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Breakfasts to **REBALANCE** your *Hormones*

by Magdalena Wszelaki
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and Hormone Expert



Hormones
& BALANCE

About Magdalena, the Author

For years, I struggled with hormonal imbalances, digestive issues, fatigue, acne and migraines. I lived through bouts of depression, anxiety attacks and brain fog — to the point of not recognizing myself anymore.

I was your proverbial “good eater,” and that’s probably you, too. You see, the problem is this: it’s not about “eating well” in generic terms, but “eating right,” which is dictated by how your body responds to the food you are eating. To my surprise, my body was rejecting many of the “good foods” for years, causing numerous health problems.

I took my own health into my hands by drastically changing my diet and adjusting it to what was right, not just what was “good.” This resulted in bringing Hashimoto’s disease into remission and reversing adrenal fatigue and estrogen dominance.



Today I’m living an awesome and symptom-free life, and I’m on a mission to help YOU do the same.

I’m a self-trained chef; I didn’t come from a family of foodies and culinary artists, and in all honesty, I don’t even like to spend too much time in the kitchen. Therefore, my recipes are simple and quick.

Given my Eastern European roots, then having lived in South East Asia and China for most of my adult life, and later in beautiful California, you might find my perspective on food, its preparations and flavors to be a refreshing change in your own kitchen.

I’m beyond excited to take you on this culinary and healing journey.

To read my full story of going into remission, including test results, protocols, etc., please go [here](#).

Magdalena

What is wrong with most women's breakfast?

Do you eat toast, cereals, fruit, bars, oatmeal, pancakes or muffins for breakfast? This way of eating creates three hormonal and metabolic problems:

Problem #1: Too many carbs

All these foods are very high in simple carbohydrates and sugar. When you consume too many carbs and sugars for breakfast at say 8am, you will experience a sugar dip and by 11am you will feel hungry or even shaky, moody, anxious and unfocused.

So what do you do? You reach out for something sweet again, like a bar, fruit or coffee to "rebalance your sugar," or to "pick you up." This way you add more and more sugar to your life and that creates a sugar addiction.

Many people who come to me to work privately eat as much as 30 teaspoons-equivalent of sugar without even realizing it and, mind you, they are not women who drink sodas and eat pop tarts for breakfast!

Problem #2: Sugar spikes = cortisol release

The sugar dip I described just now creates STRESS to the body which calls for the release of cortisol by the adrenal glands to rebalance your sugar levels. Yes, apart from managing stress, the other function of your adrenals is to rebalance your sugar levels.

But, guess what – when you suffer from adrenal exhaustion, the sugar dip makes your adrenal fatigue even worse. If you have problems with anxiety, sugar dips will make it worse too.

Problem #3: Poor Sleep = hormonal depletion

After years of working with clients, I see it over and over again that carbohydrate-rich breakfasts and sugar dips are big contributors to insomnia, poor sleep and waking in the middle of the night. I too was told that cereals and strawberry yogurt were the "healthy" food even though I never felt "healthy" and energetic after eating them.

I would also drink coffee on an empty stomach which is another formula for setting yourself up for a total sugar disaster as coffee too, especially on an empty stomach, can create that sugar crash.

3 Tips to Good Breakfasts

Tip #1: PFF Breakfast

PFF stands for Protein, Fat, and Fiber. Yes, this means you should be loading up your breakfasts with protein, fat, and fiber. Why? Because they will guarantee you no sugar dips. They will sustain your sugar levels so you don't exhaust your adrenals and they will curb sugar cravings. Proteins are also full of amino acids which are the building blocks of your hormones. So what proteins am I talking about? Proteins can come from fish, beef, chicken, bison, lamb, tempeh (if you can tolerate soy), and coconut but also from moderate amounts of preferably pre-soaked nuts and seeds.

I know it might sound a bit unusual to be talking about dinner food for breakfast right? I want to challenge you a little here because if you don't try something different in your life, you won't get any different results. In fact, the definition of insanity is to do the same thing over and over again and expect a different result.

If you think about it, all global cuisines start the day with savory breakfasts. The Turks have plenty of salami and cheese, the Chinese enjoy dim sum which is fat and protein-rich, and a traditional Japanese breakfast will have some miso soup and fish which are also savory and rich in protein and fats.

