



11  
gluten-free  
**EASY**  
**BREAKFAST**  
**RECIPES**

BY TAYLOR KISER

== SERVES 1 ==

---

# BLUEBERRY CHEESECAKE OATMEAL

---

{GLUTEN FREE} • PREP TIME: 5 MINS  
COOK TIME: 10 MINS

## • *Ingredients* •

1/2 cup Rolled, Old Fashioned Oatmeal (GF if needed)  
1/4 tsp Cinnamon  
Sweetener of choice, to taste (I use Stevia)  
1/4 tsp Vanilla extract  
1 cup Water  
1/2 cup blueberries (frozen or fresh)  
1.5 Tbsp Low-fat cream cheese  
Sweetener of choice, to taste.  
1/4 tsp Vanilla extract

## • *Instructions* •

In a small pot, combine the oatmeal, cinnamon, and sweetener of choice.

Add in 1 cup of water and 1/4 tsp vanilla extract and bring to boil over medium/high heat.

Once boiling, reduce the heat to medium/low and simmer until the oats are thick, stirring frequently. (About 5 minutes)

Take off the heat and let cool for 5 minutes.

While the oatmeal cools, combine the cream cheese, sweetener of choice, and 1/4 tsp vanilla in a small bowl.

Blend with an electric hand mixer until the mixture is light and fluffy.

Transfer the cooked oatmeal into a bowl and stir the 1/2 cup of blueberries and the cream cheese mixture.

**DEVOUR**





== SERVES 12 ==

# OATMEAL BREAKFAST BARS

## *with chocolate peanut butter*

{GF, HIGH PROTEIN, + SUPER SIMPLE} • PREP TIME: 10 MINS  
COOK TIME: 20 MINS

### • *Ingredients* •

1 cup natural peanut butter	1/4 cup roasted peanuts, roughly chopped
1 tablespoon honey	1 teaspoon pure vanilla extract
1/4 cup coconut sugar, or brown sugar	1 large egg yolk
1 cup old fashioned rolled oats	3/4 cup unsweetened vanilla almond milk
1/2 cup oat flour, plus 2 tablespoons	1/3 cup mini chocolate chips
1/4 cup powdered peanut butter, i love pb2	
1/4 cup vanilla protein powder	<b>FOR THE TOPPING: (OPTIONAL):</b>
1/4 teaspoon salt	
1/2 teaspoon baking powder	2 ounces semisweet chocolate
1/2 teaspoon baking soda	1 tablespoon vanilla protein powder
1/2 teaspoon cinnamon	

### • *Instructions* •

Preheat your oven to 350°F and generously spray an 8x8 inch pan with cooking spray. Set aside.

In a large bowl, microwave the peanut butter and the honey until it is smooth and fluid, about 1 minute. Sprinkle the coconut sugar on top and let it stand for 5 minutes. Do not mix the coconut sugar in.

While the sugar stands, combine the oatmeal, oat flour, powdered peanut butter, protein powder, salt, baking powder, baking soda, cinnamon and roasted peanuts in a large bowl until well combined. Set aside.

Once the peanut butter/sugar mixture has been standing for 5 minutes, beat it until well combined with an electric mixer.

Add in the vanilla extract and egg yolk and beat again until well combined. The egg yolk will thicken the peanut butter mixture up quite a bit.

Pour the peanut butter mixture, along with the almond milk and mini chocolate chips, into the oatmeal mixture. Mix until well combined. Your dough will be very thick.

Press into the prepared pan and bake until it appears just set and the edges begin to turn golden brown, about 20 mins. Let cool completely before slicing and serving.

Once the bars have cooled, melt the remaining chocolate in the microwave using 20 second intervals on 50% power, stirring between each interval until the chocolate is smooth and melted.

Stir in the protein powder and drizzle on the bars.

DEVOUR.

\* Coconut sugar is a little bit coarse, and letting it sit for 5 minutes helps it slightly dissolve. If you use brown sugar, skip this step and go right into beating the sugar and the peanut butter.

