



*Aloha recipe*

# HEALTHY BREAKFAST RECIPES

Delicious • Creative

**ALOHA**  
WWW.ALOHA.COM



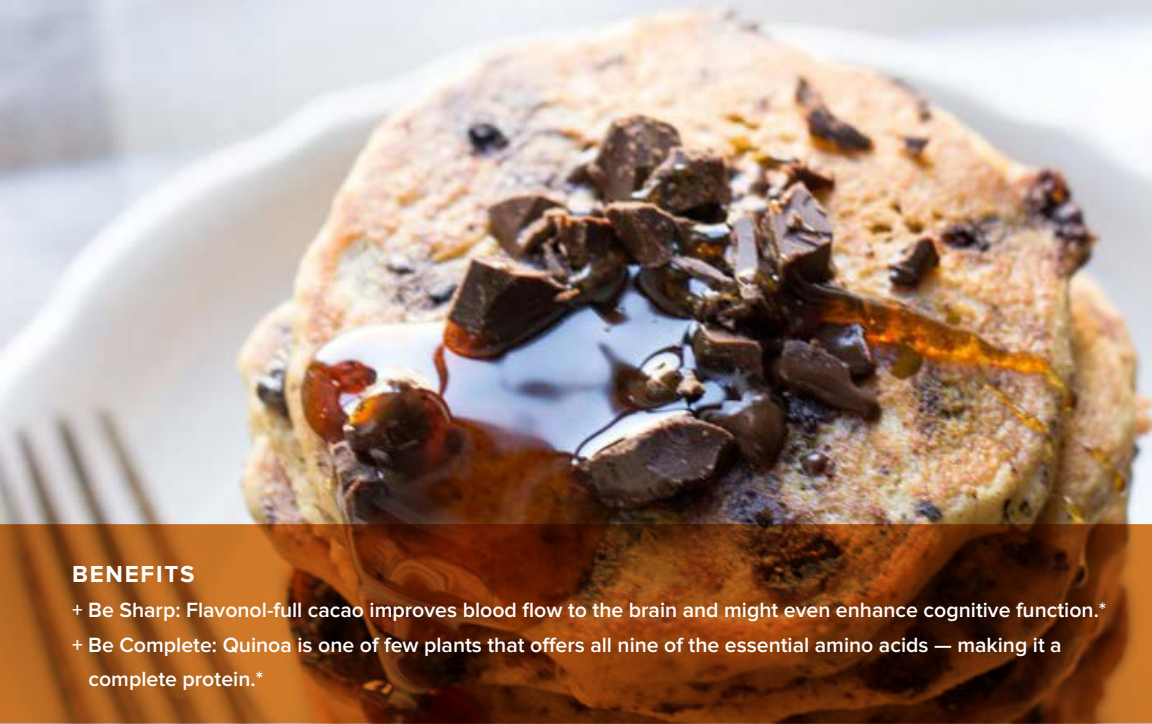
It's hard to find someone who doesn't like breakfast foods. Whether it's brunch or "linner," we find excuses to eat breakfast 24/7. But thanks to its penchant for sugary or fatty treats, breakfast can easily fall into the unhealthy food category. That's why we took our favorite dishes — pancakes, muffins, scrambles — and turned them into superfood powerhouses.

We also included a few grab-and-go options that are must-haves on a crazy workday morning. Simple recipes, fresh ingredients, and nutrient-dense ALOHA goodness make breakfast not only the most important meal of the day, but the healthiest one too!

The calorie counts for the following recipes are approximate. Exact calculations vary based on the size of the chosen ingredients, in addition to other variables.

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.





