



Savory Breakfasts

Nip the sweet cravings in the bud ~ before they begin!

Starting the day savory instead of sweet can help to stop the sweet tooth before the cravings begin, and having more protein and less grains or sugars for breakfast starts your day with more energy. Even grain breakfasts you think are healthy, like oatmeal, will start your day on a blood sugar roller coaster. While oats are healthy and a good source of fiber, they do not make a great stand alone breakfast due to their effects on blood sugar.

ॐ If you love your oatmeal and don't want to give it up; you can make it stabilize your blood sugar better by adding nuts, seeds, fats like coconut oil, or even full fat yogurt to make it not become a blood sugar ride.

What is the SAD Diet? it is the Standard American Diet ... a SAD breakfast would look like: cold cereal and dead milk, bagel, toast and jam, oatmeal, pancakes, croissants, muffins, and yes even granola and kashi cereals are high in sugar and/or grains that disrupt blood sugar.

A savory breakfast in the morning has more sustenance and helps us set the intent for a day of healthy eating. Once our 'sugar bugs' — part of our microbiome — get the taste for sweet they will make it loud and clear they want more sugary foods all day long ... and you will begin your day craving sugar and then battling that craving all throughout your day.

Here are a few of the many benefits of starting your day with a savory breakfast:

- ॐ Increased energy throughout the day
- ॐ Greater mental focus and clarity
- ॐ Improved mood

It time to reframe what we think of as Breakfast ... In Europe breakfasts are commonly cheese, tomatoes, cucumbers or other vegetables and a slice of really good (round up is banned in most of Europe :) bread ... don't



think of standard American breakfast foods ~ think outside the box! This starts to reframe our attitude on food from the inside out.

Some Ideas for Savory Breakfasts?

Of course the top easy one is eggs ... **Eggs** in all their glory can be eaten in sooooo many different ways. And turns out eggs are not the cholesterol villains we once thought they were. Eggs are a healthy food as long as you don't have any type of allergy to them.

Soup! Soup makes a great breakfast. Especially left over soups ... quick and easy, heat it up relax as you sip it on the morning and then get on your way. Don't have leftover soup? There are a couple options.

- ॐ Night before quick and easy crock pot soup - While you are cleaning up from supper or cooking supper; plug in your crockpot, fill your crock pot half to 3/4s full with some kind of broth (homemade is always best but store bought if you don't like to cook or don't have time to cook will be ok too if the source is clean). Throw in some veggies of your liking and let it simmer until you go to bed. When you wake up in the morning turn it on first thing so when you are ready for breakfast you have your breakfast soup ready for you. You can even keep it on the counter for days as long as you let it come to a simmer each day. Viola! 3-4 days of soup for breakfast.
- ॐ Any leftovers? They make great breakfasts!
- ॐ You can also throw some leftovers in your crock pot soup too.
- ॐ You can also make a big pot of traditional soup and freeze it in single serving sized jars.
- ॐ Pho also makes a great morning soup (recipe below).
- ॐ [Miso soup is also a great breakfast](#) and can be made heartier by adding some fish, buckwheat noodles, or wildwood sprouted tofu if you handle soy.

My other go to for a savory breakfast are **savory smoothies**. You can power pack some veggies and herbs in like celery, cucumber, avocado, spinach, dill, cilantro, basil, etc. I also like to add a fermented liquid such



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as kombucha or brine from my home ferments and I also put in lots of seeds. A smoothie like this is a powerfully nutritious smoothies. Recipes below.



Salty Spicy Avocado Alkaline Smoothie for Breakfast

- 1 Avo
- Handful cherry tomatoes — or any other tomato
- 1 cucumber
- Handful Spinach
- Handful Cilantro
- Juice of 2 limes
- 1 clove Garlic, smashed
- 1 small onion
- 1 tsp Sea Salt
- 1 tsp spirulina
- 1 tablespoon EVOO or pumpkin seed oil
- 1 chile pepper or powder or tincture
- 1/2 cup kombucha or water (more to desired consistency if necessary)

Place all ingredients in a nutribullet or blender.