# CINNAMON ROLL PROTEIN OATMEAL

{ GLUTEN FREE + SUPER SIMPLE } • PREP TIME: 5 MINS  
COOK TIME: 10 MINS

## • *Ingredients* •

- 1/2 Cup Rolled, old fashioned oatmeal (GF if needed)
- 2 Tbsp Truvia, or sweetener of choice to taste + more to sweeten the cream cheese
- 1 Cup water
- 1/4 tsp + 1/8 tsp Vanilla extract, divided
- 2 Tbsp Vanilla Whey protein powder
- 1 tsp Cinnamon
- 1 Tbsp Coconut sugar
- 4-5 tsp Water, depending how thick your protein is
- 1 Tbsp Reduced-fat Cream cheese, softened  
(I use the Philadelphia 2x Protein with Greek yogurt)

## • *Instructions* •

In a small pot, combine the oatmeal and Truvia.

Add in the water and 1/4 tsp of the vanilla extract and bring to boil over medium/high heat.

Once boiling, reduce the heat to medium/low and simmer until the oats are thick, stirring frequently. (About 5 minutes)

Take the oatmeal off the heat and let it cool for 5 minutes.

While the oatmeal cool, stir together the protein powder, cinnamon and coconut sugar in a small bowl. Add in the water, 1 tsp at a time and stir to create a thick, but spreadable, paste. ...like what you would spread in a cinnamon bun. Set aside,

In a separate small bowl, stir together the softened cream cheese, and remaining 1/8 tsp of vanilla extract. Sweeten to taste.

Add the cinnamon mixture and the cream cheese into the oatmeal and swirl around.

**DEVOUR**





≡ SERVES 2 ≡

---

# COOKIE DOUGH OVERNIGHT OATS

---

PREP TIME: 10 MINS

## • *Ingredients* •

- 1/2 cup Rolled, Old Fashioned Oatmeal (GF if needed)
- 1/4 tsp Cinnamon
- Sweetener of choice, to taste (I use Stevia)
- 1/4 tsp Vanilla extract
- 1 cup Water
- 1/2 cup blueberries (frozen or fresh)
- 1.5 Tbsp Low-fat cream cheese
- Sweetener of choice, to taste.
- 1/4 tsp Vanilla extract

## • *Instructions* •

In a medium bowl, beat together the peanut butter and coconut sugar using an electric hand mixer until well combined. \*

Add 1 Tbsp of Greek yogurt to the mixture and beat until well combined and the mixture starts to come together like dough. Stir in the chocolate chips.

Divide the cookie dough between two cups, pressing down into the bottom.  
Spread 1/4 cup of Greek yogurt on top of each cookie dough layer.

In a medium bowl stir together the oats and cinnamon.  
Pour in the milk and stir until the oats are evenly soaked.

Divide the oats between the two cups and place into the refrigerator overnight.

In the morning, sprinkle with additional chocolate chips, if desired.

DEVOUR.

\* Because this is a very small amount, you just need to keep scraping the dough off the sides of the bowl until it's evenly mixed and comes together. I tried to just stir it all together, and it just doesn't get that "cookie dough" texture.

== SERVES 2 ==

---

---

# BANANA SPLIT VEGAN SMOOTHIE BOWL

---

---

{PALEO + GLUTEN FREE  
+ 5 INGREDIENTS} • PREP TIME: 5 MINS

## • *Ingredients* •

2 frozen bananas, roughly chopped  
1/2 cup unsweetened vanilla almond milk, \*  
1/2 cup strawberries, sliced  
2 tablespoons roasted peanuts, roughly chopped\*\*  
2 tablespoons vegan chocolate, roughly chopped\*\*\*  
sprinkles, optional if not paleo or vegan

## • *Instructions* •

Place the roughly chopped bananas and almond milk into a blender and blend until thick, smooth and creamy.

Divide the smoothie between the 2 bowls and top with sliced strawberries, roasted peanuts, chocolate and optional sprinkles.

**DEVOUR**



\* You may need a little bit more almond milk, depending on the strength of your blender

\*\* Use cashews or almonds for Paleo version

\*\*\* You could also use cacao nibs or dark chocolate, for Paleo version



== SERVES 9 ==

# RASPBERRY BANANA BREAKFAST BARS

{GF, HIGH PROTEIN, + SUPER SIMPLE} • PREP TIME: 10 MINS  
COOK TIME: 15 MINS

## • Ingredients •

- 1 Tbsp Flax meal\*
- 2 1/2 Tbsp warm water
- 2/3 Cup Fresh raspberries
- 1 1/4 Cups Banana, mashed (about 2 large large bananas)
- 2 Tbsp Light agave
- 1/4 Cup Coconut sugar, packed
- 2 tsp Raw Vanilla extract
- 1 Cup Rolled, old fashioned oatmeal, certified gluten free if needed
- 1 Cup Oat flour, certified gluten free if needed.
- 1/4 tsp Salt
- 1/2 tsp Baking powder
- 1/2 tsp Baking soda
- 1 tsp Cinnamon
- 1/2 Cup Unsweetened coconut flakes + more for topping

## • Instructions •

Preheat your oven to 350 degrees and spray an 8x8 inch pan with cooking spray.  
In a small bowl, mix together the flax meal and warm water, and let stand for 5 minutes to gel and turn into a "flax egg."

