

PALEO BREAKFAST RECIPES

29 Paleo Friendly Recipes

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Scrambled Eggs with Mushroom and Pine Nuts

Ingredients

3 eggs
2tbs chives, finely chopped
1cup sliced mushrooms
1tbs oil
1tbs pine nuts
Salt and pepper

Instructions

Place oil in a frying pan on medium heat, fry onions for 3-4min or until slightly browned, remove from pan.

Whisk eggs in a bowl then place in the frying pan, stirring continuously.

When eggs have almost cooked through, add the chives and continue cooking for a further 1min, or until eggs are cooked through. Add salt and pepper to taste.

Remove from heat and stir in mushrooms before serving.



Scrambled Eggs with Basil and Walnuts

Ingredients

3 eggs

½ cup freshly chopped basil

1/3 cup chopped walnuts

Salt and pepper

Instructions

Whisk eggs in a bowl then place in a frying pan on medium heat, stirring continuously.

When eggs have almost cooked through, add the basil and continue cooking for a further 1min, or until eggs are cooked through. Add salt and pepper to taste.

Remove from heat and stir in walnuts before serving.



Grilled Garlic Mushrooms with Bacon

Ingredients

2 cups sliced mushrooms
3 rashers bacon, finely chopped
3 tbs parsley, finely chopped
3 tbs olive oil
3 garlic cloves, finely chopped
Salt and Pepper

Instructions

Pre-heat grill on medium-high heat.

Place all ingredients in a bowl and combine well.

Place on grill and cook, stirring occasionally for 5-8min, or until bacon has become slightly crispy and mushrooms have slightly shriveled. Add salt and pepper to taste.

Serve straight away.



Broccolini Wrapped in Bacon with Soy Pine Nuts

Ingredients

4 stems broccolini
3 slices bacon, rind removed
1/3 cup pine nuts
1tbs soy sauce (*optional, not paleo*)
Toothpicks

Instructions

Pre-heat grill on medium-high heat.

Wrap one piece of bacon around the stems of each broccolini, secure in place with a toothpick.

Place broccolini on pre-heated grill, turning occasionally for 5-6min or until broccolini is tender and bacon is crisp. Remove from grill.

While broccolini is cooking, place pine nuts and soy sauce in a frying pan on low heat. Cook for 2-3min or until lightly toasted, stirring continuously.

Place broccolini on a serving plate and top with pinenuts.



Scrambled Eggs with Veggies

Ingredients

2 spring onions, chopped
1tsp oil
½ carrot, finely chopped
2 broccolini stalks, finely chopped
2 asparagus stalks, finely chopped
3 eggs
Salt and pepper

Instructions

Place oil and spring onions in a frying pan on medium heat and cook for 1min. Add chopped vegetable and cook for a further 1min, stirring continuously. Add the eggs and scramble them up amongst the mixture, stirring continuously for 2-3min, or until eggs have cooked through. Add salt and pepper to taste.

Serve straight away.



Scrambles Eggs with Chives

Ingredients

3 eggs
2tbs chopped chives
Salt and pepper
Oil

Instructions

Place oil in a frying pan on medium heat, fry onions for 3-4min or until slightly browned, remove from pan.

Whisk eggs in a bowl then place in the frying pan, stirring continuously.

When eggs have almost cooked through, add the chives and continue cooking for a further 1min, or until eggs are cooked through.

Serve straight away.



Bacon and Leek with Boiled Eggs

Ingredients

3 bacon eyes, diced
1 small leek, ends removed and sliced
3 asparagus stalks
2 eggs
1tbs oil
Salt and pepper

Instructions

Place eggs in a pan with boiling water and cook to reach desired texture.

Meanwhile, place oil and bacon in a frying pan on medium heat and cook until bacon has started to crisp. Add leek and asparagus and stir continuously for a further 1min, or until leek is tender.

Remove eggs from pan, peel and cut in half and place on a serving plate. Place bacon and leek mixture along side the eggs.

Serve straight away.



Vege Fritters

Ingredients

2/3 cup sweet potato, grated
½ cup carrot, grated
½ cup zucchini, grated and squeezed
½ cup green peas
½ cup almond meal
2 eggs
Salt and Pepper
Coconut oil

Instructions

Combine all ingredients except for the coconut oil together in a mixing bowl.

Heat frying pan on medium heat and add some coconut oil. Make patties the size of your palm and place 2 or 3 patties in the frying pan, cook on each side for 3-4min, or until browned and cooked inside.



Salmon and Zucchini Fritters

Ingredients

2 eggs

1 ½ cups almond meal

100g smoked salmon, thinly sliced

2 large zucchini, roughly grated, liquid squeezed out

1 tablespoon chopped dill

Oil

Instructions

Combine eggs and almond meal in a bowl and whisk until smooth. Stir through smoked salmon, zucchini, dill, salt and pepper.

Place oil in a frying pan and heat over medium heat. Spoon 1 tablespoonful of the smoked salmon mixture into the pan, allowing room for spreading. Cook for 2-3 minutes each side or until golden underneath and cooked through. Remove and repeat with remaining smoked salmon mixture, adding oil to the pan between each batch.

