

## ***From the Armstrong Kitchen - Breakfast***

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## ***From the Armstrong Kitchen - Breakfast***

### **Bunless Breakfast Burger**

My boys LOVED these – I had some browned turkey meat from a previous meal and decided to get creative. Ashly and I were having burgers that were premade patties with kale and spinach. I knew our boys would struggle with those, and we had lots of eggs, so I went a different route. They turned out fantastic and kid approved.

#### **INGREDIENTS**

4 Eggs

1 Lb cooked turkey meat (seasoned however – mine was just pepper and salt and a little garlic)

2 tbsp ground Flax seed (my mix had chia seed as well but regular flax will do just fine)

1 tbsp Parsley

1 tbsp onion powder

1 tbsp garlic powder

Optional – any other seasoning you'd like, a BBQ flavor would be good

You will need some round, square, or other hamburger patty size metal cookie cutter. (Ours was a heart.)

#### **DIRECTIONS**

Heat a griddle to around 300 degrees. In a separate bowl, crack eggs and beat until thoroughly mixed and bubbles appear. Add hamburger meat, flax, parsley and rest of seasonings. Mix till all combined well. Consistency should be thick and meaty.

Put the cookie cutter on the griddle (gently so you don't scratch the non-stick surface. Fill up the cookie cutter with about a quarter inch of batter. Let cook for 3-5 minutes, then flip. I used a regular flat spatula to get under the cookie cutter, flipped the whole thing, then pushed the egg burger through the cookie cutter and poured another patty. Cook until yolk is no longer runny or whatever consistency you'd like.

Top with avocado, salsa, or cottage cheese for a delightfully filling breakfast, lunch, or dinner.

Substitute ground turkey for any meat of your choice.

## ***From the Armstrong Kitchen - Breakfast***

### **Sweet Potato Banana Split**

One of my favorite breakfasts is a hearty and strange combo. It's super simple and loaded with nutritious deliciousness, but it's a high calorie meal so plan your day accordingly (other meals and exercise).

#### **Ingredients**

½ Sweet potato  
2 tbsp Almond butter (nut butter of your choice)  
Greek vanilla yogurt (Sub honey for yogurt)  
½ Banana  
Chia seeds  
Cinnamon  
Coconut oil  
Sea salt

#### **Directions**

1. Clean sweet potato, then poke with a fork all over, lay on foil (dull side down), drizzle with a little coconut oil and sprinkle with sea salt, close up the tinfoil making a little cocoon. Seal foil but do not wrap tightly. Then bake on 350-400 until sides are soft (around 45min – 1 hr).
2. Remove from foil and cut potato in half. Set one half aside for later (or share with someone). Spread almond butter on potato, spoon yogurt next, sprinkle chia seeds, then slice banana on top, and finish with cinnamon. Eat with fork or spoon or one in each hand.

#### **Nutrition Facts**

Calories are somewhere between 450-550 depending on size of potato and carbs are pretty high with yogurt, banana, and sweet potato. This is a great breakfast for a heavy activity today and will certainly fuel you well. Protein sits around 25 grams so not a bad start to your day. You can always add protein powder to your yogurt to elevate that number a little.

## ***From the Armstrong Kitchen - Breakfast***

### **Pancakes**

Pancakes have a long standing tradition in our world and have been a breakfast staple for centuries. With our current culture of abundance and overeating and obesity, they add to the epidemic rather than raise the nostalgia of when they were more necessary and appropriate for the lifestyle in which they came into existence.

Here is an easy, low carb, high protein, flavorful option for you to try in place of Hungry Jack or Bisquick standards. Keep in mind the texture and feel will be different but get the job done.

#### **INGREDIENTS**

1 ½ Cups Almond Flour

1 scoop protein powder (100% Whey Isolate) (vanilla or chocolate are best but any flavor will do)

3 Eggs

1 banana (may leave this out for fewer carbs)

1 Cup water or milk of choice

1 tsp cinnamon (optional)

#### **DIRECTIONS**

Preheat non-stick griddle. Add dry ingredients to large bowl. Mash banana on separate plate; beat eggs in separate bowl. Add wet ingredients to the dry and mix everything together. Add more liquid for thinner cakes. Use spoon or measuring cup to scoop onto griddle in circles of desired size. Cook 2-3 minutes per side or until golden brown and done through the center.