While the flax does it's thang, place the raspberries in a small bowl and mash with a fork. Set aside.

In a separate large bowl, mix the mashed bananas, agave and coconut sugar.

Once the flax egg has sat for 5 minutes, add it into the mashed banana mixture, along with the vanilla extract and stir until well combined.

Add in all the remaining ingredients, up until the raspberries, and stir until the mixture is well combined.

Spread 3/4 of the mixture into the prepared pan. Then, spread on the mashed raspberries until they evenly cover the surface. Drop the remaining batter on top, and lightly swirl it around with a spoon, pressing evenly.

Bake until a tooth pick comes out clean and the top feels set, about 15 minutes.\*\*  
Careful not to over-bake it as you want these nice and soft.

Let cool until room temperature and then refrigerate until completely cooled before slicing into bars + **DEVOUR**

\* You can also use one egg yolk here, if not vegan.

\*\*If you use the egg, you will need to bake these longer, more like 23-25 minutes.  
Store bars in the refrigerator in an air-tight container, or freeze.

# PALEO CINNAMON TOAST CRUNCH

{6 INGREDIENTS} • PREP TIME: 55 MINS  
COOK TIME: 5 MINS

## • Ingredients •

- 1 Cup Almond flour (105g)
- 1/4 Cup Coconut flour (25g)
- 3/4 Cup + 2 tsp Coconut sugar, divided
- 1/4 tsp Salt
- 1 1/2 Tbsp Cinnamon
- 1 Large egg white
- 2 Tbsp Coconut oil, melted (but measured at room temperature, then heated)

## • Instructions •

Preheat your oven to 450 degrees and line twobaking sheets with parchment paper, or a silpat.  
Set aside.

In a large bowl, stir together the almond flour, coconut flour, 3/4 cup Coconut sugar, salt and cinnamon until well mixed.

Add in the egg white and melted coconut oil. Using your hands, press the mixture together until it begins to moisten and you can pack it into a ball.

Place half the dough between two large pieces of parchment paper and roll out until VERY thin, about 1/16 inch thick.

Cut the dough into 3/4 inch squares and gently transfer to the prepared sheets.  
\* Repeat with remaining dough \*\*

Sprinkle the remaining 2 tsp of Coconut sugar over the squares and bake until they just turn golden brown, about 3-4 minutes.

They burn very quickly so watch them closely in that last minute.

Mine were perfect at 3.5 minutes.

