

FREE GUIDE



BREAKFAST GUIDE

by The Blondie Pie



Good Morning,

y'all!



Many of you have heard about the importance of mornings. The way you start the day increases your attitude for the day ahead!

Breakfast can change your perspective on the upcoming day—or even life! I truly believe in it because it once changed my life. But unfortunately, people often underestimate it!

This guide will help you change how you look at common ingredients you probably use daily and build the new habit of treating yourself better! Every single morning of your week (+1 **Extra day** because I love to share!!)

So here are eight fast, delish & healthy breakfast ideas! Hope you will enjoy them!



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ZUCCHINI PANCAKES

INGREDIENTS:

1 CUP GRATED ZUCCHINI
2 1/4 CUPS FLOUR (WHOLE
WHEAT/ALL-PURPOSE)
2 CUPS KEFIR OR BUTTERMILK
4 TBSP UNSALTED BUTTER

2 EGGS
1 TBSP GRANULATED SUGAR
2 TSP BAKING POWDER
1/2 TSP SALT
BLACK PEPPER, GRANULATED GARLIC

1. IN A LARGE BOWL, WHISK TOGETHER ALL DRY INGREDIENTS.
2. WHISK TOGETHER ROOM TEMPERATURE INGREDIENTS: KEFIR, MELTED BUTTER, EGGS, AND VANILLA EXTRACT IN A MEDIUM BOWL.
3. HEAT A PAN ON A MEDIUM HEAT. SPRAY WITH COOKING SPRAY (IF YOU HAVE A NON-STICK - JUST SKIP THIS STEP). POUR 1 SCOOP (I USE THE ICE-CREAM ONE) OF BATTER FOR EACH PANCAKE, ON A HEATED SKILLET. COOK UNTIL THE SURFACE OF THE PANCAKES HAS SOME BUBBLES, ABOUT 2-3 MINUTES. TURN AND COOK UNTIL BROWNED.

NOTES: SERVE WITH GREEK YOGURT, YOUR FAVORITE VEGGIES AND GREENS, SMOKED SALMON, AND CREAM CHEESE WITH HERBS (AS I DID).

ENJOY!



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CHIA PUDDING

INGREDIENTS:

½ CUP CASHEW MILK (OR ANY OTHER)
1 ½ TBSP CHIA SEEDS
¼ TSP VANILLA PASTE OR EXTRACT

1 TSP MAPLE SYRUP OR HONEY
(OPTIONAL)
2 TSP PUREE OF MANGO
MINT LEAVES

1. PUT MILK, VANILLA, AND SYRUP INTO A MASON JAR OR GLASS AND MIX WELL.
2. THEN ADD CHIA SEEDS AND START TO MIX AT THE SAME EXACT MOMENT. THEY BEGIN TO OXIDIZE VERY QUICKLY AND THIS CAN MAKE MIXING DIFFICULT IF YOU LEAVE THE SUBSTANCE UNATTENDED EVEN FOR A SHORT TIME.
3. PUT SOME MANGO PUREE ON THE TOP, DECORATE WITH A MINT LEAF, AND LEAVE AT LEAST 1,5 HOURS IN A FRIDGE (OR OVERNIGHT).

NOTES: YOU CAN CHOOSE ANY BERRIES, FRUITS, OR/AND NUTS FOR A TOPPING.

ENJOY!



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ERINGI QUINOA

INGREDIENTS:

1 CUP QUINOA, RINSED
1 3/4 CUPS WATER (OR BROTH)
2-3 ERINGI MUSHROOMS
1 CUP BABY SPINACH
1/2 AVOCADO

1 TBSP TAHINI SAUCE
1/2 TSP SALT
BLACK PEPPER
GRANULATED GARLIC
SMOKED PAPRIKA

1. COMBINE THE QUINOA WITH WATER (OR ANY BROTH IF YOU'D LIKE TO HAVE A RICHER FLAVOR) IN A MEDIUM POT, AND BRING TO A BOIL. ADD SOME SALT, COVER, REDUCE THE HEAT, AND SIMMER FOR 12-15 MINUTES. THEN REMOVE IT FROM THE HEAT AND LET IT SIT, COVERED FOR 10 MORE MINUTES.
2. CUT THE ERINGI LENGTHWISE, FOR 3-4 PCS EACH.
3. HEAT A PAN ON A MEDIUM HEAT. SPRAY WITH COOKING SPRAY (IF YOU HAVE A NON-STICK - JUST SKIP THIS STEP). PUT SLICED MUSHROOMS ON IT AND FRY, ABOUT 2-3 MINUTES ON EACH SIDE, UNTIL BROWNEED. SEASON IT WITH SALT, AND PEPPER, ACCORDING TO TASTE.
4. PLACE EVERYTHING ON A PLATE: FLUFF THE QUINOA; ADD MUSHROOMS AND PUT BABY SPINACH WITH CHOPPED OR SLICED AVOCADO ON A SIDE, SEASON WITH A LIL BIT OF SALT, PEPPER, GARLIC, AND PAPRIKA.