Top with nut butter of choice and fruit or a little honey or pure maple syrup (must use sparingly or CARBS go through the roof). These are good enough to eat dry, on the run, without any toppings.

## ***From the Armstrong Kitchen - Breakfast***

### **“Keto My Egg-O”**

With less than 5 grams of carbs, this is one beautiful keto friendly, flavor blasting, delicious dish.

#### **INGREDIENTS**

2 eggs – whole  
4 pieces – turkey bacon (or regular bacon if preferred)  
1 cup spinach  
½ red bell pepper (julienned or diced)  
¼ cup red onion (julienned or diced)  
½ avocado  
1 slice of cheese or ¼ cup shredded cheese  
Olive oil  
Garlic powder  
Onion powder  
Pepper  
Sriracha (dry seasoning or just plain sauce – to desired heat)

#### **INSTRUCTIONS**

Heat non-stick skillet on medium-low to medium heat. Cook bacon in a non-stick skillet; flip once or twice as needed. Mash avocado while bacon cooks and set aside. Remove bacon and sauté peppers and onions in a little oil. I season mine a little. Add spinach when peppers and onions begin to brown. Spinach reduces down and should be dark and all wet looking.

Remove that mix and crack two eggs into skillet. Do not break yolk. Season eggs with garlic and onion, salt and pepper, and sriracha. Cook for 3-5 min. Flip carefully, not breaking the yolk, and add cheese so it melts. Cook for an additional 1-3 minutes. Yolk should still be runny (Can cook all the way through if runny yolk makes you gag.)

Lay the bacon on a plate. Remove eggs from pan and place on bacon. Spread avocado carefully on cheese but don't break yolk (it's better if your fork does that with the first bite!) Then add sautéed mix on top of that. Add any additional heat from sriracha. Eat and enjoy!

## ***From the Armstrong Kitchen - Breakfast***

### **“Sunny Side of Spice”**

I didn't have any peppers and wanted to make some hearty breakfast hash. My wife's Gran and Mom had just given us some okra so I got a little creative.

#### **Ingredients**

2-3 eggs  
1-2 jalapeño  
½ onion  
1 cup spinach  
5-7 cherry tomatoes  
3 okra stalks  
2 tbs Oil of Choice

Spices & seasoning  
Salt & Black pepper  
Garlic powder  
Paprika  
Chili powder

#### **Instructions**

Heat skillet. Cut up all the veggies. In the hot pan, pour oil and coat pan. Add veggies, starting with jalapeños and okra, then onions and tomatoes, and finally the spinach. I season mine a little after adding each additional ingredient. Cook them till spinach is reduced and veggies are starting to brown.

Remove them from heat. Crack eggs onto hot skillet, and sprinkle with chili powder, paprika, garlic powder, salt, and pepper. Cook until whites harden then flip using a thin spatula. Cook additional minute.

Remove from pan and place on top of veggie medley. Enjoy.

#### **Notes**

it is best to use a nonstick pan and make sure to go around the edges to free the egg entirely from the pan before attempting to flip.

Touch the yolk with your finger to see if it is to the desired consistency. Just leave it down a little longer.

## ***From the Armstrong Kitchen - Breakfast***

### **Going Granola**

This absolutely is ONE of the, if not THE, best granola I have had. I got it from Pinterest. I cannot wait to try other variations. You can adjust the ingredients to suit your tastes exactly and use better ingredients for the same cost or less than buying pre-made stuff.

#### **INGREDIENTS**

##### Dry Ingredients

- 1/2 cup almond flour (you can use whole almonds and throw them into either a good blender, bullet or food processor)
- 1 cup your favorite nuts
- 1.5 cups rolled oats
- 1/4 cup pumpkin seeds
- 2 Tbsp chia seeds
- 1/2 cup shredded coconut
- 2 tsp cinnamon

##### Wet Ingredients

- 1/4 cup coconut oil
- 2 Tbsp honey
- 2 Tbsp pure maple syrup
- 1 tsp vanilla

#### **DIRECTIONS**

1. Preheat oven to 275 Fahrenheit, in a large bowl mix together all of the dry ingredients
2. Melt the coconut oil and stir in the sweeteners and vanilla
3. Toss wet and dry ingredients together
4. Line a large baking sheet with parchment paper, spread out the granola at about 1/2 inch thickness
5. Bake for about 40 minutes or until lightly browned
6. Let cool for at least an hour, then break into chunks.