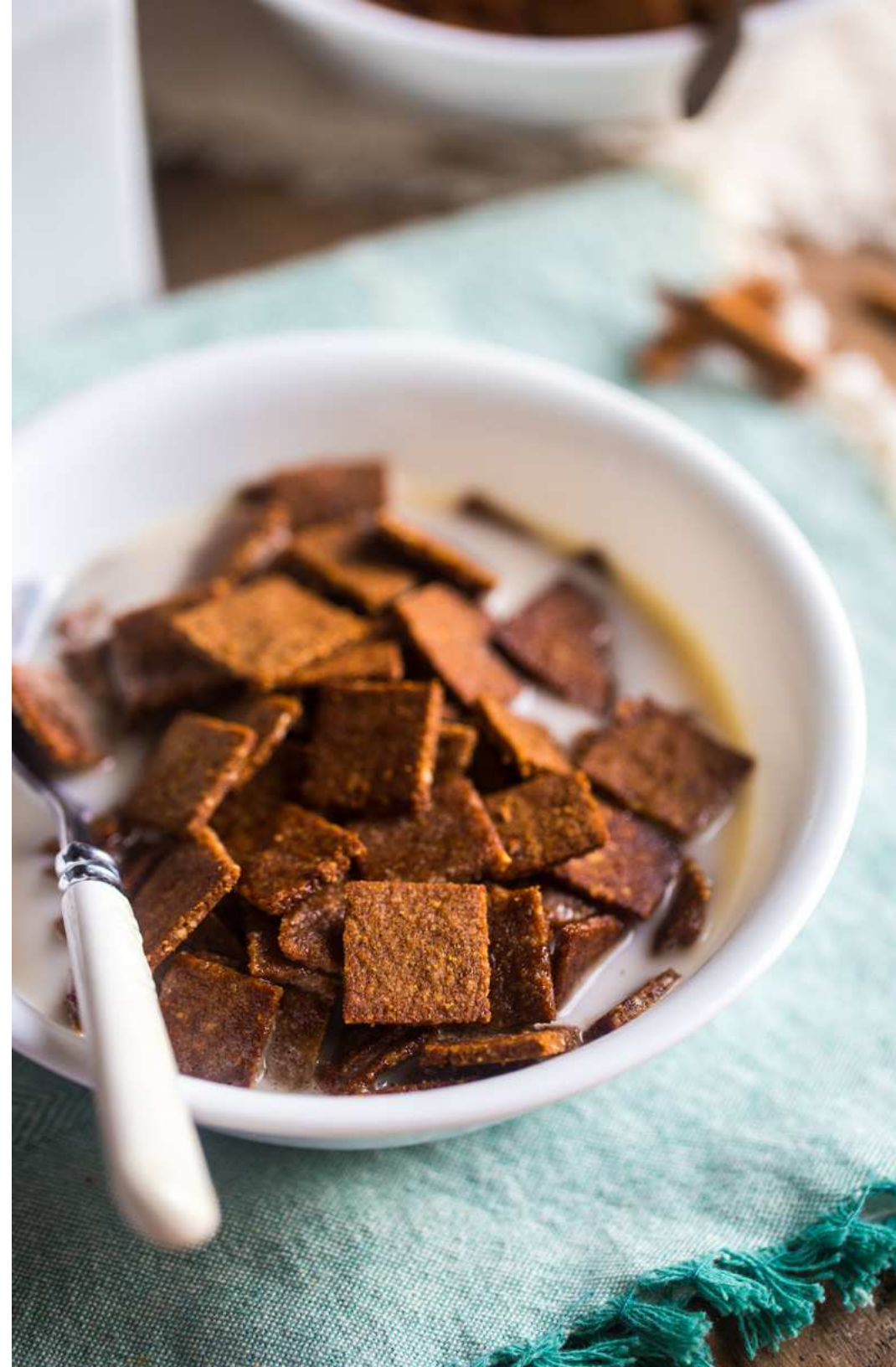
They will not be crunchy when they come out of the oven.

Let the squares cool on the pan completely and then **DEVOUR**.

\* It's a little tedious to transfer every square to the paper, so I gently slide my knife under about 3 squares at a time, and then flipped them onto the pan and separated them a little bit.

\*\* You could probably do all the dough at once, I just find it more manageable in 2 smaller chunks.

Cereal is best stored in an air tight container in the refrigerator to maintain optimal crunchiness!





---

# SLOW COOKER QUINOA ENERGY BARS

---

PREP TIME: 10 MINS COOK TIME: 4 HOURS

## • *Ingredients* •

- 2 Tbsp Almond butter
- 2 Tbsp Pure maple syrup
- 1 Cup Unsweetened vanilla almond milk
- Pinch of salt
- ½ tsp Cinnamon
- 2 Large eggs
- 1/3 Cup Quinoa, uncooked
- ½ Cup Raisins
- 1/3 Cup Roasted Almonds, roughly chopped \*
- 1/3 Cup Dried apples, roughly chopped
- 2 Tbsp Chia seeds

## • *Instructions* •

Spray a 5 Quart Slow Cooker with cooking spray and cut a piece of parchment to just fit in the bottom of it. I just traced my slow cooker on a large piece of parchment, cut it out and stuck it in.

Spray the parchment with cooking spray, and press it down to adhere it to the slow cooker. \*\*

In a large, micro-wave safe bowl, combine the almond butter and maple syrup and melt until the almond butter is creamy, about 30 seconds.

Whisk together the almond butter and maple syrup. Then, whisk in the almond milk, cinnamon and salt. Whisk until the milk is well incorporated with the almond butter.

Whisk in the eggs until well combined, then stir in all remaining ingredients thoroughly.

