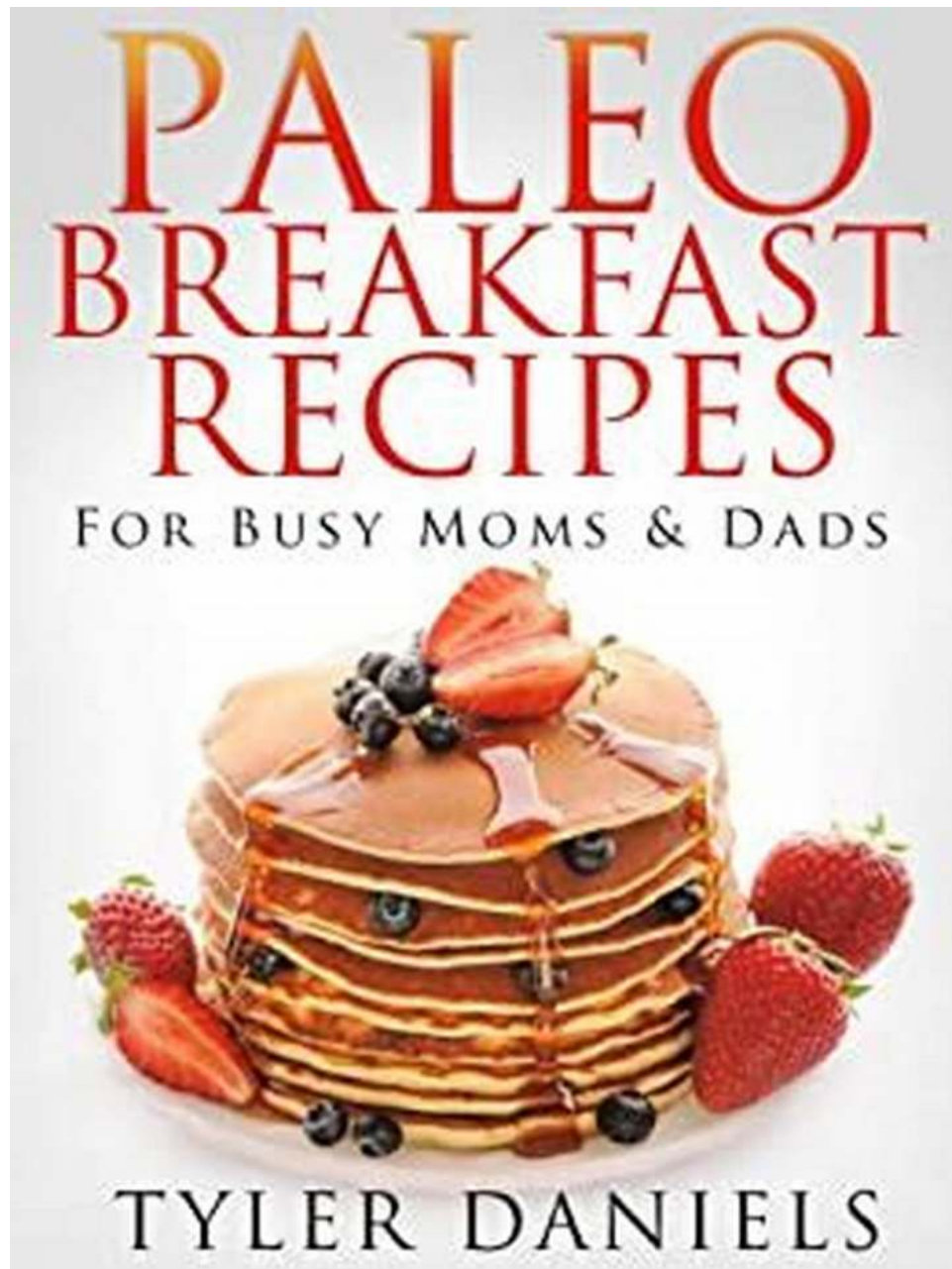


Paleo Breakfast Recipes For Busy Moms And Dads

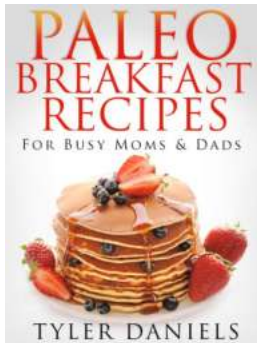


Mornings are often chaotic for busy moms and dads, especially when it comes to preparing a healthy breakfast for the entire family. With the increasing popularity of the paleo diet, finding nutritious and quick recipes that satisfy everyone's taste buds can be a challenge. However, worry not as we have gathered some

delicious and hassle-free paleo breakfast recipes that will keep your mornings stress-free and your family happy!