NOTES: YOU CAN ALSO SPRINKLE EVERYTHING WITH SOME FAVORITE SEEDS OR EVEN NUTS - HEMP, PUMPKIN, SUNFLOWER, SESAME, ETC.

ENJOY!



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OVERNIGHT OATS

INGREDIENTS:

½ CUP WHOLE ROLLED OATS
½ TBSP CHOPPED CASHEWS
½ TSP CHIA SEEDS
½ TSP HEMP SEEDS

1 CUP CASHEW MILK (OR ANY OTHER)
1 TSP MAPLE SYRUP OR HONEY
⅓ CUP FRESH OR FROZEN BERRIES
½ TSP VANILLA EXTRACT

1. IN A LIDDED JAR, COMBINE OATS, CHIA, HEMP SEEDS, AND NUTS.
2. ADD VANILLA EXTRACT, SYRUP, AND MILK.
3. CLOSE AND TIE THE JAR AND MIX INTENSIVELY FOR A MINUTE.
4. OPEN THE JAR, AND ADD SOME FROZEN BERRIES ON TOP. CLOSE THE JAR BACK AND PUT IT IN THE FRIDGE MINIMUM FOR 6 HOURS OR OVERNIGHT.
5. REMOVE FROM THE FRIDGE 10-15 MINUTES BEFORE EATING. ENJOY!

NOTES: - PLEASE, REMEMBER THAT CHIA SEEDS CAN STICK TOGETHER PRETTY FAST AFTER YOU ADD THE LIQUIDS. SO TRY TO MIX EVERYTHING IMMEDIATELY AFTER ADDING THE LAST ONES.
- DO NOT IGNORE THE VARIETIES! YOU CAN COLOR YOUR BREAKFAST BASE WITH DIFFERENT FLAVORS - NUTS OR NUT BUTTER, BERRIES OR FRUITS - PUREED OR CUT, FRESH OR SAUTEED, CHOCOLATE OR CLASSY VANILLA, BASED ON WHOLE OR PLANT MILK... WHATEVER YOU CHOOSE, FOLLOW YOUR FEELINGS AND WHAT FEELS GOOD FOR YOU!
- CHECK THE CONSISTENCY! DEPENDING ON WHETHER YOU LIKE IT THINNER OR THICKER YOU CAN ADD MORE MILK. BOTH - AT THE VERY BEGINNING OR JUST BEFORE EATING.

ENJOY!



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COTTAGE CHEESE PANCAKES

INGREDIENTS:

1 CUP COTTAGE CHEESE
1/4 CUP ALL-PURPOSE FLOUR
3 EGGS
1/4 TEASPOON SALT

2 TBSP MELTED BUTTER OR OLIVE OIL
GREEK YOGURT, MAPLE SYRUP AND BERRIES OPTIONAL

1. BLEND COTTAGE CHEESE IN A BLENDER FOR AROUND 5-10 SEC (OR STRAIN IT IN A SIEVE WITH A SPOON, INTO A BOWL).
2. LIGHTLY BEAT EGGS IN A MEDIUM BOWL, ADD COTTAGE CHEESE, MELTED BUTTER OR OIL, FLOUR, AND SALT. MIX WELL.
3. HEAT A NON-STICK PAN (IF YOU DON'T HAVE IT - USE ANY OTHER WITH SOME OIL FOR FRYING) OVER MEDIUM-HIGH HEAT.
4. USE A TABLESPOON OR COOKIE SCOOP TO DROP THE BATTER ONTO THE PAN (2-4 PANCAKES, DEPENDING ON PAN SIZE). FRY UNTIL LIGHTLY BROWNED, AROUND 2 MINUTES PER SIDE.

NOTES: DECORATE WITH SOME YOGURT, BERRIES, AND MAPLE SYRUP.

ENJOY!



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OPEN-FACED SANDWICH

INGREDIENTS:

2 SLICES HIGH FIBER BREAD
(SUNFLOWER SEED, PUMPERNICKEL OR
WHOLE RYE)
2 TSP HUMMUS

1 CUP BABY SPINACH
4 MARINATED ARTICHOKE HEADS
EXTRA VIRGIN OLIVE OIL FOR
SPRINKLING

1. SPREAD HUMMUS ON EACH SLICE OF BREAD (1 SPOON FOR 1 SLICE).
2. CUT SPINACH SO IT WILL BE COMFY TO BITE. ARRANGE THE LEAVES ON
THE BREAD
3. PLACE THE ARTICHOKE QUARTERS ON TOP (OR SPREAD THE PETALS
OVER THE SURFACE).
4. LIGHTLY SPRINKLE WITH OLIVE OIL.