Tip#2: Real Food Only (put the Protein Powders aside)

When I said "protein" just now, you might be thinking: "protein powder." No, actually this is not what I meant. I'm a big proponent of balancing your hormones with real food only. As humans we were designed to eat, metabolize and absorb real food and not food that can sit in a box for 2 years – like protein powders.

That's not real food. That's just great marketing and gimmicks that make us feel fearful that we can't get the right nutrients from real food.

I know this is hard to hear. But you came here for a reason, right?

If I can ask you to trust me for just the next 5 days and put away all your protein shakes and powders and prepare the recipes I have created for you – with real food only. I have worked with so many women who put aside their protein powders and within days starting experiencing less bloating, fatigue and brain fog.

I hope you jump on board and play along.

3 Tips to Good Breakfasts

Tip #3: Intentional Breakfast (the mind-body connection)

Many people mindlessly chomp down their breakfast. I want to invite you to turn your breakfast into 5 to 10 minutes of quiet time (even if it's done with your family) to set clear intentions for the day while welcoming and celebrating the breaking of fast – break-fast, right?

Imagine creating a mini-movie in your head where you visualize your day. How would you like to feel today? How would you like to show up? Who could you help today? And I promise, you will experience the day in a very different way than when you chomp down food and start the day feeling ungrounded, rushed and agitated.

OK, so how do you feel about the plan? Are you ready to start making some changes? People who follow the PFF breakfast recommendations report massive improvements. Many of them start losing weight, feel focused and grounded, energy returns, they sleep better and many report less PMS and hot flashes.

I know, is it not amazing? From a simple change like that!

OK, so get to work. Try PFF breakfast and then join us in our Facebook community (www.facebook.com/hormonesbalance) to tell us how breakfast has changed your hormonal health, energy and mood.

Till then!

PFF Breakfast Stories



Deanie Nowlin I really enjoy eating real food and starting my day with a PFF breakfast! Who knew!?! I am now free of hunger spikes, morning fatigue and hangry mood swings. These are so quick and easy! My favorite is the very filling Farmer's Wife Breakfast. A close second is the Chocolate Cherry Smoothie! Yum! Thank you!



Sandra Kasler Okay, here we go: I started eating a warm and savory breakfast in 2006, when I first discovered the nutrition of chinese medicine. Ever since then I don't leave the house without my warm breakfast. It was about two weeks after I started it that a colleague of mine asked me:"Sandra, what are you doing different? You are so calm and serene lately." And I have to admit, I get through my mornings better, without hungerspells, hypoglycemia or cravings. And therefore less aggressive. If I get hypoglycemic I get aggressive and there is nothing I can do about that. But since I started eating my warm and savory breakfast I rarely get hypoglycemic anymore. I used to skip breakfast at all and now I am eating vegetables and meat or fish for breakfast. Lately I have come to like those breakfast skilletts with lots of vegetables (I got the basic recipe from autoimmune paleo) and I always add some meat. That can either be some leftover or some fish. And I really love to have some heart steaks (recipe from Magdalena) with my veggies. Every breakfast also has some fermented veggies (I got into fermenting when I watched the first class oc cooking for balance - now I don't want to miss them) and sometimes I drink bonebroth as a coffee substitute. You can share this publicly if you want to.



Beth Hughes I have to say "ditto" to the comments already posted! The Farmer's Breakfast is so easy to incorporate into your diet and makes a HUGE difference in energy and stamina levels. Thank you Magdalena!

More PFF Stories



Lisa Jones Garcia What a simple but extraordinary change starting my day with a PFF breakfast has been. On a higher carb and sugar breakfast, I used to get shaky, dizzy, moody and very hungry. I think I had insulin resistance and never knew it. Starting my day with a PFF breakfast has cured me of all those symptoms. I'm left with energy to exercise and a sense of satisfaction after I eat! After drinking the Blackberry Power Smoothie, packed with protein, fat and fiber, I was happy and full energy while skiing all morning, still not tired or hungry. I was amazed at the change. I also love the Farmer's Breakfast using any meat but love making turkey sausage patties. I am truly thrilled and thankful to Magdalena for the breakfast fix that really works to balance your hormone levels!

Lisa Garcia, Lakewood, CO

Elise Rubenstein I was having protein shakes with brown rice powder most mornings and chasing my appetite all day. Now, I have a PFF breakfast of two, whole eggs, cooked in coconut oil, lots of sautéed veggies and sprouts. I feel so much better and I'm not insatiable all day. Everyone is commenting on my skin. I have cut out a lot of fruit from my diet as well."

