



Carrie Rubin  
Health Coaching

*Helping busy moms build healthier, happier families!*

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## Real Foods Breakfasts



### “Mom’s Breakfast” (Breakfast Chia Pudding)

#### INGREDIENTS

- 1 banana
- ½ tbsp cocoa powder
- ½ cup whole oats
- 2 tbsp chia seeds
- 1 tsp vanilla extract
- 1 cup milk of choice
- 1-2 tbsp nut butter

#### INSTRUCTIONS

- Mash banana with cocoa powder in a lidded container
- Add cocoa powder, oats, chia seeds, and vanilla extract
- Cover with milk of choice, stirring well
- Put in refrigerator overnight (ideal) or allow to sit at least 10 minutes so chia seeds can soak up liquid and soften
- In morning/after soaking stir in nut butter and enjoy!

### Mug Pie

#### INGREDIENTS

- 1 egg
- 1 tbsp cocoa powder
- 3 tbsp almond meal
- 1/8 tsp baking soda
- Dash of salt
- 1-2 tbsp honey, maple syrup or jelly (amount depends on how sweet you want your mug pie to be)

#### INSTRUCTIONS

- Mix all ingredients well in a microwave safe mug
- Microwave for 2 minutes on high



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## Banana Mug Pie

### INGREDIENTS

- 1 egg
- 1 tbsp cocoa powder
- 1 small ripe banana
- 1/8 tsp baking soda
- Dash of salt
- 1.5 tbsp nut butter of choice

### INSTRUCTIONS

- Mix all ingredients well in a microwave safe mug
- Microwave for 2 minutes on high

## Uncle Elvis Pancakes

### INGREDIENTS

- 1 egg
- 1 tbsp cocoa powder
- 1 small ripe banana
- 1 tbsp peanut butter

### INSTRUCTIONS

- Mix all ingredients well a bowl or large measuring cup
- Cook like regular pancakes on a heated, oiled griddle or large pan!

You can also change up this recipe by omitting peanut butter and/or cocoa powder, or adding in cinnamon or other favorite spices.

## Chocolate Mug Pie

High in fiber! Really light and airy; can't taste the coconut flour. Delicious!

### INGREDIENTS

- 1 tbsp cocoa powder
- 2 tbsp coconut flour
- 1/4 tsp baking soda
- 1/4 cup milk of choice
- 1.5 tbsp maple syrup or honey
- 1 egg

### INSTRUCTIONS

- Add coconut flour, cocoa powder, and baking powder to a microwave-safe mug or bowl. Stir until well combined.
- Add sweetener of choice and milk, stirring until no clumps remain before adding in your egg. Use a fork or whisk to beat the egg into the batter, making sure that it is fully incorporated.
- Microwave on high for 2½ to 3 minutes, depending on microwave strength and thickness of mug.
- Remove from microwave, grab a spoon, and enjoy!



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## Oatmeal Mug Pie

### INGREDIENTS

- 1/4 cup quick oats
- 1 egg
- small handful of blueberries (or dried cranberries, raisins, or other dried fruit)
- 1 tbsp brown sugar (or more, depending on how sweet you'd like it)
- 1 tbsp milk of choice

### INSTRUCTIONS

Mix it all up into a coffee mug. Put it in the microwave for two minutes or until done.

## Pumpkin Pecan Mug Pie

### INGREDIENTS

- 2 Tbsp coconut flour
- 1/4 tsp baking powder
- 1 tsp pumpkin pie spice
- 1/2 tsp vanilla extract
- 3 Tbsp pumpkin puree (not pumpkin pie)
- 1/4 c milk of choice
- 1 egg
- 1.5 Tbsp honey, maple syrup or molasses
- 1-2 Tbsp chopped pecans (optional)

### INSTRUCTIONS

- In a large mug combine coconut flour, baking powder, and pumpkin pie spice
- Add the vanilla extract, pumpkin puree and milk into the flour spice mixture and stir until well blended
- To the pumpkin batter, add egg, sweetener, and pecans. Stir until everything is mixed together.
- Place in microwave and cook on medium-high heat for 2 minutes, a little longer if the center still looks raw
- Remove and allow to cool for a few minutes

## Plantain Pancakes

### INGREDIENTS

- 2 ripe plantains
- 2 eggs
- 1 tablespoon coconut flour
- 1/2 scoop protein powder, optional
- Pinch of sea salt
- 1-2 tablespoons coconut oil or your fat of choice

### INSTRUCTIONS

- Peel the plantains and cut them into large chunks. Load all the ingredients into a food processor. Run the processor until all the ingredients are smooth and a batter has formed.
- Heat a large skillet over medium-low heat. Add about 1 heaping teaspoon of coconut oil or your fat of choice to the pan and let it melt. Form pancakes using about 2 Tablespoons of batter. Cook approximately 3 minutes on each side or until each side is golden brown.  
<http://breakingmuscle.com/recipes/plantain-protein-pancakes-recipe>



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## Chunky Monkey Cookies

Yes, it's true! Cookies for breakfast!!

### INGREDIENTS

- 3 ripe bananas
- 2 cups old-fashioned oats
- 1/4 cup creamy peanut butter
- 1/4 cup unsweetened cocoa powder
- 1/3 cup unsweetened applesauce
- 1 tsp. vanilla extract

### INSTRUCTIONS

Preheat oven to 350°F. Mash bananas in a large bowl, then stir in remaining ingredients. Let batter stand for approximately 20 minutes, then drop by tablespoonful onto ungreased cookie sheet. Bake 10-12 minutes.

<http://www.sixsistersstuff.com/2012/05/skinny-chunky-monkey-cookies-recipe.html>

## Pumpkin Breakfast Cookies

### INGREDIENTS

- 1/4 cup coconut oil, melted
- 1/4 cup honey
- 1 cup rolled oats
- 1 cup quick cooking oats
- 2/3 cup dried cranberries
- 2/3 cup pumpkin seeds
- 1/4 cup ground flax
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon salt
- 1/2 cup pumpkin puree
- 2 eggs, beaten

### INSTRUCTIONS

- Preheat oven to 325 F. Line a baking sheet.
- In a small bowl warm Spectrum® coconut oil and honey (either microwave, inside preheating oven or on the stove top).
- In a large bowl combine both kinds of oats, cranberries, pumpkin seeds, ground flax, pumpkin pie spice and salt. Add pumpkin puree, eggs and warmed coconut oil and honey. Stir until fully combined.
- Drop about 1/4 cup sized scoops of the mixture onto a cookie sheet and flatten (cookies won't spread while baking). Bake for about 15-20 minutes until edges are lightly browned.
- Let cookies cool on baking sheet before moving to an airtight storage container.

<http://leelalicious.com/pumpkin-breakfast-cookies/>

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