

Breathe In Breakfasts

Finding Joy Breakfast Pancake (imitation Matzo Brei)

Ingredients:

- 1 egg and 2 egg whites
- 1/3 cup of Gluten-free oatmeal
- 1 tsp vanilla extract
- 1 tsp cinnamon

Directions:

Mix ingredients in bowl or measuring cup. Heat pan on medium heat. Coat pan with coconut oil or ghee. Pour mixture in pan and flip when starts to bubble. Serve with fresh blueberries, strawberries and a dash of pure maple syrup!

Overnight Oats

Ingredients:

- 1/2 cup rolled oats
- 1/2 Tbsp chia seeds
- 1/2 ripe banana mashed
- 3/4 cup almond or other milk
- Pinch of ground cinnamon, ginger, salt
- For chocolate lovers, add in 1/2 tbsp of raw cacao powder or nibs or frozen berries (optional)
- Add in options for morning: raw nuts, frozen or fresh berries, Goji berries, dried fruit

Directions:

Mash banana with fork in mason jar or container with a seal. Add dry ingredients and mix. Add almond milk and stir or shake. Cover and refrigerate overnight. Add extras in morning.