Yvonne Tuchscher Well I did not take a picture but I just had two eggs scrambled with hatch chilies and bacon grass fed from Temecula with a cup of bone broth with some carrots celery ginger and a bit of turmeric added from their bar which I put in before I leave. I just heat up for breakfast instead of coffee. Farm Fermentation is a restaurant that sells bone broths and organic meats.

I have healed my gut and have more energy and I have not craved sugar since I started and 100% have been committed.

I also share with my patients when I do consultations.

More PFF Stories



Alejandra Dupeyratt PFF breakfasts have helped me a lot to stabilize my blood sugar levels, I don't need to be now constantly eating to keep my sugar level stable. I was suffering from hypoglycemia but with my PFF breakfasts I don't need to eat any snacks between meals. My favorites are blackberry power smoothie, balancing pumpkin powder, goji grapefruit parsley smoothie. Thanks Magdalena!!!



Carrie Ann Hradecki PFF breakfasts give me energy and prevent sugar cravings. I like to use farm eggs and hormone free sausage and bacon. I add vegetables - from my garden or spinach etc in winter. This breakfast also has homemade zucchini relish with onions and peppers.



Jill Denham Jolly technology! here is breakfast attempt 3! I have preservative free, nitrate free etc bacon which I cook in a high sided pot with lid on so its kind of steamed rather than fried. I add 2 eggs once bacon is nearly cooked, keeping lid on and then add spinach on top and very lightly steam. Sometimes I have it raw. I have this on paleo bread, yummy stuff we have here in New Zealand! I scoop the bacon, eggs and spinach out all together as it sort of merges together in the pot and place on the toast. I have my cultured veges with this of course.



Vineeta Anand Before I became acquainted with [Magdalena Wszelaki](#), breakfasts were boring and quick. A banana; Special K cereal with almond milk (yes!) green smoothies in summer and oats in winter. Now, breakfast is an enjoyable ritual. Slower, more pleasurable. Chia seed puddings; the Chocolate Cherry Smoothie; plantain pancakes, injera with hummus and coconut yogurt, chickpea flour frittatas, poha (an Indian dish made from flattened rice flakes with peanuts and other vegetables), and turkey bacon, the only meat I can tolerate. And leftovers. Whatever is in the fridge. Indian lentils, sometimes a salad with fermented vegetables, sometimes sprouts.

Hormone Balancing **Breakfast** Recipes

Farmer Wife's Breakfast



Healing foods:

- Sauerkraut
- Ghee
- Mustard greens
- Avocado

Time to prepare: 20 minutes

Time to cook: 15 minutes

Serves: 6

Sausage (Serves 6)

- 1 pound ground lamb
- 1 teaspoon sea salt
- 2 teaspoons ground fennel seed
- 2 teaspoons apple cider vinegar
- 2 tablespoons [Coconut Aminos](#)
- 1 tablespoon [Ghee](#)

Plate (serves one)

- ½ avocado, pitted and sliced
- handful of organic green mix (e.g. arugula, mizuna, baby kale, etc)
- 1 cup of ferments (pictured here: sauerkraut and cauliflower)
- 1 tablespoon of olive oil
- juice from ½ lemon
- pinch of sea salt

1. Mix all the sausage ingredients (except the ghee), kneading them well. Taste and adjust flavors to your preference.
2. Shape your sausage to a desired shape—round and flat or long.
3. Grease the skillet with the ghee and preheat on medium high.
4. Add the sausages and fry them for about 7 minutes or until browned. Flip and fry for about 4 minutes.
5. Toss green salad mix with olive oil, lemon and salt and toss until the leaves are well covered with the dressing.
6. Place greens on a large plate, then add the sausage, avocado and ferments to the plate.

Brown Rice Chicken Congee



Healing foods

- Brown rice
- Bok choy
- Scallions
- Sesame oil

Try your breakfast the South Chinese way.