**BENEFITS**

- + Be Sharp: Flavonol-full cacao improves blood flow to the brain and might even enhance cognitive function.\*
- + Be Complete: Quinoa is one of few plants that offers all nine of the essential amino acids — making it a complete protein.\*

VEGAN • SOY-FREE • GLUTEN-FREE • HIGH FIBER • PROTEIN

# Superfood Chocolate Quinoa Pancakes

**PREPARATION**

Preheat a griddle over medium heat. In a mixing bowl, whisk dry ingredients. Add wet ingredients and mix well. Roughly chop the chocolate and fold into batter. Lightly grease your griddle with coconut oil. Pour about ¼ cup of batter per pancake on the griddle. Cook until small bubbles form, about two to three minutes. Flip and cook for another minute to two, until golden brown. Transfer to a wire rack and repeat. Serve pancakes warm with pure maple syrup and chocolate shavings.

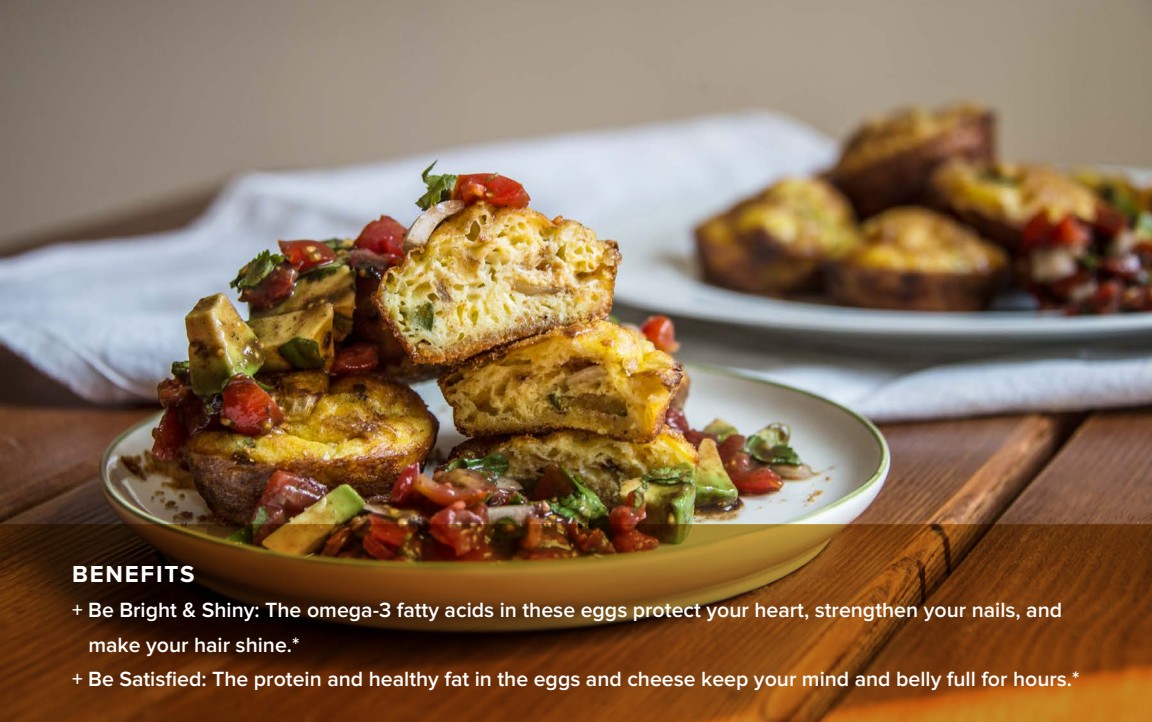
**INGREDIENTS**

- 1 cup toasted quinoa flour
- ½ cup almond flour
- 2 tablespoons arrowroot starch
- 2 teaspoons baking powder
- ½ teaspoon sea salt
- 2 tablespoons coconut sugar
- 1 ¼ cups non-dairy milk
- 2 flax eggs (2 tablespoons flaxseed meal + 3 tablespoons water)
- 3 tablespoons melted coconut oil
- 2 bars of ALOHA Superfood Chocolate

\*Yields 10-12 pancakes

NUTRITION INFO: 2-3 Pancakes			
452	Calories	12g	Sugar
29g	Fat	6g	Dietary Fiber
15g	Sat Fat	8g	Protein





