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## Superfood Pancakes

12 servings

20 minutes

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### Ingredients

1 1/2 cups Simple Mills Pancake And Waffle Mix  
3 Egg  
3 tbsps Unsweetened Almond Milk  
2 tbsps Extra Virgin Olive Oil  
1 tbsp Chia Seeds  
2 tbsps Flaxseed Meal  
3 tbsps Maple Syrup

### Directions

- 1 Combine Simple Mills Pancake Mix, eggs, almond milk, olive oil, flaxseed meal, chia seeds and maple syrup in a large bowl. Whisk until batter forms. If batter is too thick, add almond milk by the tablespoon until desired texture is reached
- 2 Grease a large skillet over medium heat
- 3 Ladle pancake batter into skillet when the pan is hot. Flip pancakes when you begin to see them bubble
- 4 Enjoy topped with almond butter, bananas and maple syrup (optional)

### Notes

Recipe Source: [simplemills.com](http://simplemills.com)

# Veggie Egg Muffins

12 servings

40 minutes

## Ingredients

- 10 Egg
- 1/2 cup Cow's Milk, Reduced Fat
- 1 1/2 tsps Italian Seasoning
- 1 tsp Garlic (minced)
- 1 medium Sweet Potato (peeled and diced)
- 2 cups Broccoli (chopped)
- 1 cup Red Bell Pepper (chopped)
- 1/2 cup Yellow Onion (diced)
- 12 dollops Ricotta Cheese
- 1 Sea Salt & Black Pepper (dash)

## Directions

- 1 Preheat the oven to 400°F. Line a 12-count muffin pan with silicone liners or coat with non-stick cooking spray. Set aside.
- 2 Place the chopped vegetables into a large bowl and lightly season with a dash of salt, pepper, avocado oil or olive oil spray. Line a baking sheet with parchment paper and spread the vegetables into a single layer on the baking sheet. Roast the vegetables until tender, about 20 minutes, tossing the vegetables halfway through cooking. The sweet potatoes may require additional cooking time, you may want to consider roasting these separately.
- 3 Allow veggies to cool and chop into bite sized pieces.
- 4 Divide roasted veggies to muffin cups.
- 5 In a large mixing bowl, crack in the eggs and whisk them together with milk, Italian seasoning and garlic.
- 6 Using a large measuring cup, divide the egg batter evenly among the muffin liners, filling each one about 1/2 to 2/3 full. Top each muffin with a dollop of ricotta cheese.
- 7 Bake the egg muffins for 12-15 minutes, or until set.

## Notes

**Double The Recipe:** Need to feed a crowd? You can easily make a double batch. These are super easy to store for later, so don't be afraid to make more than you need!

**To Prep Ahead:** Roast the vegetables up to 2 days in advance, then add them to the recipe as directed.

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## Granola & Yogurt Parfaits

4 servings

35 minutes

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### Ingredients

1 cup Whole Rolled Oats  
1/4 cup Chopped Walnuts  
1/4 cup Chopped Pecans  
1 tsp Cinnamon  
1/4 tsp Sea Salt  
1 tbsp Melted Coconut Oil  
2 tbsps Maple Syrup  
1 tbsp Almond Butter  
2 cups Plain Greek Yogurt Or Vanilla Yogurt  
1 1/2 cups Blueberries  
1 1/2 cups Strawberries (chopped)

### Directions

- 1 Preheat the oven to 300°F and line a baking sheet with parchment paper.
- 2 In a medium bowl, combine the oats, walnuts, pecans, cinnamon and salt. Drizzle in the coconut oil and maple syrup, then add in the almond butter. Stir until combined. Scoop the granola onto the baking sheet and press the mixture into a 1-inch-thick circle. This will encourage clumping.
- 3 Bake for 15 minutes, rotate the pan halfway, and use a fork to gently break the granola apart just a bit. Bake for 15 minutes more, or until golden brown. Let cool for 15 minutes before serving. If you like additional crunch or sweetness, you can add more nuts, pumpkin seeds or dried fruit once the granola cools.
- 4 Build each parfait by dividing and layering the granola, yogurt and berries.

### Notes

**Optional Add-Ins:** pumpkin seeds, chopped almonds, coconut flakes or dried fruit