#### **NOTES:**

- 1/2 cup chopped dried fruit (optional)

Great with some Greek yogurt and 1 cup fresh fruit of preference (peaches were delectable)

Store in mason jars for up to 3 weeks in the fridge or even make a huge batch and freeze it.

Taken from [www.feastandflow.com](http://www.feastandflow.com)

## ***From the Armstrong Kitchen - Breakfast***

### **Egg Loaf**

A friend of mine shared this with me and I am so glad he did!! I pretty much ate the whole thing in two days. I think you'll love it too.

#### **Ingredients**

8 eggs  
8 oz. cream cheese (softened)  
4 tbsp butter (softened)  
2 tsp cinnamon  
1 tsp baking powder  
1-2 tsp vanilla extract  
2 tsp natural sweetener –honey, maple syrup, stevia (Optional)  
1/3 cup blueberries

#### **Instructions**

Preheat oven to 400 degrees. Place butter and cream cheese in microwave safe container and heat for 30 seconds or until softened (not liquefied). Stir to combine. Set aside. Whisk eggs and remaining ingredients except blueberries in mixing bowl. Then add cream cheese and butter mixture. Beat until smooth. (I used countertop mixer to ensure thorough mixing.) Poured into a parchment lined loaf pan. Drop blueberries into batter. Bake for 35-45 minutes or until mixture is cooked through.

Slice and serve.

#### **NOTES:**

Next time I'll try to add some almond flour for a different texture.

This is not a low-fat dish but definitely a low carb option.

## ***From the Armstrong Kitchen - Breakfast***

### **Egg White Omelet**

Serves 2

This delicious dish is made with egg whites and sautéed vegetables and makes a wonderful light breakfast. Enjoy with salsa for an added kick.

#### **What You Need**

¼ cup onion, chopped  
1 medium green bell pepper, chopped  
1 teaspoon minced garlic  
1 medium tomato, chopped  
¾ cup egg whites (about 4 large egg whites)  
2 wheat tortillas  
¼ of a small avocado  
A dash of Paprika  
A dash of Garlic salt

#### **Instructions**

1. Spray a medium frying pan with cooking spray. Sauté the onion, bell pepper and garlic until soft. Add the tomato and egg whites. Cook until the egg whites have set.
2. Divide the egg and veggie mixture between the tortillas and fold like a taco.
3. Slice the avocado and sprinkle it with paprika and garlic salt. Arrange the avocado on each taco and serve.

#### **Nutrition**

One serving equals: 243 calories, 5g fat, 35g carbohydrate, 6g fiber, and 15g protein.

Courtesy of [RealHealthyRecipes.com](http://RealHealthyRecipes.com)

## ***From the Armstrong Kitchen - Breakfast***

### **“Sweet Roll” Baked Oatmeal**

Take the sugar spike out of those cinnamon rolls or honey bun or donut breakfast with this sweet alternative.

#### **Dry Ingredients**

- 2 cups gluten-free rolled oats (or quinoa flakes)
- 1 cup gluten-free quick oats (or quinoa flakes)
- 1 scoop protein powder (optional)
- 1/2 cup granulated sweetener of choice (I used monk fruit extract and turbinado cane sugar)
- 2 tsp baking powder
- 1 T cinnamon
- 1 tsp allspice

#### **Wet Ingredients**

- 2 eggs (for vegan version, sub for 2 flax eggs)
- 1 cup Silk Unsweetened almond milk
- 1/2 cup unsweetened applesauce
- Pinch vanilla extract
- 1/2 cup + 2 T almond butter (Can sub for any nut butter, coconut oil or butter)

#### **For The Cinnamon Roll Glaze**

- 2-3 T coconut butter, melted
- 1 T granulated sweetener of choice
- Silk almond milk to thin out
- cinnamon for dusting