**BENEFITS**

- + **Be Bright & Shiny:** The omega-3 fatty acids in these eggs protect your heart, strengthen your nails, and make your hair shine.\*
- + **Be Satisfied:** The protein and healthy fat in the eggs and cheese keep your mind and belly full for hours.\*

GLUTEN-FREE • SOY-FREE • VEGETARIAN • LOW SUGAR

# Healthy Cheddar Egg Frittata Muffins

**PREPARATION**

Preheat oven to 375°F. Heat a frying pan on medium heat. Add half a tablespoon of olive oil, the chopped onions, and shredded zucchini. Cook until lightly golden — set aside to cool. In a bowl whisk the eggs thoroughly. Blend in the cheese, one tablespoon of oil, and salt. Add the sautéed zucchini and onions. Spray or grease your muffin tin with any oil. Fill the cups ¾ of the way with the egg mixture. Bake for 15 minutes. Make your salsa by combining the chopped veggies with the lemon juice and Daily Good Greens. When the frittatas are done, place on a large plate, top with the salsa, and serve!

NUTRITION INFO: 2 Muffins			
100	Calories	1g	Sugar
6g	Fat	0g	Dietary Fiber
2g	Sat Fat	2g	Protein

**INGREDIENTS**

**Frittatas**

- 6 large organic eggs
- 1 ½ tablespoons olive oil
- ½ cup finely chopped sweet onion
- ½ cup shredded zucchini
- 1 cup cheddar cheese, grated
- 1 teaspoon salt

**Avocado Salsa**

- 1 cup cherry tomatoes, sliced
- ½ ripe avocado
- ½ lemon, juiced
- ¼ cup chopped sweet onion
- ¼ cup chopped fresh cilantro
- ½ packet ALOHA Daily Good Greens

\*Yields 12 muffins



## BENEFITS

- + Be Light: Low in both calories and sugar.\*
- + Be Free: Ditch refined sugar, soy, dairy, gluten, and eggs.\*
- + Be Regulated: Chia seeds are a great source of dietary fiber.\*

GLUTEN-FREE • VEGAN • LOW-SUGAR • LOW CALORIE • SOY-FREE

# Blueberry Vanilla Protein Muffins

## PREPARATION

Preheat oven to 375°F. In a bowl, mix all of the dry ingredients together. Add wet ingredients and stir. Add the blueberries. Lightly spray a muffin tin and fill each cup about 3/4 of the way full. Bake for 15-20 minutes or until tops are firm and golden brown.

## INGREDIENTS

- 1 ½ cups gluten-free oat flour
- 2 scoops ALOHA Vanilla Protein
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 tablespoon chia seeds
- 2 teaspoons cinnamon
- ⅓ cup maple syrup
- 1 teaspoon vanilla extract
- ¾ cup almond milk
- 2 tablespoons coconut oil
- 6 ounces yogurt (We used plain Greek coconut yogurt)
- ¾ cup blueberries

## NUTRITION INFO: 1 muffin

<b>141</b>	Calories	<b>8g</b>	Sugar
<b>5g</b>	Fat	<b>3g</b>	Dietary Fiber
<b>5g</b>	Sat Fat	<b>5g</b>	Protein

\*Yield: 12 muffins



**BENEFITS**

- + **Be Fierce:** The beta-glucans in oats help enhance your immune system’s defense against infections.\*
- + **Be Delighted:** Chocolate contains tryptophan, which stimulates serotonin — also known as the “happy hormone.”\*\*

GLUTEN-FREE • VEGAN • SOY-FREE • HIGH FIBER

# Overnight Superfood Oats

**PREPARATION**

Combine all ingredients, except chopped chocolate, in a bowl. Cover and transfer to the fridge to sit overnight. Garnish with chopped chocolate bar and serve alone or with coconut yogurt.