Savory Smoothie Breakfasts - Build your own:

Liquid = Yogurt or kefir, kombucha, water, broth, Green tea

Hers = Basil or Cilantro for a nice savory flavor

Seeds of your choice = flax, hemp, chia, sesame, sunflower, pumpkin, etc. are good options

Spices = Cinnamon, Turmeric, and spirulina or chlorella or wheat grass, etc.

Vegetables = spinach, kale or greens of your choice, celery, beets are great to add as well

Secret Cucumber Detox Soup Recipe

INGREDIENTS:

- 1 cucumber (peeled and de-seeded plus additional cuke for garnish)
- 1 tbsp onion (minced)
- 1 avocado, peeled
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tbsp apple cider vinegar
- 1/4 tsp Sea Salt
- 1/4 tsp Chili Powder
- 1 dash of Cayenne Pepper
- 1/2 to 1 cup water — to desired consistency, I use about a 1/2 cup
- Paprika for garnish

DIRECTIONS:

- 1 Throw avocado, cucumber, onion, oil, lemon juice, vinegar and water in a nutri-bullet, blender, submersion blender or vita-mix.
- 2 Puree on high speed until smooth.
- 3 Blend in salt, chili powder and remaining ingredients.
- 4 Serve, garnishing with extra cucumber cubes and paprika if desired.



Rise & Shine Baked Avocado

Ingredients

- 1 organic Hass avocado, cut in half with seed removed
- 2 organic pastured farm eggs
- 1/2 tsp. organic Mexican Seasoning or equal parts organic cumin powder, garlic powder, oregano, and chili powder
- 1/4 cup shredded organic cheddar cheese
- Organic salsa
- Fine sea salt and organic cracked black pepper to taste

Directions



Pre-heat your oven to 425 degrees. Place the avocado halves into a baking dish and stabilize them with a little foil if needed. Crack one egg into each empty pit of your avocado halves. You can scoop a bit of avocado out if you need more room for the egg.

Season with a bit of salt and pepper. Sprinkle 1/4 tsp. of Mexican Seasoning on each egg filled avocado. Top each half with shredded cheese and pop into the oven for 10 to 15 minutes. Remove from the oven, top with salsa, and enjoy!

Sweet Potato Pancakes - Dr. Kelly Brogan's Paleo Pancake Recipe

1/2 cup cooked sweet potato, winter squash, or 1 banana

3 pastured egg yolks

2 TBSP hemp seeds, flax seeds, or nut butter

Combine above ingredients in a blender until smooth. Melt coconut oil in a skillet and dollop silver dollar sized batter onto heated, oiled skillet. Cook over medium heat until bubbles form — they cook fast.

Pho Recipe — a Gut-Friendly Vietnamese Soup

INGREDIENTS:

For the broth:

- 6 cups bone broth or vegetarian mineral broth
- 2 onions, peeled and halved
- 4-5 whole carrots, chopped
- 4 garlic cloves, peel on and smashed
- 2-3 whole cinnamon sticks
- 2 tablespoons coconut aminos

Toppings:

- ½ pound sirloin steak, sliced into ¼ inch pieces - OPTIONAL this can be omitted to make a vegetarian pho.
- 1-2 whole zucchini, spiralized
- 1 cup bean sprouts



- 1 cup of leafy greens
 - ½ cup chopped green onions
 - ½ cup chopped cilantro
 - ½ cup Thai basil leaves
 - ¼ cup mint leaves
 - Organic sriracha, to taste
 - Coconut aminos, to taste

DIRECTIONS:

- 1 In a large stock pot, add in bone broth, onion, carrots, garlic cloves, cinnamon sticks and coconut aminos.
- 2 Bring the broth to a boil over medium-high heat. Reduce heat to medium-low and let broth simmer for 30 minutes.
- 3 Place zucchini into a spiralizer and spiralize into noodles. Set aside.
- 4 If adding meat - Slice beef into very thin slices, about ¼ inch thick. Keep beef slices in the refrigerator to keep cold until ready to add to the broth.
- 5 Strain the broth and discard the solids. Return the broth to the stove to keep warm.
- 6 In four soup bowls, prepare each serving by adding in zucchini noodles to the bottom.
- 7 Top with pho broth and add in 5-6 raw beef slices.
- 8 Top each bowl with desired amount of herbs, vegetables, sriracha and coconut aminos.
- 9 Serve immediately.