Serve with a simple green salad.



Fried Eggs with Veggies

Ingredients

2 eggs
1tbs oil
2 broccolini stalks
2 broccoli florets, broken into smaller florets
2 asparagus stalks, cut into three pieces
½ cup button mushrooms

Instructions

Place vegetables on a pre-heated grill on medium-high heat. Cook for 2-3min, stirring occasionally.

Meanwhile, heat oil in a frying pan on medium heat, add eggs and cook until desired texture has been reached.

Place vegetables and eggs on a plate to serve.



Scrambled Eggs with Smoked Salmon and Lemon Mayonnaise

Ingredients

3 eggs
2 thin slices smoked salmon
1tsp mayonnaise
1tsp lemon juice

Instructions

Whisk eggs in a bowl then place in frying pan on medium heat, stirring continuously.

When eggs have cooked, place on a serving plate. Place frying pan back on heat and add smoked salmon, cook on each side for 20seconds, or until salmon has warmed.

In a small bowl, combine mayonnaise and lemon.

Place salmon next to the scrambled eggs on the serving plate, and top with lemon mayonnaise.

Serve straight away.



Mushroom and Bacon Omelet

Ingredients

3 eggs
3 bacon eyes, diced
¾ cup mushrooms, chopped
Salt and pepper
1tbs oil

Instructions

Place oil and bacon in a frying pan on medium heat and cook until bacon has started to brown. Add mushrooms and stir continuously for a further 1min, or until mushrooms have started to shrivel.

Whisk eggs in a bowl, add bacon and mushrooms and combine well. Pour into a frying pan on medium heat, with baking paper on top.

When the bottom of the eggs have cooked, turn the mixture over by placing another sheet of baking paper to the side and flipping the eggs onto it, then transfer it onto the heated frying pan and cook for an extra 2-3 minutes, or until browned on the bottom.

Serve straight away.



Smoked Salmon Omelet with Dill Mayonnaise

Ingredients

3 eggs
2tbs chives, finely chopped
2 thin slices smoked
1tbs mayonnaise
2tsp dill, finely chopped
1tsp lemon juice

Instructions

Whisk eggs in a bowl and pour into a frying pan on medium heat, with baking paper on top.

When the bottom of the eggs have cooked, turn the mixture over by placing another sheet of baking paper to the side and flipping the eggs onto it, then transfer it onto the heated frying pan and cook for an extra 2-3 minutes, or until browned on the bottom.

In a small bowl, combine mayonnaise, dill and lemon juice.

When omelet is cooked turn onto a plate and slowly fold in half, place salmon pieces in the middle and sprinkle dill mayonnaise on top.

Serve straight away.



Chilli and Garlic Mushrooms

Ingredients

1 cup button mushrooms
3 garlic cloves, chopped
2tbs olive oil
½ tsp ground paprika

Instructions

Place garlic, paprika and oil in a mixing bowl and combine well. Add mushrooms and coat well in olive oil mixture.

Place mushrooms in a frying pan, or on a grill on medium-high heat. Cook for 5-8min, or until mushrooms have browned slightly and have started to shrivel.



Grilled Tomatoes

Ingredients

Tomatoes of choice
Oil
Salt and pepper

Instructions

Pre-heat a frying pan or grill on medium-high heat adding a little bit of oil to prevent sticking.

Place tomatoes in the frying pan, or on the grill. Cook for 4-5min or until tomatoes have browned slightly and have started to shrivel.



Banana Omelet

Ingredients

1 banana
3 eggs, separated
Dash cayenne pepper
Water
Salt and pepper
Sprinkle parsley (optional)

Instructions

Cut banana in half lengthways and then cut each half into 3 (6 pieces all up). Place on a baking tray lined with baking paper and bake in an oven pre-heated to 180degrees Celsius (fan forced) until softened and brown. The riper the banana and longer it is left in the oven, the more it will dry out.

In a bowl whisk together egg yolks, cayenne pepper, salt and pepper and a little water. In another bowl beat egg whites until light and fluffy and soft peaks form. Fold in the egg yolk mixture and pour into a frying pan on medium heat, with baking paper on top.

When the bottom of the eggs have cooked, turn the mixture over by placing another sheet of baking paper to the side and flipping the eggs onto it, then transfer it onto the heated frying pan and cook for an extra 2-3 minutes, or until browned on the bottom.

When omelet is cooked turn onto a plate and place banana pieces on top, sprinkling with some cinnamon and chopped parsley.



Raisin Omelet

Ingredients

2tbs raisins
3 eggs
Dash ground cinnamon
Dash ground all spice
Dash nutmeg

Instructions

Boil raisins in some water for 1 minute. Drain well.

In a bowl, beat together eggs, cinnamon, all spice and nutmeg. Stir in raisins.

Heat a frying pan lined with baking paper. Pour the beaten eggs onto the baking paper. When the bottom of the eggs have cooked, turn the mixture over by placing another sheet of baking paper to the side and flipping and eggs onto it, then transfer it onto the heated frying pan and cook for another 2-3 minutes, or until browned on the bottom.



