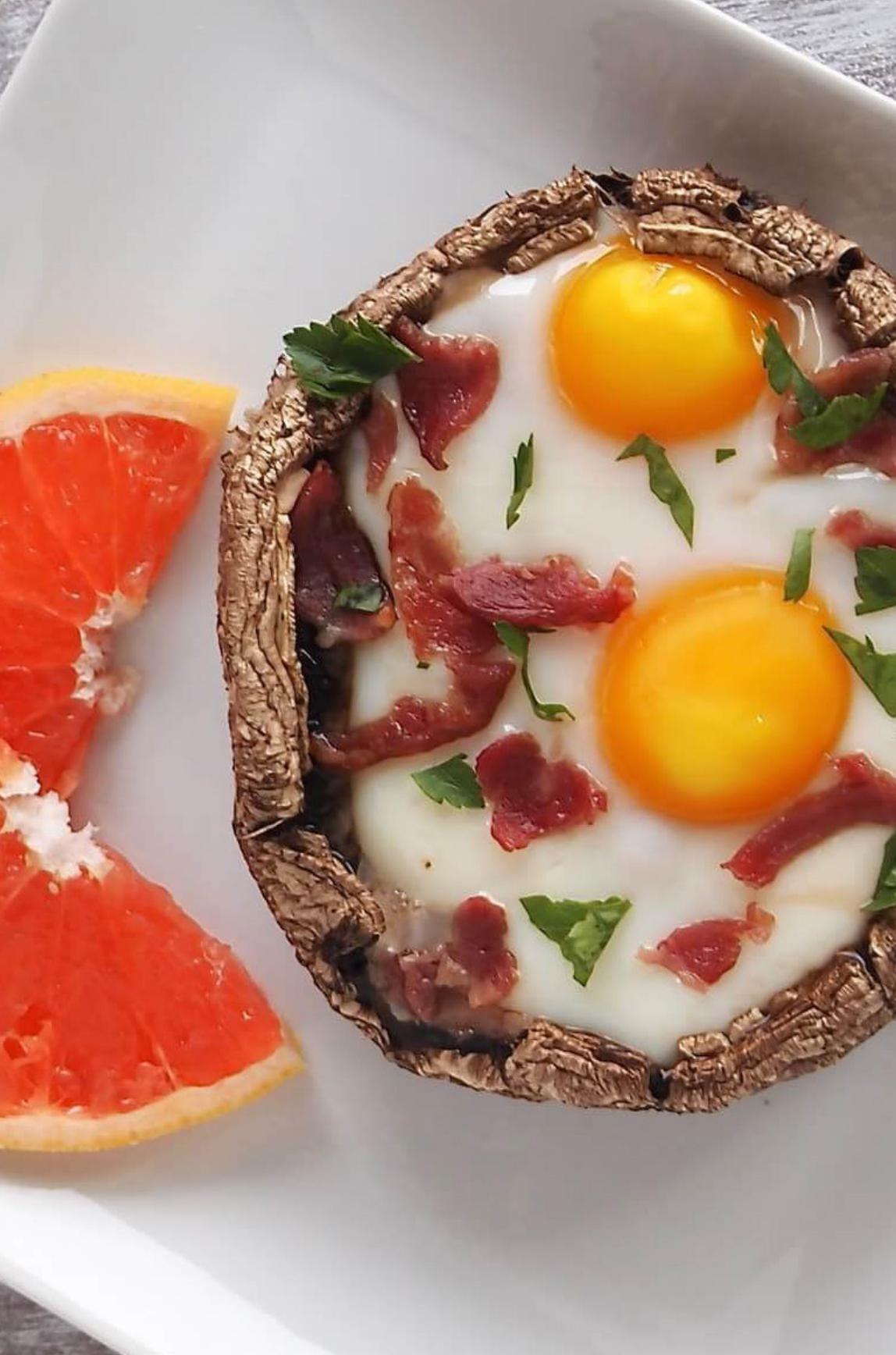
- 4 T coconut flour, sifted
- 1 T shredded coconut
- ½ cup coconut milk
- 1 large egg, room temperature