ENJOY!



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BALANCED SIMPLICITY

INGREDIENTS:

1 LARGE EGG | TBSP WHOLE MILK
1/2 CUP ROLLED OATS
1 CUP BOILED WATER
1 TBSP OIL
1 BUNCH FAVORITE GREENS

1 LITTLE CUCUMBER
1/2 TSP HEMP SEEDS
1/2 TSP PUMPKIN SEEDS
SALT
BLACK PEPPER

1. IN A MEDIUM BOWL MIX TOGETHER OATS, SALT, AND HOT WATER. COVER WITH SOME PLATE. SET ASIDE.
2. IN A SMALL BOWL COMBINE EGG, MILK, SALT, AND PEPPER WITH A WHISK.
3. HEAT A SKILLET (YOU CAN USE NON-STICK THEN YOU DON'T NEED ANY OIL) OVER HIGH HEAT. ONCE HOT, SPRAY WITH OIL. REDUCE HEAT TO LOW. ADD THE EGG MASS. COVER WITH A LID AND LEAVE FOR 1,5 - 2 MINUTES. TURN OFF THE HEAT.
4. CUT THE CUCUMBER. SET ASIDE.
5. TAKE A WIDE SEMI-DEEP PLATE. PUT EVERYTHING TOGETHER. OUR OATS AND OMELET. ADD A BUNCH OF GREENS AND CUCUMBER. SPRINKLE EVERYTHING WITH THE SEEDS, SOME SALT, PEPPER AND OIL.

NOTES: YOU CAN ADD ALL YOUR LOVELY GREENS, VEGGIES, OR SEEDS HERE. ANYTHING THAT MAKES YOU FEEL BETTER. LISTEN TO YOUR BODY.

ENJOY!



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QUINOA SALMON BOWL

INGREDIENTS:

1/2 CUP COOKED TRICOLOR QUINOA
2 CUPS SPRING MIX OR BABY SPINACH
1 EGG
2 TSP WATER
1/2 AVOCADO
2-4 SLICES SALTED/SMOKED SALMON
1 TSP BUTTER

CILANTRO
1 TSP LIME JUICE
1/2 TSP HONEY
1/4 TSP DIJON MUSTARD
2 TSP OLIVE OIL
1/2 TSP SALT
BLACK PEPPER, SMOKED PAPRIKA,
GARLIC POWDER TO TASTE

1. HEAT WELL A MEDIUM PAN OVER MEDIUM-LOW HEAT, ADD OIL IF NEEDED (NON-STICK DOESN'T), AND CRACK AN EGG, ONCE YOUR EGG WHITES ARE ABOUT 80% COOKED AND THE EDGES ARE SLIGHTLY BROWNED, ADD IN WATER AND COVER. COOK FOR 1 - 2 MIN (DEPENDING ON YOUR YOLK PREFERENCE), SEASON, SET ASIDE.
2. THE SECRET BASE! IN A WIDE BOWL, COMBINE GREENS, CUTTED CILANTRO, AND CUTTED OR JUST SMASHED AVOCADO. AND MASSAGE YOUR GREENS WITH YOUR HANDS! SO AVOCADO WILL GREASE IT COMPLETELY. THIS IS A GAME-CHANGER, TRUST ME!
3. CUT SALMON SLICES AND ADD TO QUINOA, MIX.
4. ADD THE QUINOA WITH SALMON ON THE GREENS.
5. IN A SMALL BOWL MIX LIME JUICE, HONEY, MUSTARD, AND OIL. DRIZZLE ALL OVER QUINOA.
6. ADD THE EGG ON THE TOP.

ENJOY!



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Cook with Me and Get More

I do not like the loudness of the "mission idea" on Social Media, but I love changing people's perspectives about cooking!

I would love to share some knowledge I have collected passionately through cooking over the last two decades.

So here is the point!

If you want to cook easily and diversely by becoming the chef in your own kitchen - let's start this journey together!

For the beginning - start with cooking by following this brochure I made for you with love!

Share your photo and video recipes on Instagram or Facebook by tagging **@theblondiepie**, using the hashtag **#cookingwiththeblondiepie** and you will receive another Recipe brochure with Healthy & Yummy Sweets!

www.theblondiepie.com



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