

KAB COOKS

BREAKFAST AND BREADS

SIMPLE GRAIN-FREE GRANOLA

FROM KATHLEEN NAZAR CORBETT (ORIGINAL FROM MINIMALISTBAKER.COM)



Makes 20 – ¼ cup servings

Store in an air-tight container for 3 to 4 weeks

Keep in the freezer for 3 months

INGREDIENTS

½ cup	unsweetened coconut flake
2 cups	slivered raw almonds
1¼ cup	raw pecans
1 cup	raw walnuts
3 tablespoons	chia seeds
1 tablespoon	flaxseed meal
1½ teaspoon	ground cinnamon (optional)
2 tablespoons	coconut, cane, or muscavado sugar
¼ teaspoon	sea salt
3 tablespoons	coconut or olive oil
⅓ scant cup	maple syrup (or agave or honey)
¼ cup	dried blueberries (optional) or other dried fruit
¼ cup	roasted unsalted sunflower seeds (optional)

NUTRITION PER SERVING

Calories:	205
Fat:	18 g
Saturated fat:	4 g
Polyunsaturated fat:	4.3 g
Monounsaturated fat:	3.5 g
Sodium:	33 mg
Potassium:	77 mg
Carbohydrates:	9.2 g
Fiber:	3.1 g
Sugar:	5 g
Protein:	4.2 g
Calcium:	50 mg
Iron:	1.1 mg

KAB COOKS

BREAKFAST AND BREADS

DIRECTIONS

Preheat oven to 325°F and position a rack in the center of the oven.

In a large mixing bowl, combine the coconut, nuts, chia seeds, flax seed, cinnamon, coconut sugar, and salt.

In a small saucepan over low heat, warm the coconut oil and maple syrup. Pour over the dry ingredients and mix well.

Spread the mixture evenly onto a large baking sheet (may require two depending on size) and bake for 20 minutes.

Remove from oven, add dried blueberries and roasted sunflower seeds, and stir.

Increase heat to 340°F and return to oven for another 5 to 8 minutes, or until deep golden brown. The coconut oil will help this granola crisp up nicely, but be sure to watch it carefully as it browns quickly.

Once the granola is visibly browned and done cooking (about 27 minutes total), remove from the oven and let cool completely.

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BANANA PROTEIN PANCAKES

FROM TRICIA JARVIE



Makes 6 to 8 six inch pancakes
Double or triple the recipe for extras to freeze

INGREDIENTS

1	large banana
¾ cup	almond milk or substitute
1 cup	flour of your choice, rice, wheat, oat, etc.
½ cup	vanilla protein powder
1 teaspoon	ground cinnamon
2 teaspoons	baking powder
1 pinch	salt
1	egg
Additions (optional)	chocolate chips, blueberries

DIRECTIONS

Mix everything together. Batter will be very thick.

Spoon and spread out batter on a hot griddle for a 6" diameter pancake, ½" thick. Cook until top looks dry and flip. Cook another couple of minutes.

Eat while hot or store in fridge or freeze. Reheat in toaster.

KAB COOKS

BREAKFAST AND BREADS

TWO INGREDIENT BANANA PANCAKES

FROM KATHLEEN NAZAR CORBETT (ORIGINAL FROM THEKITCHN.COM)



Active Time: 5 to 10 mins.; Cooking Time: 2 to 3 mins.
8 small pancakes

Recipe easily doubled

Leftover pancakes will keep in the refrigerator for a few days and can be warmed in the microwave in 30-second bursts until hot.

INGREDIENTS

- 1 ripe banana
- 2 large eggs, lightly beaten

For cooking:

Butter or oil (optional)

For serving:

Maple syrup, jam, powdered sugar, or any other toppings

Optional mix-ins (choose a few!):

- 1/8 teaspoon baking powder, for fluffier pancakes
- 1/8 teaspoon salt
- 1/4 teaspoon vanilla extract
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon honey
- 1/2 cup chopped nuts, chocolate chips, or a mixture
- 1/2 cup granola
- 1 cup fresh fruit, like blueberries, raspberries, or chopped apples

NUTRITION PER SERVING

Calories	211
Fat	8.7 g
Saturated fats	3.7 g
Carbohydrates	29.6 g
Fiber	2.8 g
Sugars	21.4 g
Protein	5.1 g
Sodium	95.7 mg

KAB COOKS

BREAKFAST AND BREADS

DIRECTIONS

Mash the banana with a fork until pudding-like consistency and no large lumps remain; a few small lumps are okay. You should have 1/3 to 1/2 cup of mashed bananas.