**INGREDIENTS**

- 1/3 cup cooked gluten-free rolled oats
- 1 large, ripe mashed banana
- 1 packet ALOHA Daily Good Chocolate
- 1 tablespoon pure maple syrup or raw honey
- Pinch ground cinnamon
- 1 tablespoon chopped ALOHA Superfood Chocolate bar, for garnish
- Coconut milk yogurt, optional for serving

NUTRITION INFO: 1 serving			
394	Calories	48g	Sugar
8g	Fat	9g	Dietary Fiber
4g	Sat Fat	8g	Protein

\*Yield: 1 serving





## BENEFITS

- + Be Refreshed: Orange zest sharpens the senses in addition to protecting against some cancers.\*
- + Be Light: Coconut sugar is low on the Glycemic Index.\*

VEGAN • SOY-FREE

# Vegan Cranberry Orange Quick Bread

## PREPARATION

Preheat oven to 350°F. Sift dry ingredients in a bowl. Cut in coconut oil until crumbly. Add banana, orange peel, and orange juice, and stir just until mixed and evenly moist. Fold in cranberries, and pour into a lightly greased loaf pan. Bake for an hour and ten minutes.

## INGREDIENTS

- 2 cups whole-wheat flour
- 1 cup coconut sugar
- 1 ½ teaspoons baking powder
- 1 teaspoon salt
- ½ teaspoon baking soda
- ¼ cup coconut oil
- ½ mashed banana
- 1 teaspoon grated orange peel
- ¾ cup orange juice
- 1 ½ cups fresh or frozen cranberries
- 1 packet ALOHA Daily Good Berry

## NUTRITION INFO: ⅓ loaf

<b>280</b>	Calories	<b>28g</b>	Sugar
<b>7g</b>	Fat	<b>1g</b>	Dietary Fiber
<b>6g</b>	Sat Fat	<b>2g</b>	Protein

\*Yield: 1 loaf pan



## BENEFITS

- + **Be Whole:** Carrots are loaded with beta-carotene, a powerful antioxidant that helps prevent cancer and macular degeneration.\*
- + **Be Fit:** The soluble fiber found in oats are great for lowering LDL (the bad) cholesterol. They're also a great source of manganese, which helps keep our blood sugar controlled and our skin taut.\*

GLUTEN-FREE • VEGAN • HIGH-FIBER • SOY FREE

# Carrot Cake Oatmeal

## PREPARATION

Steam chopped carrots until they are soft. Drain excess water and purée the carrots and coconut milk in a blender until smooth. Pour the carrot-milk mixture over the oats, add vanilla, raisins, spices, and maple syrup. Cook for another three to five minutes (if you are using quick oats) or eight to ten minutes (if you are using rolled oats). Take off of the heat and mix in the half packet of Daily Good Berry or Chocolate.

## INGREDIENTS

- ½ cup rolled or quick oats
- ½ cup chopped or grated carrots
- 1 cup coconut or almond milk
- ¼ cup raisins
- ½ teaspoon vanilla
- 1 teaspoon cinnamon
- ¼ teaspoon pumpkin spice
- ½ tablespoon maple syrup, or to taste
- ½ packet ALOHA Daily Good Berry or Chocolate (We tried it both ways and couldn't pick a favorite, each version is so good!)

## NUTRITION INFO: 1 serving

<b>200</b>	Calories	<b>21g</b>	Sugar
<b>3g</b>	Fat	<b>5g</b>	Dietary Fiber
<b>0g</b>	Sat Fat	<b>5g</b>	Protein

\*Yields 2 small servings





## BENEFITS

- + Be Strong: Protein keeps our muscles strong and our minds focused.\*
- + Be Aggressive: With so many antioxidants, free radicals don't stand a chance!\*

GLUTEN-FREE • VEGAN • PALEO • HIGH-FIBER • PROTEIN

# Healthy Almond Vanilla Pancakes

## PREPARATION

Mix all of the pancake ingredients, reserving one tablespoon of Earth Balance. Melt the remaining Earth Balance in a pan on medium heat. Pour about ¼ cup of the batter into the pan. Let cook for about 3 to 5 minutes — check to see if the pancake is sturdy enough to flip by lifting an edge. Flip until cooked all the way through and golden on both sides. Repeat. Meanwhile, prepare the berry topping. Slice strawberries, and rinse the other berries and pat dry. Mix together in a large bowl. Whisk together the lemon juice, honey, and Daily Good Berry, and drizzle over the berries.

