

# Summer Make-Ahead Breakfasts

Lili Hanft, FNTTP

## Shopping List:

### Zucchini Frittata:

- Eggs
- Zucchini
- Spring onions
- Bacon (optional)

### Masa Harina Custard:

- Eggs
- Milk or buttermilk
- Maple syrup
- Masa harina flour

### Blueberry Lemon Chia Pudding:

- Full fat canned coconut milk
- Fresh or frozen blueberries
- Maple syrup
- Chia seeds
- Collagen powder, optional
- Vanilla
- Lemon zest

### Strawberry Honey Coconut Bread:

- Eggs
- Vanilla
- Coconut flour
- Honey
- Baking soda
- Strawberries
- Coconut oil

# Zucchini Frittata



Makes 3 servings

6 eggs  
1 medium zucchini, grated  
1 scallion, sliced  
1/2 oz bacon, diced (optional)  
Salt and pepper

Saute the bacon in a small skillet until crispy. Combine the veggies and bacon in a greased glass baking dish. Beat the eggs with salt, pepper, and a splash of water. Pour over the veggies. Bake at 350 degrees for 30 minutes or until set and golden.

# Masa Harina Custard



Makes 4 servings

2 eggs

1 1/2 c. milk or buttermilk

3/4 c. masa harina flour

1 1/2 Tbsp maple syrup

1/4 tsp salt

Whisk together the eggs, milk, and masa harina and let sit for 30 minutes or so to thicken. Stir in the remaining ingredients. Pour into a greased 6 by 6 inch glass baking dish. Bake at 350 degrees for 30 minutes or until set and risen. Let cool.

# Blueberry Lemon Chia Pudding



Serves 2

4 oz full fat canned coconut milk  
4 oz fresh or frozen blueberries  
1.5 Tbsp maple syrup (add more to taste)  
2.5 Tbsp chia seeds  
.5 Tbsp collagen (optional)  
1/4 c. water  
Splash of vanilla  
Zest of 1/4 lemon  
Pinch of salt

In a small bowl, stir together the chia seeds and optional collagen powder. Stir in the coconut milk, maple syrup, water, vanilla, lemon zest, and salt. Once well combined, fold in the blueberries. Let the pudding sit in the fridge for several hours or overnight to thicken.

# Strawberry Honey Coconut Bread



Serves 4

2 eggs  
2 Tbsp water  
2 Tbsp honey  
Vanilla  
4 Tbsp coconut flour  
1/2 tsp baking soda  
1/4 tsp salt  
4 oz sliced strawberries  
2 tsp coconut oil

Whisk together the eggs, water, honey, and vanilla. In a separate bowl, stir together the coconut flour, baking soda, and salt. Combine with the wet ingredients. Melt the coconut oil in a 5-7 inch baking dish. Pour half the batter into the pan, add a layer of strawberries, and repeat with the remaining batter and strawberries. Bake at 350 degrees for 20-25 minutes.

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## Functional Nutritional Therapy Practitioner

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