Add flavorings if desired. Save any chunky, heavy ingredients — like nuts or chocolate chips — for when the pancakes are on the griddle.

Pour the eggs over the banana and stir until completely combined. The batter will be very loose and liquidy.

Heat a pan over medium heat. Melt a little butter or warm a little vegetable oil in the pan if desired.

Drop about 2 tablespoons of batter into the pan. It should sizzle immediately — if not, turn up the heat slightly. Repeat with dropping more batter into the pan, leaving at least an inch or two between pancakes. Cook for about 1 minute until the bottoms look browned and golden. The edges should also be starting to look set, but the center will still be loose, like barely set Jell-O.

Sprinkle any loose toppings, like nuts or chocolate chips, over the top of the pancakes as the first side cooks.

Flip the pancakes. Cook for another minute or so until the other side is also golden-brown, about 1 minute more.

Serve warm, with maple syrup, honey, jam, or any extra toppings you'd like.

KAB COOKS

BREAKFAST AND BREADS

BLUEBERRY ALMOND OATMEAL PARFAIT

FROM KIM SHORT (ORIGINAL FROM MYFITNESSPAL.COM)



Makes 2 servings

INGREDIENTS

¾ cup	rolled oats
1½ cups	water
½ teaspoon	vanilla extract
½ teaspoon	cinnamon
¾ cup	plain yogurt
1 tablespoon	honey
½ cup	blueberries
¼ cup	almonds, sliced

DIRECTIONS

In a small saucepan, combine the oats, water, vanilla and cinnamon. Let simmer on low-medium heat for about 7-8 minutes, until oatmeal is cooked to your liking.

Let the oatmeal cool for a few minutes before layering it into the parfait.

Mix the yogurt and honey together to sweeten.

NUTRITION PER SERVING

Calories:	296
Total Fat:	10 g
Saturated Fat:	1 g
Monounsaturated Fat:	5 g
Cholesterol:	6 mg
Sodium:	69 mg
Total Carbohydrates:	44 g
Dietary Fiber:	6 g;
Sugars:	20g
Protein:	11 g
Potassium:	339 mg
Vitamin A:	1%
Vitamin C:	7%
Calcium:	21%
Iron:	13%

To build the parfaits, spoon the oatmeal into the bottom of each glass, then layer on a spoonful of yogurt, then blueberries and almonds. Repeat layers until you have used all of the ingredients.

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BREAKFAST AND BREADS

TWO INGREDIENT BAGELS

FROM NANCY JONES (ORIGINAL FROM VICKY, WEIGHT WATCHERS)



Active: 10 mins; Total: 35 mins
Makes 4 bagels

INGREDIENTS

1 cup self-rising flour
1 cup 0% fat Greek yogurt
1 egg (for egg wash)

Trader Joe's Everything but the Bagel seasoning (white sesame seeds, black sesame seeds, poppy seeds, dried minced garlic, dried minced onion, and sea salt flakes)

DIRECTIONS

Preheat oven to 350°F.

Spray pan with cooking oil.

Combine flour and yogurt in a bowl until a dough starts to form.

Turn dough out onto a lightly floured surface; brush your hands with a little flour.

Knead and divide into 4 parts.

Roll out each dough ball into a rope and pinch the ends of the rope together to form a circle.

Beat egg and brush over each bagel; sprinkle with seasoning.

Bake at 350°F for 23 mins; turn up the heat to 500°F and bake for 2 mins so tops can brown.

KAB COOKS

BREAKFAST AND BREADS

RED RIVER BANNOCK

FROM LORRAINE MARTIN (ORIGINAL FROM HEATEHR ANDERSON, NORA ZILKIE, SIGRID SCHOUS, DIXIE PALMER, BC)



INGREDIENTS

3 cups flour
2 tablespoon backing powder
¼ cup sugar
½ cup margarine or shortening
cold water
Optional: raisins

DIRECTIONS

Preheat oven to 400°F.

Grease an oven-proof frying pan.

Mix together dry ingredients.

Cut in the margarine or shortening.

Place in the frying pan and bake for 30 minutes.