Lemon Custard

Ingredients

3 eggs
3tbs lemon juice
½ vanilla pod seeds
½ tsp honey

Instructions

Heat a pan on low-medium heat.

Beat together eggs, lemon juice, vanilla beans and honey. Add to pre-heated pan and stir continuously for 3-4min or until a thickened texture has formed.

Leave to cool slightly before serving.

Pumpkin Custard

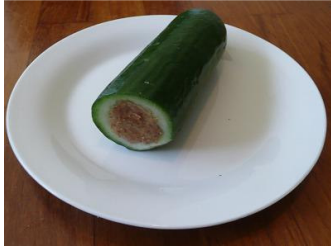
Ingredients

1tbs raw honey
½ tsp salt
1tbs ground cinnamon
½ tsp ground ginger
¼ tsp ground cloves
2 eggs
1¾ cups cooked pumpkin, mashed
1½ cups coconut milk

Instructions

Mix all ingredients together and bake at 180 degrees Celsius for 20-30minutes or until custard has cooked. Test by inserting a knife into the centre and if it comes out clean it is ready.

Some of you may have already come across my 'Paleo Sausage Roll' recipe at www.feedthefitness.com, (if not you can view it [here](#)) where I pretty much put a sausage into a hollowed out cucumber! Tastes great, plus the idea can be incorporated into other ideas. Here are some other recipes, which I'll call cucumber sandwiches!



Nut Butter Cucumber Sandwich

Ingredients

1 medium cucumber
Nut butter

Instructions

Cut the end of one side of the cucumber then hollow it out using a butter knife, leaving the other end of the cucumber closed. Fill with nut butter.



Scrambled Egg Cucumber Sandwich

Ingredients

1 medium cucumber
Scrambled eggs of choice

Instructions

Cut the end of one side of the cucumber then hollow it out using a butter knife, leaving the other end of the cucumber closed. Fill with scrambled eggs.

The first paleo pancake recipe I came across was created by Scotty Hagnas. You can view the recipe [here](#). Below are some more paleo pancake recipe variations which taste awesome!

Banana and Flaxseed Pancakes

Ingredients

½ cup mashed banana
2tbs almond butter
1 ½tbs ground flaxseeds
1 egg
Coconut oil

Instructions

Place ingredients in a bowl except for the coconut oil and combine well.

Place some coconut oil in a frying pan on low-medium heat, and then place a scoop of pancake mixture into the frying pan. Cook for 1min before flipping over and cooking for a further 1min on the other side.

Coffee Pancakes

Ingredients

1tbs instant coffee
2tbs hot water
½ cup almond meal
2tbs apple sauce
2 eggs
Coconut oil

Instructions

Place instant coffee in a small cup along with 2tbs of boiling/hot water, dissolve and leave to cool slightly.

When coffee has cooled, place in a bowl along with the other ingredients apart from coconut oil, combine well.

Place some coconut oil in a frying pan on low-medium heat, and then place a scoop of pancake mixture into the frying pan. Cook for 1min before flipping over and cooking for a further 1min on the other side.

Lemon Pancakes

Ingredients

1tbs apple sauce
2tbs lemon juice
1/3cup almond butter
2 eggs

Instructions

Place ingredients in a bowl except for the coconut oil and combine well.

Place some coconut oil in a frying pan on low-medium heat, and then place a scoop of pancake mixture into the frying pan. Cook for 1min before flipping over and cooking for a further 1min on the other side.

Fruit Salad

Ingredients

½ cup pineapple, diced
1 kiwi fruit, diced
1 small banana chopped
½ cup mango, diced
4 lychees, seed removed
½ cup green grapes, seeds removed
1 passion fruit pulp

Instructions

Combine all ingredients into a medium sized mixing bowl.



Blueberry and Nutmeg Shake

Ingredients

1 small banana
¼ cup blueberries
1tbs almond meal
1tbs ground flaxseeds
½ tsp ground nutmeg
1 scoop vanilla protein powder
1 free range egg
2/3 cup water
2 ice cubes

Instructions

Place all ingredients into a blender and blend on high speed for 30seconds.

Mango and Flaxseed Shake

Ingredients

½ cup diced mango
1tbs almond meal
1tbs ground flaxseeds
1 passion fruit pulp
1 scoop vanilla protein powder
2/3 cup water
2 ice cubes

Instructions

Place all ingredients into a blender and blend on high speed for 30seconds.

Cashew and Coconut Shake

Ingredients

2tbs coconut meat
2tbs cashew butter
2 scoops vanilla protein powder
2/3 cup water
2 ice cubes

Instructions

Place all ingredients into a blender and blend on high speed for 30seconds.

Peach and Mango Shake

Ingredients

1/2 cup peach, diced
½ cup mango, diced
1 scoop vanilla protein powder
2tbs ground flaxseeds
2/3 cup water
2 ice cubes

Instructions

Place all ingredients into a blender and blend on high speed for 30seconds.

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and

www.feedthefitness.com