Time to prepare: 10 minutes

Time to cook: 1 hour 30 minutes

Serves: 2

- 1 ½ cups long grain brown rice, rinsed and drained
- 10 cups filtered water
- 2 cups chicken stock
- 1 chicken breast
- 1 teaspoon sesame oil
- Salt to taste
- Topping choices: Sautéed bok choy, sesame seeds, chopped scallions

1. Rinse and drain the rice well.
2. Place rice, water, chicken stock and chicken breast in a large pot and let the mixture simmer covered over low heat.
3. Remove chicken breast after 30 minutes (chicken should be fully cooked and juices should run clear when you cut into it) and shred the chicken into pieces using two forks.
4. Let rice cook some more until it has absorbed most of the water and is almost smooth (another 1 hour).
5. Serve brown rice congee topped with shredded chicken, sautéed bok choy, a sprinkle of sesame seeds and chopped scallions.

Tangy Zucchini Smoothie



Healing foods:

- Flax seed
- Sauerkraut
- Cumin

Two tablespoons of flaxseed or pumpkin seeds per day have shown to help boost estrogen production. This can be equally valuable for menstruating women in the first part of the cycle (day 1 to 15) as well as women going through pre-menopause and menopause.

Time to prepare: 15 minutes

Serves: 1

- ½ cup sauerkraut
- 1 medium zucchini
- 1 tablespoon ground flax seed
- 1 teaspoon ground cumin
- 1 carrot
- 1 tablespoon olive oil
- pinch of salt

Put all the ingredients in a blender and voila!

Sardines on Toast



Healing foods

- Sardines
- Avocado
- Broccoli sprouts

When I have little motivation or time to cook, this is my go-to breakfast. Pick sardines with bones for their calcium content. Mashing them with some olive oil is simple and only takes minutes. Pick sardines in BPA-free cans from brands like Wild Planet. Broccoli sprouts are rich in sulforaphane which has been medically proven to prevent and shrink breast cancers in women.

Time to prepare: 5 minutes

Serves: 2

- 2 slices of gluten-free bread
 - 1 can [Sardines](#) (with bones)
 - 1 teaspoon extra virgin olive oil
 - 1 avocado, pitted and sliced
 - Handful of broccoli sprouts
1. Toast the bread.
 2. Mash sardines with olive oil in a small bowl.
 3. Place avocado, sardines and sprouts on toast and enjoy.

Fisherman's Breakfast



Healing foods

- Wild salmon
- Sauerkraut
- Arugula
- Avocado

Start your day with a good amount of protein from the Omega 3-rich salmon.

Time to prepare: 15 minutes

Time to cook: 10 minutes

Serves: 2

- 2 wild salmon steaks
- pinch of sea salt
- 1 teaspoon [Ghee](#) or lard
- 2 cups lightly packed arugula
- 1 tablespoon olive oil
- 1 teaspoon balsamic vinegar or lemon juice
- pinch of sea salt
- 1 cup raw sauerkraut, I used one with caraway
- 1/2 avocado, pitted, peeled and sliced
- Dollop of dairy-free pesto

1. Salt the salmon steaks.
2. Grease the skillet with the ghee on medium high heat.
3. Fry the salmon on medium high for about 7 minutes or until half of the steak turns pale pink. Turn over and cook for another 1 to 2 minutes.
4. In a medium bowl, toss the arugula with the olive oil, balsamic vinegar and salt.
5. To serve, place the arugula salad on each plate, put the salmon on top and spread the pesto on top of the salmon. Serve the sauerkraut and avocado on the side.

Warming Amaranth Porridge



Healing foods:

- Amaranth
- Pumpkin seeds
- Ginger
- Turmeric
- Mustard seeds

Stabilizing sugar levels can be a great way to reverse many hormone-related symptoms. A great starting point is by making your breakfast full of protein, fat and fiber and thin on sugar and processed carbohydrates.

