

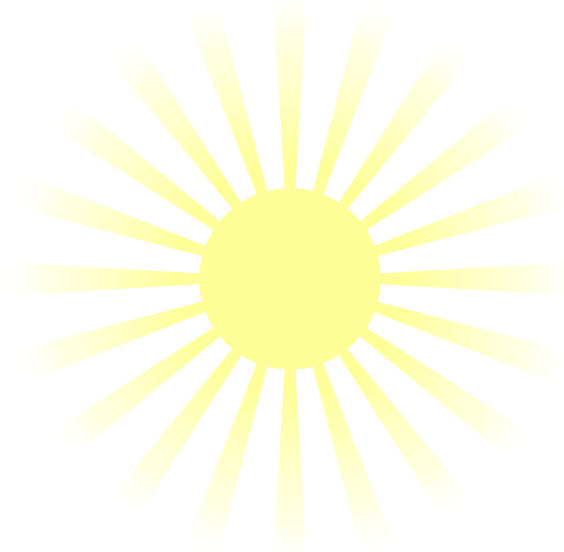
AWAKEN

30+

EGG FREE &
GRAIN FREE
BREAKFASTS



KAREN SORENSON
OF
LIVING LOW CARB ...ONE DAY AT A TIME



Disclaimer

The information within the book is intended for informational purposes only and is in no way medical advice. Please consult a physician or other professional health care provider before beginning any nutrition program. The nutritional information provided is based on ingredients that I used and are only estimates.

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Awaken: 30+ Egg Free and Grain Free Breakfasts

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WELCOME

Hi, I'm Karen! I'm the blogger and recipe developer behind **Living Low Carb...One Day at a Time**. The blog is dedicated to low carb, grain free, and dairy free recipes and information. In May 2011, after years of unhealthy eating and continuous weight gain, I decided to regain my health. I made a promise to myself that I would change my eating habits and never look back. My journey to regain my health started with a low carb diet, which worked for me in the past to shed some weight. Low carbing was working and the scale was moving in the right direction, but I knew I needed to do more to improve my health.

I started the blog in December of 2011 as a way to hold myself accountable for what I was eating and to not return to my old habits. Through my work with the blog I have discovered the Paleo/Primal/Ancstral/Real Food movements and I am now moving to that direction. While, it wasn't a difficult change to go from low carb to Paleo, there were significant changes. I ditched the processed foods and focused on fresh veggies and quality meats. I started reading labels for the ingredients and not just the carb counts. You may be surprised to see how many unnecessary ingredients are added to products. I have never felt better! More energy, more alert, more focused! Since I am still trying to lose weight I keep my carbs moderately low and I haven't made the switch to Paleo sweeteners yet, but I have made great strides and I love the direction my health is going in.

Thank you for your purchase and I hope you enjoy the book. Whether you are allergic to eggs or just want something different, my goal was to create a recipe resource that was helpful to those trying to regain their health.

Enjoy,
~Karen

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STOCKING THE PANTRY

Almond Butter (or Nut Butter)



Almond butter is made from grinding almonds until they turn into a smooth creamy texture. Almond butter is used as a substitute for peanut butter. Other nuts, like cashews and macadamia nuts, could be used to make nut butters. When purchasing almond/nut butters ensure that the only ingredient is nuts and that no additives, preservatives, or sugar have been added.

Almond Flour



Almond flour is made from grinding blanched almonds (have no skin) to form a powder like consistency. While almond flour cannot be directly substituted for all-purpose flour, with some modifications it can be used in baking. Due to its high fat content, it is best stored in the refrigerator or freezer. You can make your own almond flour by grinding blanched almonds in a food processor until you reach the desired consistency. Almond Meal has a coarser texture and will not have the same results in recipes. If you only have almond meal then turn it into the consistency of almond flour by grinding it in a coffee/spice grinder until the desired consistency is reached.

Almond Milk



Almond milk is the liquid produced after soaking the almonds, grinding them with water, and straining out the almond skins/pulp. Almond milk is a great dairy free substitute for milk.

Bone Broth



Bone broth is made by boiling animal bones (like chicken or beef) in water, vegetables, and spices to create a rich broth full of minerals like calcium and magnesium. Bone broth also provides an excellent source for gelatin which is known to help heal the gut. It is best to make **homemade bone broth**, but if you do purchase store bought be sure to check the ingredients to make sure only whole, natural ingredients are used.

Chia Seeds



Chia seeds are rich in omega-3 fatty acids. Chia seeds make a great substitute for eggs when combined with water to form a gel.

Coconut Butter



Coconut butter is made from the flesh of the coconut that is pureed into a dense spread. Coconut butter is solid at room temperature. To soften the coconut butter, place the jar in a warm water bath until softened.

Coconut Flour



Coconut Flour is made from drying the flesh of the coconut and grinding it into flour. Coconut flour can be used as a substitute for all-purpose flour in baking, but requires significant modifications. When using coconut flour additional liquid is required (often in the form of extra eggs). Coconut flour does not work well with egg free baking.

EGG SUBSTITUTION CHART

Ingredient	Amount	Function	Comments
Egg	1 egg	Leavening, Binding	Low Carb
Chia Seed Gel	1 Tbsp Chia Seed + 3 Tbsp water	Leavening, Binding	Low Carb
Flax Seed Gel	1 Tbsp Flax Seed + 3 Tbsp water	Leavening, Binding	Low Carb
Apple Sauce (Unsweetened)	¼ cup	Leavening	Low-Mid Carb Best When Used with Honey or Maple Syrup
Baking Soda	2 tsp baking soda + 2 Tbsp warm water	Leavening	Low Carb Best When Used with Honey or Maple Syrup
Gelatin (Unflavored)	1 Tbsp Gelatin + 3 Tbsp lukewarm water	Leavening	Low Carb Best When Used with Honey or Maple Syrup

Note: Not all egg substitutes will have the same results in recipes and may require different cooking/baking times and temperatures. Determine the function of the egg(s) in the recipe and choose a substitute that has the same function.