These savory breakfasts are from Magelena Wszelaki's ebook called "Finding Hormonal Balance through Food & Essential oils".

While this first recipe has some cherries giving it some sweet with the avocado, ghee and nuts/seeds you tame the sweet while adding proteins and fats to stabilize your blood sugar.

Chocolate Cherry Pudding

This recipe can easily be adapted to either be a rich breakfast, a decadent snack, or a satisfying dessert. The fat from the avocado

and ghee, along with the protein from the hazelnuts and pumpkin seeds, will help keep your blood sugar levels stable.

Time to prepare: 10 minutes Time to cook: 5 minutes Serves: 2 servings Equipment: blender

Ingredients :

- 1 avocado
- 2 tbsp raw unsweetened cacao
- 1 tbsp ghee, preferably melted
- handful of pumpkin seeds
- handful of hazelnuts
- handful of dry cherries, presoaked in hot water
- 1 tsp vanilla extract
- 1 tsp lemon or lime juice • 1/2 tsp cinnamon powder

How to make :

Put all ingredients into the blender and blend until smooth.

Here is a more traditional warm breakfast food made savory and seeded — perfect for winter and cold mornings.

Warming Amaranth Porridge

Time to prepare: 15 minutes Time to cook: 30 minutes. Serves: 2

Ingredients:

- 1 tbsp ghee
- 1/2 tsp cumin
- 1/2 tsp mustard seeds
- 1/2 inch fresh ginger, julienned



4 cups of filtered water
1 cup of amaranth
1/2 tsp sea salt
1 tbsp raw unsalted butter or ghee
1/2 tsp apple cider vinegar (ACV)
or lemon
1 tsp dry turmeric
a handful of raw pumpkin seeds



How to make

1. Use a heavy-bottom pan to melt the ghee and add cumin, mustard seeds and ginger when hot.
2. When mustard seeds start popping, add water, amaranth and salt.
3. Bring to boil, then put on low- medium fire and cook covered for 25-30 minutes or until creamy and thick.
4. Take off the stove and add butter (or ghee), ACV and turmeric.
5. Sprinkle with pumpkin seeds.

And for the meat eaters ... or skip the homemade sausage and add an egg or two or cheese or fish:

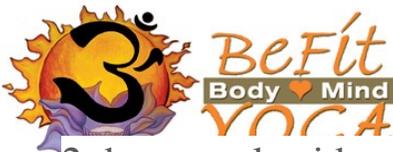
Farmers Wife's Breakfast

Time to make: 20 minutes Serves: 6

Sausage

1 lb of ground lamb
1 tsp sea salt
2 tsps ground fennel seed





2 tbsps apple cider vinegar
2 tbsps coconut aminos
1 tbsp of ghee

Plate (for one)

1/2 avocado
handful of organic green mix (e.g.
arugula, mizuna, baby kale, etc)
1 cup of ferments (here: sauerkraut and
cauliflower)
1 tbsp of olive oil
juice from 1/2 lemon
pinch of sea salt

How to make

1. Mix all the sausage ingredients (except for the ghee), kneading them well. Taste and adjust flavors as you like.
2. Shape your sausage to a desired shape— round and flat or long.
3. Heat up the skillet and add the ghee.
4. Add sausages and fry them for approximately 7 minutes on one side and 4 minutes on the other.
5. Mix green salad mix with olive oil, lemon and salt, and toss until the leaves are well covered with the dressing.
Place greens on a large plate, then add your sausage, avocado and ferments to the plate.