



MOTHER'S DAY BRUNCH RECIPES

DELIGHT YOUR MOM WITH THESE DELICIOUS AND HEALTHY BRUNCH RECIPES
TO CELEBRATE MOTHER'S DAY!

SPINACH AND FETA QUICHE

SERVES 3-4

INSTRUCTIONS

Preheat oven to 400°F. Coat a 9-inch pie pan 1 tsp coconut oil.

Coat a large skillet with a 1 teaspoon of coconut oil and turn heat to medium-high. Add onion, garlic, mushrooms, spinach, dried Italian seasoning, sea salt and pepper.

Cook mixture, stirring occasionally and adding a tablespoon or two of water to prevent the pan from drying. Cook until onions are translucent and spinach and mushrooms have wilted.

In a small bowl, whisk together eggs, egg whites, almond milk and nutmeg. Season with an additional pinch of sea salt and pepper. Spread the onion, mushroom and spinach mixture on the bottom of prepared pie pan. Sprinkle the feta cheese on top.

Pour egg mixture over top and push down any ingredients not covered by the egg mixture to prevent burning. Bake uncovered until set with golden brown edges, about 25 minutes.

Rest at room temperature for 10-12 minutes, then cut into four slices, top with fresh parsley and serve.



INGREDIENTS

2 tsp coconut oil
 1 onion, halved and thinly sliced
 2 cloves of garlic, minced
 1 cup chopped mushrooms
 1/2 teaspoon dried Italian seasoning
 1/2 bunch (about 3-4 cups) chopped spinach
 sea salt and freshly ground black pepper, to taste
 3 eggs
 1/3 cup egg whites
 2/3 cup unsweetened almond milk
 1/8 teaspoon nutmeg
 1/3 cup feta cheese
 fresh chopped parsley, for garnish

NUTRITIONAL INFO (PER 1/4 QUICHE):

Calories	Carbs	Fat	Protein	Fiber	Sugar
168	14g	8g	10g	2g	2g



ALMOND BANANA MUFFINS

MAKES 12 MUFFINS

INGREDIENTS

- 2 cups almond flour
- 2 scoops protein powder
- 1 tsp baking soda
- 1/2 cup creamy peanut butter (almond butter works great too)
- 1/4 cup raw honey
- 3 large eggs* (or 3 tbsp flaxseed mixed with 9 tbsp water for egg-free version)
- 2 ripe bananas, mashed

INSTRUCTIONS

Preheat oven to 350°. Grease a 12 cup muffin pan or line with cupcake liners. Set aside.

In a medium sized bowl, mix together dry ingredients: protein powder, almond flour, and baking soda. Set aside.

In a large bowl, mix together bananas, peanut butter, honey, and eggs. Beat until smooth.

Slowly add in dry ingredients to wet. Continue to stir until completely mixed.

Fill muffin cups to 3/4 full.

Bake for 16–18 minutes or until the top is spongy and lightly browned. Remove from oven, and let cool for at least 10 minutes.

NUTRITIONAL INFO (PER ONE MUFFIN):

Calories	Carbs	Fat	Protein	Sodium	Sugar
242.6	17g	16g	11.75g	73.9mg	10g



SPARKLING GRAPEFRUIT SPRITZER

SERVES 4

INGREDIENTS

8 sprigs fresh mint leaves
4-8 basil leaves
1 lime cut into quarters
12-16 ice cubes
3-4 grapefruits juiced
2 cups sparkling water such as La Croix or Pellegrino

INSTRUCTIONS

Divide basil and mint among glasses. Squeeze $\frac{1}{4}$ of lime into bottom of glass. Muddle with a spoon or mortar.

Divide ice among glasses. Pour grapefruit juice evenly divided into each glass. Top off with sparkling water. Stir together and enjoy!

NUTRITIONAL INFO (PER 1 GLASS):

Calories	Carbs	Protein	Sugar
80	18g	2g	17g