#### **For The Protein Packed Cinnamon Roll Glaze**

- 1-2 scoops of vanilla or cinnamon protein powder
- Silk almond milk to thin out (should be thin enough to pour but thick enough to be somewhat spreadable)
- Cinnamon for dusting

#### **Instructions**

- Preheat the oven to 350 degrees and line a deep baking tray with parchment paper. Set aside.
- In a large mixing bowl, combine all the dry ingredients and set aside.
- In a separate bowl, combine the eggs, milk, vanilla extract and melted nut butter and mix until fully incorporated.
- Add the wet mixture to the dry and mix until fully combined. If mixture is crumbly, add a dash more milk until a thick batter is formed. Transfer to the lined baking dish and form into a rectangular shape and bake for 35-45 minutes, or until golden and cooked through.
- While the oatmeal is baking, prepare your cinnamon roll glaze by whisking all ingredients in a small bowl.
- Remove baked oatmeal and allow to cool slightly before slicing into pieces and covering with the glaze.

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### **Notes**

- This baked oatmeal is delicious fresh out of the oven but can certainly be cooled and enjoyed later or prepped in advance. If prepping in advance, only prepare the glaze before consumption.
- I used 3 cups of Rolled Oats and did not use any quick oats but it won't hurt to use them in any combination, as it is just a texture thing.
- Baked oatmeal can be frozen and thawed easily.
- Can add any fresh fruit to the batter or just to top it with.
- Goes great with a little Greek yogurt as well.

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## ***From the Armstrong Kitchen - Breakfast***

### **Killer Breakfast**

#### **INGREDIENTS**

1 piece – Killer Dave’s bread (or any whole grain bread)

1-2 eggs – over medium (or grilled to your preference)

1 slice pepper jack cheese

2 tbs avocado (mashed)

2 slices turkey bacon (or pork)

Seasoning for eggs to your liking – I like salt, pepper, chili powder, onion powder, & garlic powder)

Optional

Salsa or sliced tomatoes

#### **INSTRUCTIONS**

Cook bacon. Cook (and season) eggs. Melt cheese on top of after flipping once. Toast bread. Spread avocado on toast. Layer eggs and bacon. (Top with salsa or tomatoes). EAT THAT BEAUTY UP!!!

## ***From the Armstrong Kitchen - Breakfast***

### **Egg Cakes**

Not many people actually enjoy grape nuts. They are just not that enjoyable. But boasting 7 grams of fiber and a short list of ingredients loaded with other nutritionally rich qualities, they make for a decent breakfast. They are high calorie so overeating them (if you like them) is a danger.

If you happen to buy a box thinking of subbing them for your Lucky Charms but can't bring yourself to eat them very much, here's a good way to add them in without feeling like you are munching on horse feed.

#### **INGREDIENTS**

5 eggs

1/2 cup almond milk

1 cup Grape Nuts

2 tbsp shredded coconut

1 tbsp chia seeds

1/2 cup almond flour

1/2 tsp ginger

1 tsp cinnamon

1 tsp salt

1 tbsp coconut oil

Nut butter of choice

Fruit or fruit spread of choice

#### **INSTRUCTIONS**

Crack and beat eggs in a large bowl with almond milk. Heat skillet on medium low heat. In a separate bowl, mix all dry ingredients together. Add dry ingredients to eggs and milk. Mix thoroughly. Add ½ tbsp coconut oil to skillet then pour about half the mixture into the skillet. Flip when top yolk is mostly hardened. If the bottom is burnt too much, turn down temperature. Remove from heat when remainder of mixture is fully cooked. Repeat process with remainder of the batter. Top with nut butter and fruit (or fruit spread). Enjoy.

#### **NOTES**

This makes enough for 2-3 people. And you can certainly make smaller cakes.

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## ***From the Armstrong Kitchen - Breakfast***

### **Scrambled Success**

One of my absolute favorite breakfast experiences involves none other than the edible, delectable egg, and a bunch of other good stuff.

