

#7 BREAKFAST PORRIDGE



Apple Cauliflower Porridge

OR



Cauliflower Berry Hot Porridge

OR



Spiced Carrot Porridge



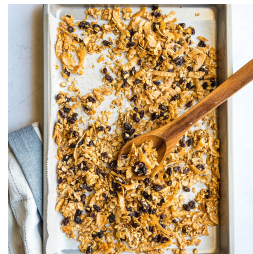
"Chocolate" Granola

OR



Pumpkin Tigernut Granola

OR



Cinnamon Raisin Tigernut Granola



Carmalized Bananas

OR



Sautéed Apples & Raisins

OR



Apple Pear Compote

This guide features 3 nutrient-dense porridges you can make and store in your fridge or freezer for an easy breakfast. You also have 3 granola options plus three fruit toppings that you can make for the week or make on demand.

All Components are Make Ahead, Some components are Freezable

#7 - Breakfast Porridge



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+



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Apple Pear Compote

The items in this PDF are all freezable:



I love having a bin of items frozen in my freezer to take out for meals whenever I need them.

If I'm incredibly busy, tired, or just really don't want to think about cooking it's wonderful to be able to take a few items out and make a meal.

This PDF features several items that can be made, frozen, and then mixed and matched to make a delicious super quick breakfast meal. (Or breakfast-for-dinner - I won't judge because I love brinner!)

You can make all of these in one session if you're ambitious and have the time and energy, or just make them when you have time and freeze off as needed.

For example, we typically will make pancakes or waffles on the weekends but instead of making just one batch we'll make 2 or 3 batches and then freeze off the extra.

And if you make one kind of breakfast sausage in the oven it usually isn't much harder to make 2 kinds - just use two bowls, place the ground meat you're using in each of the bowls, add the rest of the ingredients to each, mix, form into patties, and put onto one or two baking sheets. If you double or triple the recipe you get even more at one time!

To freeze the porridges:

Freezing porridges is the same as freezing other liquids - you can either freeze directly into a container or freeze first into portions and then store long term.

To freeze directly into the container/bag: measure the porridge into individual serving sizes, like 1.5-2 cups and then pour/spoon directly into a freezer-safe bag or container. If using a bag, lay it flat on a baking sheet, in a baking dish, or on a plate first to freeze flat, and then you can stack if needed in your freezer.



To freeze into portions first: Spoon or pour the porridge into small silicone molds (Souper cubes and muffin trays work well for this) and put into the freezer for several hours.



Once frozen, remove from the container and put into a freezer-safe bag or container for long-term storage. This allows you to easily remove only the amount you need.

Thaw in the fridge overnight or quickly from frozen in the microwave or in a saucepan on the stove.

Apple Cauliflower Porridge



APPLE CAULIFLOWER PORRIDGE



YIELDS

1 Bowl

TIME

20 min

INGREDIENTS

- 1 Apple
- 1/2 head Cauliflower (or 2 cups Frozen florets)
- 1 tsp Cinnamon
- 1 tbsp Maple Syrup
- Optional: 1 scoop Collagen Powder

*** Use the Breakfast Toppings List on pg. 92 for ideas to put on top!*

DIRECTIONS

Put a small pot of water on to boil. Core and dice the apple (no need to peel) and cut the cauliflower into florets if not already done. Add the apple and cauliflower to a steamer basket and place over the boiling water.

Steam for 15 minutes, then remove and carefully place into a blender (or a large bowl if using a stick immersion blender). Add the remaining ingredients and then blend.

T *Additional Tips:*

I love this served with a drizzle of 30-second Tigernut Butter, shredded coconut, and fresh fruit (pictured are fresh plums).

T *Additional Tips:*

This recipe calls for Collagen Powder, which is similar to gelatin, but does not have to be heated. It's a protein source that'll help keep you fuller longer and provide nutrients. You'll want to make sure you get collagen and NOT gelatin as gelatin will make the texture weird if you make this ahead of time and let it cool.

M *Make ahead:*

This can be made up to 5 days ahead of time and just reheated as necessary.

You can also freeze this in individual portions and either thaw overnight in the fridge and rewarm it in the morning or cook from frozen in the microwave or a small saucepan on the stove.



Cauliflower Berry
Hot Porridge

CAULIFLOWER BERRY HOT PORRIDGE



YIELDS
1 Bowl



TIME
20 min

INGREDIENTS

- 1 cup mixed Frozen Berries
- 1/2 head Cauliflower (or 2 cups Frozen florets)
- 1/2 medium zucchini, peeled and diced or shredded
- 1 tbsp Maple Syrup
- Optional: 1 scoop Collagen Powder

*** Use the Breakfast Toppings List on pg. 92 for ideas to put on top!*

DIRECTIONS

Put a small pot of water on to boil. Cut the cauliflower into florets if not already done. Add the cauliflower to a steamer basket and place over the boiling water.