1. Sweet Potato Hash

Ingredients:



Paleo Breakfast Recipes: For Busy Moms and

Dads by Tyler Daniels (Kindle Edition)

★★★★☆ 4 out of 5

Language : English
File size : 969 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 112 pages
Lending : Enabled



- 2 medium-sized sweet potatoes
- 1 bell pepper, diced
- 1 onion, diced
- 4 slices of bacon, cooked and crumbled
- 4 eggs
- 2 tablespoons of olive oil
- Salt and pepper to taste

Instructions:

1. Peel and dice the sweet potatoes into small cubes.
2. In a large skillet, heat the olive oil over medium heat.
3. Add the diced sweet potatoes and cook until they are tender and slightly browned.
4. Add the diced bell pepper and onion to the skillet and cook for another 5 minutes.
5. In a separate pan, fry the eggs to your desired doneness.
6. Season the hash with salt and pepper and sprinkle the cooked bacon on top.
7. Serve the sweet potato hash with the fried eggs on the side.

2. Banana Pancakes

Ingredients:

- 2 ripe bananas
- 2 eggs
- 1/2 teaspoon of cinnamon
- 1/4 teaspoon of vanilla extract
- Coconut oil for cooking
- Maple syrup or honey for serving

Instructions:

1. Mash the bananas in a bowl until they become smooth.

2. Add the eggs, cinnamon, and vanilla extract to the mashed bananas and mix well.
3. Heat a non-stick skillet over medium heat and add a small amount of coconut oil.
4. Spoon about 1/4 cup of the batter onto the skillet and spread it into a circular shape.
5. Cook for about 2-3 minutes on each side until golden brown.
6. Repeat the process with the remaining batter.
7. Serve the banana pancakes with maple syrup or honey.

3. Avocado Egg Cups

Ingredients:

- 2 ripe avocados
- 4 eggs
- Salt and pepper to taste
- Chopped fresh herbs (optional)

Instructions:

1. Preheat the oven to 425°F (220°C).
2. Cut the avocados in half and remove the pits.
3. Scoop out a small portion of the flesh from each avocado half to create space for the egg.
4. Place the avocado halves on a baking sheet.

5. Crack one egg into each avocado half.
6. Season with salt and pepper.
7. Bake for about 12-15 minutes or until the egg whites are set.
8. Remove from the oven and sprinkle with chopped fresh herbs if desired.

4. Spinach and Bacon Frittata

Ingredients:

- 8 eggs
- 1/2 cup of coconut milk
- 1 cup of spinach
- 4 slices of bacon, cooked and crumbled
- 1/2 onion, diced
- Coconut oil for cooking
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 375°F (190°C).
2. In a mixing bowl, whisk together the eggs, coconut milk, salt, and pepper.
3. Heat an oven-safe skillet over medium heat and add a small amount of coconut oil.
4. Sauté the diced onion until translucent.
5. Add the spinach and cook until wilted.

6. Pour the egg mixture into the skillet and sprinkle the cooked bacon on top.
7. Cook for about 3-4 minutes until the edges start to set.
8. Transfer the skillet to the preheated oven and bake for 15-20 minutes or until the frittata is set and slightly golden.
9. Remove from the oven, let it cool slightly, and slice into wedges.

5. Berry Nutty Smoothie

Ingredients:

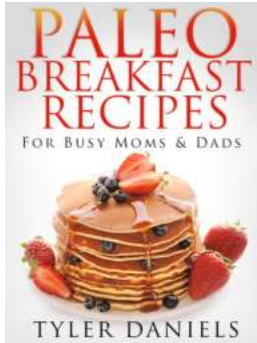
- 1 cup of mixed berries (e.g., strawberries, blueberries, raspberries)
- 1 ripe banana
- 1 cup of unsweetened almond milk
- 2 tablespoons of almond butter
- 1 tablespoon of chia seeds (optional)

Instructions:

1. Combine all the ingredients in a blender.
2. Blend until smooth and creamy.
3. Pour into glasses and serve immediately.

Incorporating the paleo diet into your busy mornings doesn't have to be complicated. With these easy and flavorful recipes, you can ensure that your family gets a nutritious start to their day. From savory options like the sweet potato hash and avocado egg cups to sweeter treats like the banana pancakes, these paleo breakfast recipes will keep everyone satisfied and energized

throughout the morning. Remember, a well-balanced breakfast sets the tone for a successful day, so take the time to prioritize your family's health and happiness by preparing these delicious paleo dishes.



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Looking for some tasty Paleo breakfast recipes?

This book has you covered. You'll find everything from frittatas, smoothies and scrambles to muffins, pancakes and other baked goodness. Here are a sample of some recipes you'll find:

Summer Surprise Blueberry Muffins

Biting into these muffins reminds us of walking through a primordial forest and stumbling on a dewy, glistening patch of fresh blueberries. How could you help but gobble up every juicy, surprising morsel? We think you'll love the way the berries form little pockets of sweetness throughout the dough.