HOW TO MAKE CAULIFLOWER “RICE”



1.
Take one medium head of cauliflower.
One medium head of cauliflower yields about 4 cups of cauliflower “rice”



2.
Trim the leaves and remove the core.



3.
Cut the cauliflower into florets (doesn't have to be perfect)

4.
Place the cauliflower in a food processor or blender (may have to work in batches) and pulse until the cauliflower is the size of grains of rice (about 5-8 times).

5.
Use as directed in the recipes.





MORNING MEATS

SAVORY BEGINNINGS



ITALIAN SAUSAGE ZUCCHINI BOATS



ITALIAN SAUSAGE ZUCCHINI BOATS

INGREDIENTS:

5 medium zucchinis
1 lb ground pork (0.45 kg)
1/2 Tbsp fennel seed (7 mL)
1 tsp dried sage (5 mL)
1 tsp dried oregano (5 mL)
1/2 tsp basil (2 mL)
1 tsp garlic powder (5 mL)
1 tsp salt (5 mL)
1/2 tsp pepper (2 mL)
3/4 cup marinara sauce (no added sugar) (175 mL)

Prep Time	5 min
Cook Time	40 min
Yield	10 boats
Serves	5

Nutritional Info (per serving)

Calories	299
Protein	18.22g
Fat	21.49g
Carbs	8.74g
Fiber	2.90g
Net Carbs	5.84g

DIRECTIONS:

1. Preheat oven to 350°F (177°C).
2. Grind the fennel seed in a spice grinder (or mortar and pestle) to break up the seeds. Add the sage, oregano, and basil and grind until a powder is formed. Add the garlic powder, salt, and pepper and grind to combine.
3. Cut the ends of the zucchini and cut each zucchini in half, lengthwise. Using a spoon, remove the core/seeds from the zucchini and chop into small pieces. Set aside for later.
4. Place the zucchini in a baking dish.
5. Add the ground pork to a large skillet over medium-high heat and begin to brown. Add the spice mixture and continue to brown the pork until cooked through.
6. Add the reserved zucchini core and cook for another 1-2 minutes.
7. Add the marinara and heat through.
8. Sprinkle the zucchini with salt and pepper. Add spoonfuls of the sausage mixture to fill the zucchini.
9. Bake uncovered for 30-35 minutes or until the zucchini is tender.

If you are not dairy free, you could also top with cheese half way through baking.
In a hurry? Make the sausage mixture the night before or in advance (it freezes well). The morning of, saute diced zucchini in skillet and reheat the meat sauce. Serve the meat sauce over the cooked zucchini.
No boat...same great flavor.

The image shows two glass jars filled with a pink, creamy chia seed pudding. The pudding is topped with several fresh, sliced strawberries. The jars are placed on a dark, rustic wooden surface. The text "SWEET STARTS" is overlaid in the bottom left corner in a white, sans-serif font.

SWEET
STARTS

CINNAMON NUT CEREAL



CINNAMON NUT CEREAL

INGREDIENTS:

- 2/3 cup sliced raw almonds (150 mL)
- 2/3 cup chopped raw walnuts (150 mL)
- 2/3 cup chopped raw pecans (150 mL)
- 3 Tbsp coconut oil (45 mL)
- 3 Tbsp equivalent sweetener (45 mL)
- 1 Tbsp cinnamon (15 mL)

DIRECTIONS:

1. Preheat the oven to 300°F (149°C).
2. Heat the coconut oil in a sauce pan over medium low heat.
3. Add the sweetener and spices and cook until the sweetener has dissolved, stirring occasionally.
4. Place the raw nuts in a large bowl and pour the spice mixture over the nuts and stir to evenly coat.
5. Spread the mixed nuts on a rimmed baking sheet lined with parchment paper.
6. Bake for 20 minutes, stirring halfway through.
7. Allow to cool and break into chunks.
8. Serve in a bowl with dairy free milk of choice (unsweetened almond milk, unsweetened coconut milk, etc.).*

Prep Time	10 min
Cook Time	20 min
Yield	2 cups
Serves	3

Nutritional Info (per serving)

Calories	585.67
Protein	10.77g
Fat	59.07g
Carbs	12.58g
Fiber	7.80g
Net Carbs	4.78g

* Nutritional info for the dairy free milk is not included

Make a double or triple batch and store in an air tight container in the refrigerator. If stored properly, it will last for about 1 week.

ABOUT THE AUTHOR



Karen is the blogger and recipe developer behind [Living Low Carb...One Day at a Time](#), a blog dedicated to low carb, grain free, and dairy free recipes and information. She has turned what started as a diet into a passion for food and living a healthy lifestyle.

Karen is an engineer by day and a foodie by night. She is also working on finishing up her Master's degree. Starting the blog has also sparked her interest in photography. She enjoys taking pictures of all subjects, but mostly food. Most of all she enjoys helping others with their healthy journeys by providing delicious recipes.

Look for more recipes at [the blog](#) and please stay in touch:



ACKNOWLEDGMENTS

Thank you to my wonderful fiancé, Joseph, for supporting me with my “crazy” idea to write a book even though my schedule was already packed full.

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To the followers and fans of **Living Low Carb...One Day at a Time**: I am truly honored to be blessed with such a wonderful following. You all inspire me to be a better person and make the best choices for my health. I wish each and every one of you all the best on your journey to regain your health.