Pour the mixture into the prepared slow cooker and cook on LOW heat until the top of the bars just appear set, about 3 ½-4 hours.

Run a knife around the outside of the bars and remove the bowl from the slow cooker. Place into the refrigerator to cool completely.

Once cool, cut into bars and **DEVOUR!**

\* If you can't find toasted almonds, just dry toast them in a 400 degree oven for about 5-10 minutes, until lightly golden brown.  
\*\* Don't skip this step. It makes the bars so much easier to get out. Store the bars in an air tight container in the refrigerator.

# EGG MUFFINS

*with ham, kale and cauliflower rice*

{PALEO, HIGH PROTEIN  
+ SUPER SIMPLE} • PREP TIME: 10 MINS  
COOK TIME: 20 MINS

## • Ingredients •

- 1 Cup Cauliflower, cut into bite-sized pieces
- 3 Large eggs
- 1 Cup Kale, lightly packed and torn into bite sized pieces
- 3/4 Cup Zaycon Foods Old Fashioned ham, heavily packed and cut into bite-sized cubes
- Salt
- Pepper

## • Instructions •

Preheat your oven to 400 degrees and generously spray a 12 muffin tin with cooking spray.

Set aside.

In a small food processor (mine is 3 cups) process the cauliflower until broken down and it resembles rice. Set aside.

In a large bowl, whisk the eggs. Add in the kale, ham, cauliflower rice and season with a pinch of salt and pepper. Mix well.

Divide the mixture between 6 muffin tins\* and then bake until the eggs feel set, about 20 minutes.

Let cool in the pan.

**DEVOUR**



\* I found it the easiest to use a spoon to kind of divide up the pieces of ham and kale between the muffin cavities first, and then pour the remaining egg/cauliflower mixture over each muffin cavity. This ensures they are all the same size.



== SERVES 2 ==

---

# STRAWBERRY CHEESECAKE OVERNIGHT OATS

---

PREP TIME: 10 MINS

## • *Ingredients* •

- 2 Tbsp Low-fat cream cheese, softened
- 2 1/2 Tbsp Natural strawberry jam
- 1 Cup Strawberries, sliced
- 1/2 Cup Vanilla Greek yogurt, divided
- 1 Cup Quaker® Old Fashioned Oats
- 1 Cup 1% Dairy milk

## • *Instructions* •

In a small bowl, stir together the softened cream cheese and 1 1/2 Tbsp of strawberry jam until smooth and creamy.

Divide the mixture between two cups, spreading out on the bottom.

Divide the sliced strawberries on top of the cheesecake layer. Then, layer 2 Tbsp of Greek yogurt into each cup (so you use a total of 1/4 cup of yogurt)

In a medium bowl, stir together the remaining 1/4 cup of Greek yogurt, oats and milk until creamy and well mixed.

Divide between both cups, and place into the refrigerator overnight.

In the morning, top each cup with 1/2 Tbsp of the remaining strawberry jam and mix together.

DEVOUR.

# VEGAN BREAKFAST COOKIES

*with peanut butter and banana*

PREP TIME: 10 MINS COOK TIME: 20 MINS

## • Ingredients •

- ¾ Cup Peanuts
- ½ Lightly heaping cup of mashed banana (1 small banana or 140g)
- 1/3 Cup Natural Peanut butter
- ¼ Cup Agave
- ½ tsp Raw vanilla extract
- 1 Cup QUICK COOKING oats (not rolled old fashioned!) (95g)
- ½ Tbsp Cinnamon
- ¼ tsp Salt
- ¼ Cup Banana Chips, chopped

## • Instructions •

Preheat your oven to 400 degrees and place the peanuts onto a small baking sheet. Place them in the oven until they are golden brown, about 3-5 minutes. Watch them closely, as they burn quickly.

Once cooked, reduce the oven temp to 325 degrees and line a cookie sheet with parchment paper.

In a large bowl, whisk together the mashed banana, peanut butter, agave and vanilla extract until well combined. Stir in the oats, cinnamon and salt until well combined.

Roughly chop the toasted peanuts and add them, along with the chopped banana chips, into the dough and stir until evenly distributed.

Drop the cookies onto the prepared baking sheet in 8 large balls and press out with a fork until they are about ¾ inch thick.

Bake until the edges are lightly golden and the top feels set, about 23-24 minutes. Let cool COMPLETELY on the pan.

**DEVOUR**