Instructions:

1. Heat a small saucepan over medium-high heat. Add coconut flour, coconut milk, shredded coconut. Whisk until the mixture nearly comes to a boil (it should be thick). You may need to adjust the coconut flour and/or coconut milk, depending on the consistency of your coconut flour.
2. Reduce heat to low for 2-3 minutes and then add the egg. Make sure the mixture is fairly cool when you add the egg so that it does not scramble. To be safe, you may want to remove the saucepan from the heat to place the egg into the mixture.
3. Whisk the egg into the mixture another 2-3 minutes until it is fully combined with the batter and thickens more.
4. Transfer oatmeal to a bowl and top with your favorite oatmeal toppings before devouring!

PORTOBELLO *Breakfast Bakes*

L Prep Time: 5 minutes **L** Cook Time: 25 minutes **🍴** Serves: 2



Ingredients:

- 1 tablespoon olive oil or coconut oil
- 2 portobello mushroom caps
- 2-4 large eggs
- 4 slices bacon
- 2 tablespoons chopped parsley (optional for garnish)
- salt & pepper to taste

Instructions:

1. Preheat oven to 400 degrees. Lightly grease a baking sheet with olive oil or coconut oil.
2. Using a knife, remove the stems from the mushroom caps to make a small bowl shape.
3. Place mushroom caps right-side up on the baking sheet and bake for 5 minutes. Flip upside-down and bake an additional 5 minutes.
4. While mushroom caps are baking prepare bacon. Line a baking sheet with aluminum foil and place bacon strips in a single layer on the sheet. Bake for 10-15 minutes, until desired doneness.
5. Remove caps from the oven and crack 1-2 eggs in each mushroom cap (larger caps may be able to fit 2 eggs). Place the mushrooms and eggs back into the oven and bake for 10-15 minutes, until egg whites are cooked and the yolks are cooked to your liking.
6. Allow bacon to cool slightly and cut or tear into bits. Sprinkle eggs with bacon bits and parsley and serve.

BACON WEAVE

Fried Egg Sandwich

L Prep Time: 5 minutes **L** Cook Time: 25 minutes **🍴** Serves: 2



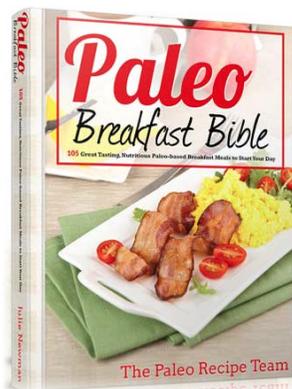
Ingredients:

- 1 tablespoon olive oil or coconut oil
- 2 portobello mushroom caps
- 2-4 large eggs
- 4 slices bacon
- 2 tablespoons chopped parsley (optional for garnish)
- salt & pepper to taste

Instructions:

1. Preheat oven to 400 degrees. Lightly grease a baking sheet with olive oil or coconut oil.
2. Using a knife, remove the stems from the mushroom caps to make a small bowl shape.
3. Place mushroom caps right-side up on the baking sheet and bake for 5 minutes. Flip upside-down and bake an additional 5 minutes.
4. While mushroom caps are baking prepare bacon. Line a baking sheet with aluminum foil and place bacon strips in a single layer on the sheet. Bake for 10-15 minutes, until desired doneness.
5. Remove caps from the oven and crack 1-2 eggs in each mushroom cap (larger caps may be able to fit 2 eggs). Place the mushrooms and eggs back into the oven and bake for 10-15 minutes, until egg whites are cooked and the yolks are cooked to your liking.
6. Allow bacon to cool slightly and cut or tear into bits. Sprinkle eggs with bacon bits and parsley and serve.

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