#### INGREDIENTS

3 egg whites

2 eggs

1 chicken apple sausage (or other sausage of preference)

1 cup diced potatoes (precut in a frozen bag is easiest)

½ cup onions & peppers (again super easy in the frozen section)

1 cup chopped kale (you guessed it – frozen steamable bag for the win)

(onion powder, chipotle chili powder, garlic, ground thyme, cumin, oregano, salt, pepper – all to taste)

seasoning to perfection – it's hard to screw this up

#### DIRECTIONS

You'll want to cook your potatoes, onions, peppers and kale first with some seasoning. After it is beginning to be fully thawed and starts turning, add cut up sausage to the pan. These are fully cooked already but are better served hot and taking on a little of the rest of the flavor. Set that aside. Crack eggs while that mixture is cooking. Keep separate (or discard) yolks of 3 of the eggs. This adds protein without the fat. Then add two more eggs and whip. Throw in the skillet and scramble it up. Add all the other ingredients immediately after pouring the eggs into the pan. Let it all cook together until the eggs are fully cooked. Top with salsa or hot sauce and enjoy.

## ***From the Armstrong Kitchen - Breakfast***

### **Pamela's Banana Pancakes**

I don't know Pamela, never met her. But she is the inspiration behind these flapjacks. Why? Because I used her flour mix, that's all. They are super simple and make a very moist and chewy (in a good way) cake.

#### INGREDIENTS

1 Cup Pamela's Baking & Pancake Mix (sub any flour really – almond/coconut/whole wheat)

½ cup Old Fashion Oats

2 scoops (64 grams) Whey Protein (could sub for any protein powder)

15 oz mashed bananas (about 6-7)

1 ¼ cup milk of choice (I used whole milk this time.)

#### DIRECTIONS

Heat griddle to about 275 degrees. Mash banana, set aside. Mix all dry ingredients. Add banana and milk. Mix thoroughly. Scoop 2 tablespoons (or desired size) of batter onto hot griddle. Cook about 45-90 seconds per side. Serve with bacon or sausage and top with your favorite nut butter and sugar dressing (honey or maple syrup).

#### NUTRITION

1 Pancake = 2 tbsp of batter (makes about a 3" circle or the size of your palm)

Calories – 61. Carbs – 9.6g. Fat – 1.2g. Protein – 3.3g.

#### NOTES

Nutrition facts are just the pancake alone and do not include the toppings or sides.

Each different flour will have a slightly different consistency and you may need to add a little fat (oil or egg) to get it just right.

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## ***From the Armstrong Kitchen - Breakfast***

### **Brett's Breakfast Burrito**

#### **INGREDIENTS**

3 Egg whites

1 Egg

3 oz seasoned turkey meat (previously cooked so just needs to be reheated but can be cooked for this meal specifically)

½ cup 2% cottage cheese

½ cup (diced or julienned and cooked) bell peppers (any color)

½ cup (diced or julienned and cooked) onions

½ avocado (sliced)

1 cup spinach (fresh)

¼ cup salsa (any preference)

2-3 low carb whole wheat tortillas

1 cup berries (of choice)

8 oz unsweetened (vanilla) almond milk

#### **INSTRUCTIONS**

If you haven't previously browned and seasoned your turkey meat then do that first. Also, you'll want your peppers and onions cut and cooked as well before anything else.

Crack eggs and separate 3 of the yolks from the whites. Add half of the cottage cheese and then whip and season how you like. Set aside.

Pour eggs onto skillet warmed and lightly oiled. Scramble to your liking.

In a separate pan, heat oil and cook down the spinach. This only takes a few minutes. Add onions and peppers and meat to the spinach until all is thoroughly heated and combined.

Once everything is cooked, add to tortillas, top with remaining cottage cheese, salsa, and finally avocado. (Good luck getting it all wrapped into those few tortillas. Just plan to eat the remainder with a fork!)

Wash it down with the almond milk and have your berries as a sweet offset to the dense heat of the rest of the platter.

Eat, Enjoy, and Embrace the Day.

#### **NOTES & NUTRITION**

This is a jam-packed meal logging 600-700 calories. Don't be scared of it. Just plan accordingly. You can use any meat you'd like. I prefer just turkey meat because sausage adds additional fat and I'd rather have that in the avocado and cheese. You won't taste the cottage cheese when cooked into the eggs. If you don't like it cold or can't stand the thought of it, sub for mozzarella.

As is and approximate grams: Protein: 45-50; Carbs: 50-60; Fats: 20-25

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