### NUTRITION INFO: 2 pancakes

<b>342</b>	Calories	<b>16g</b>	Sugar
<b>23g</b>	Fat	<b>5g</b>	Dietary Fiber
<b>3g</b>	Sat Fat	<b>12g</b>	Protein

## INGREDIENTS

### Pancakes

- 1 ½ cups almond flour
- 2 scoops ALOHA Vanilla Protein
- ½ teaspoon vanilla
- 2 tablespoons Earth Balance, or vegan butter of choice, divided
- 1 organic egg
- ¾ cup unsweetened almond milk
- 2 tablespoons baking powder
- ¼ cup maple syrup
- 2 teaspoons apple cider vinegar

### Double Berry Topping

- 1 cup each blueberries, blackberries, raspberries, and strawberries (four cups total, you can mix and match berries)
- 1 tablespoon lemon juice
- 1 tablespoon honey or maple syrup (optional)
- 1 packet ALOHA Daily Good Berry
- ¼ cup chopped fresh cilantro
- ½ packet ALOHA Daily Good Greens

\*Yield: 10 medium-size pancakes



**BENEFITS**

- + Be Heart-y: Walnuts contain the amino acid l-arginine, which helps fight heart disease.\*
- + Be Vital: Bananas are rich in potassium, which is great for muscle strength and nerve function.\*

GLUTEN-FREE • LOW-SUGAR • VEGETARIAN • GRAIN-FREE

# Banana Nut Protein Muffins

**PREPARATION**

Preheat your oven to 350°F. Spray a muffin tin with cooking spray or fill with wrappers. Mash the bananas in a mixing bowl. Mix in the eggs, yogurt, and sunflower seed oil. Stir until the mixture is smooth. In a separate bowl combine the dry ingredients until there are no lumps. Add dry ingredients to banana mixture — mix well. Scoop the batter into the muffin tins. Top with the chopped walnuts. Bake for 20 to 25 minutes or until a toothpick comes out clean.

**INGREDIENTS**

- 2 cups almond meal flour
- 1 ½ teaspoons baking soda
- ½ teaspoon salt
- 2 scoops ALOHA Chocolate Protein
- 3 ripe bananas
- 2 organic eggs
- ½ cup fat-free Greek yogurt
- ½ cup sunflower seed oil
- ⅓ cup of chopped raw walnuts

**NUTRITION INFO:** 1 muffin

<b>194</b>	Calories	<b>3g</b>	Sugar
<b>16g</b>	Fat	<b>2g</b>	Dietary Fiber
<b>6g</b>	Sat Fat	<b>6g</b>	Protein

\*Yields 16 muffins



## BENEFITS

- + Be Healthy: Kale packs a punch with its vitamins and minerals.\*
- + Be Supported: As members of the allium family, onions support our body's Phase II detoxification process.\*
- + Be Strong: Quinoa is one of nature's best non-meat sources of iron.\*

GLUTEN-FREE • LOW-SUGAR • VEGETARIAN

# Egg Kale Quinoa No-Fry Fritters

## PREPARATION

### Egg, Kale, Quinoa Fritters

Quinoa: Boil two cups of water — add uncooked quinoa and lower heat. Cover and let it simmer for 15-20 minutes. Remove from heat. Preheat oven to 350°F. Grease a baking sheet or line with parchment paper. Measure 2 1/5 cups of cooked quinoa — add to a bowl and let it cool to room temperature. Mix in the eggs, salt, and then the rest of the ingredients. Dollop two to three tablespoons of the batter onto the baking sheet.

### Superfood Yogurt Sauce

Add all ingredients into a jar and shake.

