



3 Anti Inflammatory Breakfasts

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Butternut Squash & Apple Breakfast Hash

2 SERVINGS 20 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
2 cups Butternut Squash (peeled,
chopped into 1 cm cubes)
1/2 cup Red Onion (chopped)
1/4 tsp Sea Salt
1 Apple (small, finely chopped)
2 cups Kale Leaves (chopped)
1/4 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	254	Cholesterol	0mg
Fat	14g	Sodium	315mg
Carbs	34g	Vitamin A	15943...
Fiber	7g	Vitamin C	56mg
Sugar	14g	Calcium	139mg
Protein	3g	Iron	2mg

DIRECTIONS

- 01 Heat the oil in a skillet over medium heat. Add the butternut squash and onion and cook, stirring often, for 10 to 12 minutes until the squash is tender. Season with salt.
- 02 Add the apple and kale leaves and continue to cook until the kale wilts down and the apple is warmed through and just tender, about 3 to 5 minutes. Add the cinnamon and stir to combine. Season with additional salt if needed.
- 03 Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 1 cup.

MORE PROTEIN

Serve with an egg or add in cooked sausage, chicken, bacon, lentils or tofu.

NO RED ONION

Use a yellow or sweet onion instead.

APPLE

This recipe was created and tested using Spartan apples.

CONSISTENCY

Chop the butternut squash and apples into similar size cubes to ensure even cooking.

Chicken & Apple Sausage Patties

8 SERVINGS 30 MINUTES



INGREDIENTS

1 lb Extra Lean Ground Chicken
1 Apple (medium, cored, finely chopped or grated)
1 tsp Ground Sage
1/2 tsp Cinnamon
1/2 tsp Sea Salt
2 tbsps Coconut Oil

NUTRITION

AMOUNT PER SERVING

Calories	124	Cholesterol	49mg
Fat	8g	Sodium	182mg
Carbs	3g	Vitamin A	18IU
Fiber	1g	Vitamin C	1mg
Sugar	2g	Calcium	8mg
Protein	10g	Iron	1mg

DIRECTIONS

- 01 In a mixing bowl, combine the ground chicken, apple, sage, cinnamon and salt.
- 02 Divide and form the mixture into half-inch thick patties. Place on a parchment-lined tray and chill in the freezer for approximately 10 minutes.
- 03 Heat coconut oil in a large cast-iron pan over medium heat. Fry each sausage patty until cooked through, about 3 to 5 minutes per side.
- 04 Set aside to cool slightly. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

Each serving equals approximately one sausage patty.

MORE FLAVOR

Add garlic powder and/or onion powder.

ADDITIONAL TOPPINGS

Top with an egg, sauerkraut and/or mustard.

Coconut Apricot Grain-Free Granola

8 SERVINGS 20 MINUTES



INGREDIENTS

2 cups Unsweetened Coconut Flakes
1/2 cup Dried Apricots (chopped)
2 tbsps Coconut Butter (melted)
2 tbsps Maple Syrup
1 tsp Cinnamon
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	193	Cholesterol	0mg
Fat	16g	Sodium	46mg
Carbs	15g	Vitamin A	294IU
Fiber	4g	Vitamin C	0mg
Sugar	9g	Calcium	13mg
Protein	2g	Iron	1mg

DIRECTIONS

- 01 Preheat the oven to 300°F (149°C) and line a baking sheet with parchment paper.
- 02 In a medium-sized bowl add the coconut flakes, dried apricots, melted coconut butter, maple syrup, cinnamon and sea salt. Mix well.
- 03 Place the mixture on the prepared baking sheet and flatten it out with the back of a spoon. Bake for 14 minutes, stirring halfway through.
- 04 Let it cool on the baking sheet for 5 to 10 minutes. Serve and enjoy!

NOTES

LEFTOVERS

Store in an airtight container for up to seven days.

SERVING SIZE

One serving size is equal to approximately 1/3 cup granola.

MORE FLAVOR

Add more spices such as ginger, nutmeg or cloves.

NO COCONUT BUTTER

Use melted coconut oil instead, or a mix of both butter and oil.

NO MAPLE SYRUP

Omit or use honey instead.