Steam for 15 minutes.

Meanwhile, either cook the berries in a small saucepan over medium heat until soft (about 5 minutes) or put in a microwave safe container and cook on high for 1 minute, stir, and then cook an additional minute.

Once the cauliflower is done, remove it from the steamer and carefully place into a blender (or a large bowl if using a stick immersion blender). Add the berries, zucchini, maple syrup, and collagen if desired and blend until mostly smooth.

Reheat in a small saucepan if it's not as hot as you'd like it to be.

T *Additional Tips:*

I photographed this with fresh berries and sliced tigernuts.

T *Additional Tips:*

The zucchini is not necessary for this recipe, it just gives it a bit more nutritional value without any different flavor. You can use summer squash as well or just omit it if you don't have any.

During the summer I love to shred and freeze zucchini into ice cube trays. Once they're frozen I'll remove them from the trays and store in a freezer-safe container and throw into things just like this throughout the winter months.

T *Additional Tips:*

This recipe calls for Collagen Powder, which is similar to gelatin, but does not have to be heated. It's a protein source that'll help keep you fuller longer and provide nutrients. You'll want to make sure you get collagen and NOT gelatin as gelatin will make the texture weird if you make this ahead of time and let it cool.

M *Make ahead:*

This can be made up to 5 days ahead of time and just reheated as necessary.

You can also freeze this in individual portions and either thaw overnight in the fridge and rewarm it in the morning or cook from frozen in the microwave or a small saucepan on the stove.

Spiced Carrot Porridge



SPICED CARROT PORRIDGE



YIELDS

3-4 Servings



TIME

40 minutes



YouTube

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Watch](#)

INGREDIENTS

- 8 medium Carrots
- 1 small head Cauliflower
- 1 tsp Cinnamon
- 1/2 tsp ground Ginger
- 1/4 tsp Mace
- 1 tsp Vanilla Powder
- 1.5 cups Coconut Milk, Tigernut Milk or Banana Milk
- 1 tbsp Maple Syrup

*** Use the Breakfast Toppings List on pg. 92 for ideas to put on top!*

DIRECTIONS

Cut the carrots and cauliflower into small chunks and then steam for 30 minutes.

Put into a blender, food processor, or large bowl to use with a hand immersion blender.

Add the rest of the ingredients and blend until smooth.

Serve.

M *Make Ahead:*

Make up to 5 days ahead of time and store in the fridge. It can be eaten cold or warm.

You can also freeze this in individual portions and either thaw overnight in the fridge and rewarm it in the morning or cook from frozen in the microwave or a small saucepan on the stove.

S *Substitutions:*

If carrots aren't your thing, diced and peeled butternut squash, pumpkin, or sweet potato also could be used instead. Or maybe try parsnips as they're a slightly sweet root vegetable that imparts a different flavor than carrots.

"Chocolate" Tigernut Granola



"CHOCOLATE" TIGERNUT GRANOLA



YIELDS

8 Servings



TIME

45 Minutes



YouTube

[Tap to
Watch](#)

INGREDIENTS

- 1 cup sliced Tigernuts
- 1 cup Coconut Flakes (the wide ones, though shredded can work as well)
- 1/4 cup Avocado Oil
- 1/4 cup Maple Syrup
- 1 tbsp Carob Powder
- 1 tsp Vanilla Bean Powder (optional)

DIRECTIONS

Preheat the oven to 275 F and move the baking rack into the middle of the oven. Line a baking sheet with parchment paper.

Mix all of the ingredients in a large bowl, then evenly spread onto the baking sheet.

Bake for 35-40 minutes, stirring every 15 minutes or so. Check the granola at 35 min to make sure it isn't burning. It may still seem a bit moist at 40 but take it out as it will dry as it cools.

If any is stuck together after it cools, break apart with your hands.

T *Additional Tips:*

There are several ways to eat this:

- alone
- as a snack
- eat as a cereal with your favorite dairy-free milk
- with your favorite dairy-free yogurt and some fruit in a parfait
- a topping on a coconut parfait
- as a topping on a sweet potato bowl

M *Make ahead:*

Store in an airtight container at either room temp or in the fridge for up to a month.

S *Substitutions:*

You can substitute melted coconut oil for the avocado oil.