## INGREDIENTS

### Fritters

- 2 ½ cups cooked quinoa
- 4 large organic eggs
- ½ teaspoon fine grain sea salt
- ¾ cup sweet onion, finely chopped
- ¼ cup goat cheese
- 1 large clove garlic, minced
- 1 ½ cups very finely chopped kale
- ½ cup shelled edamame

### Superfood Yogurt Sauce

- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- ½ packet of ALOHA's Daily Good Greens
- 2 tablespoons goat cheese
- 2 tablespoons Greek yogurt

\*Yields 24

## NUTRITION INFO: 2 fritters

<b>142</b>	Calories	<b>1g</b>	Sugar
<b>8g</b>	Fat	<b>2g</b>	Dietary Fiber
<b>2g</b>	Sat Fat	<b>7g</b>	Protein





**BENEFITS**

- + Be Supported: The antioxidants in beets supports the liver's Phase II detoxification process.\*
- + Be Protected: Coconut oil has antifungal and antibacterial properties.\*

VEGAN • LOW CALORIE

# Heart-Shaped Beet Pancakes

**PREPARATION**

Combine dry ingredients in a bowl. Blend the other ingredients, minus the oil, in a food processor. Combine wet and dry mixtures well. Heat a pan on medium temperature. Add one teaspoon of coconut oil to coat the surface. Drop about two tablespoons of batter onto pan to make one pancake (about three inches in diameter). Let it cook for two minutes, then flip and cook for two more minutes. To make heart-shaped pancakes as pictured, I used a metal cookie cutter. Coat the inside edges of your cookie cutter with oil. Place it directly into the pan, and then spoon the batter in to fill it. Remove the cutter after one minute and repeat.

NUTRITION INFO: 2 pancakes			
150	Calories	10g	Sugar
5g	Fat	2g	Dietary Fiber
3g	Sat Fat	2g	Protein

**INGREDIENTS**

- ½ cup cooked beets, chopped
- 1 ripened banana
- ½ cup almond milk
- 1 teaspoon vanilla
- 1 teaspoon fresh lemon juice
- 1 medjool date, pitted
- 1 tablespoon honey
- ½ cup whole-wheat flour
- ½ cup gluten-free oats (uncooked)
- ½ teaspoon baking powder
- 1 pinch salt
- 1 packet ALOHA Daily Good Berry
- 3-4 tablespoons coconut oil

\*Yields 12 pancakes

## CONTRIBUTORS

We hope you enjoy these recipes as much as we have!  
A special thanks to our creators and to our ALOHA family!



### AMIE VALPONE

Amie Valpone, HHC, AADP is the Editor-in-Chief of TheHealthyApple.com; she is a Manhattan Celebrity Chef, Culinary Nutritionist, Professional Recipe Developer, Food Photographer, Writer, and Motivational Speaker. Amie's first cookbook on 'Clean Eating and Detoxing' will come out in the spring of 2016.

### ALYSSA OF SIMPLY QUINOA

Alyssa of SimplyQuinoa.com is passionate about helping you find health, happiness and balance with wholesome recipes and lifestyle tips.



### JILLIAN TUCHMAN

Jillian Tuchman, MS, RD, is ALOHA's in-house nutritionist/dietitian with a passion for merging integrative and holistic disciplines with nutritional science. She holds a Master's degree in nutrition from NYU, is a Registered Dietitian and has studied Ayurveda extensively since 2008. Jillian also maintains a private practice in New York City.

### ALOHA TEAM

When we aren't developing new products, researching, or writing and producing The ALOHA Way, you can find us in the ALOHA kitchen crafting concoctions with our whole food products. We have a passion for healthy living and delicious food and love sharing our recipes with our community.



### PHOTO CREDIT: MIMI MCCORMICK

For more healthy recipe inspiration, visit [ALOHA.com/shop/recipes](http://ALOHA.com/shop/recipes).  
Share your ALOHA recipes with #myaloha.

📱 Follow our journey to health & happiness at @alohamoment!

CAUTION: As with any other dietary supplement, consult your physician before using this product if you are pregnant, nursing, trying to conceive, taking any medications, or have a medical condition.