Arizona Dawn Sweet Potato Frittata

If a meal seems more appetizing to you when it's beautiful to look at, prepare to salivate. Not only does this dish taste like the best of wild, Southwest American cuisine, it also incorporates the gorgeous colors of the Southwest landscape: red (sweet potatoes) like the towering rocks, green (bell pepper) like mountain pine, and yellow (egg) of the glorious morning sun. Great for special occasion brunch or first course.

Solstice Spice Pancakes

Don't wait until Halloween to try these magical pancakes. The earthy nutmeg, barky cinnamon, and snappy ginger evoke memories of pumpkin pie, autumn harvest, and huddling together before a roaring bonfire.

And plenty more...

Hi, I'm Tyler Daniels and food is my passion. I have cooked and experimented with different cuisines, styles, and approaches to food that eventually led me to stand behind Paleo for a good reason. Since 2010, when I first stumbled upon Paleo, the Paleolithic lifestyle has helped me boost my energy and fitness levels into new heights and allowed me to beat my chronic acid-reflux problems; I am a living, breathing example of Paleo's efficiency and that's part of the reason I decided to write this book.

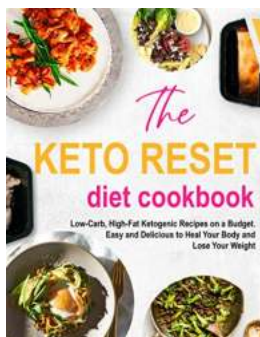
The recipes contained within this book's pages are the result of three years worth of cooking and experimenting with Paleo on all levels. Before Paleo, my cooking was limited to "making" sandwiches, mixing bowls of cereals, and preparing meals that didn't involve any cooking skills; I was suffering from culinary blindness.

When I encountered Paleo though, something stirred in me. Reluctantly at first, I started exploring the Paleolithic diet and, as I delved deeper and deeper into the truth of eating healthily, my excitement and inhibitions vanished; I had realized that Paleo is the real deal.

In the past, I didn't even like vegetables and my tastes (as well as my food imagination) were depressingly limited in scope. Paleo changed all that and opened my eyes into the real world: a world of colorful vegetables, powerful tastes (without dangerous additives), and healthy eating. Over the last three years, I have grown to love cooking. It is a profound sense of pride I get from knowing that I can provide healthy meals for myself and my family: a security in simple ingredients and down-to-earth honest cooking recipes.

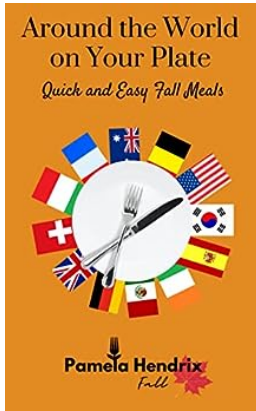
One of my goals from writing this book is to share this sense of pride from cooking responsibly with my readers and perhaps motivate you into experiencing the Paleolithic lifestyle that helped me so profoundly.

Scroll up to the top of this page and "Click to Look Inside" to start your own Paleo Breakfast adventure!



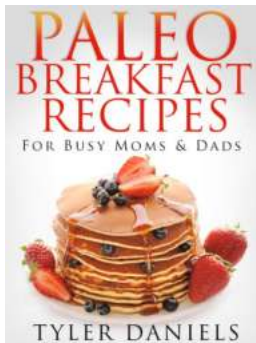
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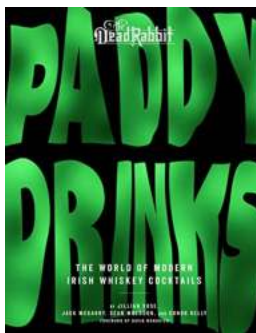
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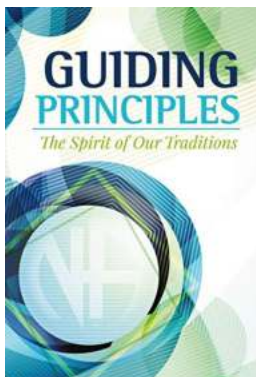
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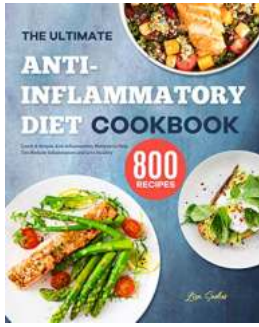
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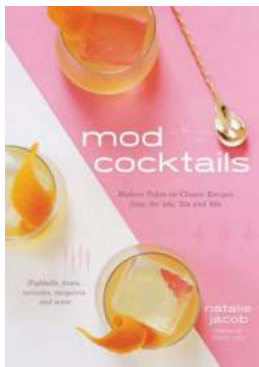
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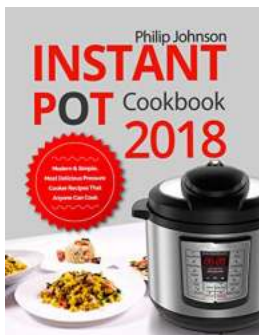
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