Pumpkin Spice Tigernut Granola



PUMPKIN SPICE TIGERNUT GRANOLA



YIELDS

TIME

8 Servings 50 Minutes

INGREDIENTS

- 1 cup sliced Tigernuts
- 1 cup Coconut Flakes (the wide ones, though shredded can work as well)
- 1/4 cup Avocado Oil
- 1/4 cup Maple Syrup
- 1 tsp Vanilla Bean Powder or Vanilla Extract (optional)
- 1/4 cup canned Pumpkin
- 2 tsp Cinnamon
- 1/2 tsp Mace
- 1/2 tsp dried Ginger
- 1/4 tsp Cloves

DIRECTIONS

Preheat the oven to 275 F and move the baking rack into the middle of the oven. Line a baking sheet with parchment paper.

Mix all of the ingredients in a large bowl, then evenly spread onto the baking sheet.

Bake for 45-50 minutes, stirring every 15 minutes or so. Check the granola at 35 min to make sure it isn't burning. It may still seem a bit moist at 50 but take it out as it will dry as it cools.

If any is stuck together after it cools, break apart with your hands.

T *Additional Tips:*

There are several ways to eat this:

- alone
- as a snack
- eat as a cereal with your favorite dairy-free milk
- with your favorite dairy-free yogurt and some fruit in a parfait
- a topping on a coconut parfait
- as a topping on a sweet potato bowl

M *Make ahead:*

Store in an airtight container at either room temp or in the fridge for up to a month.

S *Substitutions:*

You can substitute melted coconut oil for the avocado oil.

Cinnamon Raisin Tigernut Granola



CINNAMON RAISIN TIGERNUT GRANOLA



YIELDS

TIME

8 Servings 50 Minutes

INGREDIENTS

- 1 cup sliced Tigernuts
- 1 cup Coconut Flakes (the wide ones, though shredded can work as well)
- 1/2 cup Raisins
- 1/4 cup Avocado Oil
- 1/4 cup Maple Syrup
- 1 tsp Cinnamon
- Pinch Sea Salt

DIRECTIONS

Preheat the oven to 275 F and move the baking rack into the middle of the oven. Line a baking sheet with parchment paper.

Mix all of the ingredients in a large bowl, then evenly spread onto the baking sheet.

Bake for 35-40 minutes, stirring every 15 minutes or so. Check the granola at 35 min to make sure it isn't burning. It may still seem a bit moist at 40 but take it out as it will dry as it cools.

If any is stuck together after it cools, break apart with your hands.

T *Additional Tips:*

There are several ways to eat this:

- alone
- as a snack
- eat as a cereal with your favorite dairy-free milk
- with your favorite dairy-free yogurt and some fruit in a parfait
- a topping on a coconut parfait
- as a topping on a sweet potato bowl

M *Make ahead:*

Store in an airtight container at either room temp or in the fridge for up to a month.

S *Substitutions:*

You can substitute melted coconut oil for the avocado oil.



CARAMELIZED BANANAS



YIELDS

2 servings



TIME

7 minutes

INGREDIENTS

- 1 tbsp Coconut or Avocado Oil
- 1 Banana

DIRECTIONS

Heat a small frying pan over medium heat. Add the oil to heat.

Peel then slice a banana into 1/4-inch slices. Place the slices in the pan and cook for 3 minutes. Flip the slices and cook for an additional 3 minutes.

Serve.

T *Additional Tips:*

Add a pinch of cinnamon if desired!

M *Make Ahead:*

These are best served fresh but can be stored in the fridge for up to 4 days. They'll just be a bit "soggier" after being refrigerated.



SAUTÉED APPLES AND RAISINS



YIELDS

1 cup



TIME

10 minutes

INGREDIENTS

- 1 tbsp Coconut or Avocado Oil
- 1 Apple, diced
- 2 tbsp Raisins
- 1 tsp Cinnamon
- 1 tsp Honey
- Pinch Sea Salt

DIRECTIONS

Heat a small pan over medium heat. Add the oil and let heat for a minute, then add the rest of the ingredients and stir to combine.

Cook, stirring occasionally for about 7 minutes or until the apples are heated through and beginning to get soft but not mushy.

T *Additional Tips:*

Try this with pears as well!

M *Make Ahead:*

This keeps in the fridge for about 5 days.



APPLE PEAR COMPOTE



YIELDS



TIME

1-2 servings 25 minutes

INGREDIENTS

- 1 tbsp Coconut or Avocado Oil
- 1 tbsp Honey, Coconut Sugar, or Maple Syrup
- 1 Apple, diced
- 1 Pear, diced
- 1/2 cup Pomegranate Arils
- 1/2 tsp Cinnamon
- pinch Sea Salt

DIRECTIONS

Set a small saucepan over medium heat. Add the oil and melt if necessary. Add the sweetener and stir until it's dissolved into the oil.

Then add the rest of the ingredients and stir well. Simmer for 15-20 minutes, or until the apples and pears are soft.

Serve!

T *Additional Tips:*

You could replace the fruit with peaches or plums as well - still delicious!

M *Make Ahead:*

Store this in the fridge for up to a week.

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