Time to prepare: 15 minutes

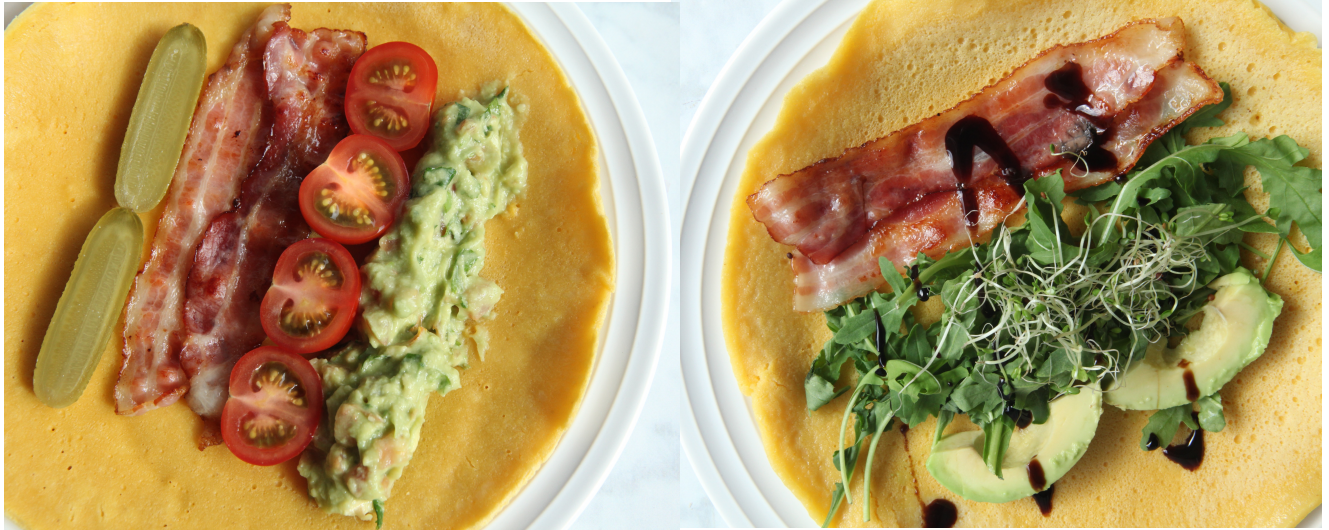
Time to cook: 30 minutes.

Serves: 2

- 1 tablespoon [Ghee](#)
- ½ teaspoon cumin
- ½ teaspoon mustard seeds
- ½ inch fresh ginger, julienned
- 4 cups of filtered water
- 1 cup of [Amaranth](#)
- ½ teaspoon sea salt
- 1 tablespoon raw unsalted butter or ghee
- ½ teaspoon [Apple cider vinegar](#) (ACV) or lemon
- 1 teaspoon dry turmeric
- a handful of raw pumpkin seeds

1. Use a heavy-bottom pan to melt the ghee and add cumin, mustard seeds and ginger when hot.
2. When mustard seeds start popping, add water, amaranth and salt.
3. Bring to boil, then reduce to low-medium heat and cook covered for 25-30 minutes or until creamy and thick.
4. Take off the stove and add butter (or ghee), ACV and turmeric.
5. Sprinkle with pumpkin seeds.

Garbanzo Pancakes (Farinata)



This classical Italian garbanzo (or chickpea) pancake is quick and easy. I prefer it with a variety of savory filling options, often using dinner leftovers.

Time to prepare: 5 minutes

Time to cook: 15 minutes

Serves: 2

- [Ghee](#) or coconut oil
 - 1 cup [Garbanzo flour](#)
 - 1 ¼ cups cold water
 - pinch of sea salt
 - Topping choices: guacamole, cherry tomatoes, bacon, dill pickles, arugula, avocado, or broccoli sprouts.
1. Grease an 11-inch skillet on medium high heat with ghee or coconut oil
 2. In a medium bowl, whisk together the garbanzo flour, water and salt.
 3. Pour 1 cup of the batter in the skillet, cover and cook for 5 to 7 minutes or until the center is dry. Repeat the process with the second pancake.
 4. Serve with toppings of your choice.

Hands-off Turkey Patties



Healing foods

- Parsley
- Fennel
- Thyme
- Turkey

These patties take less than ten minutes to make. Packed with vegetables, spice them up with herbs of your choice.

Time to prepare: 10 minutes

Time to cook: 25 minutes

Makes: 12 patties

- 1 large carrot, grated
- 1 small red onion, finely diced
- 1/4 cup flat leaf parsley, roughly chopped
- 1 teaspoon ground fennel
- 1/2 teaspoon ground thyme
- 1/2 teaspoon salt
- 1 lb. ground turkey (The turkey does need some fat, so don't choose the leanest – I used 15% fat turkey.)

1. Preheat oven to 350F.
2. Place the grated carrot, diced onion, parsley, fennel, thyme and salt in a large bowl.
3. Stir well to combine.
4. Knead in the ground turkey.
5. Pat the mixture out into a 1/2 inch layer in a 9x13 pan. It will only fill up about 3/4 of the pan, which is what you want. That allows the grease to move away from the meat.
6. Bake for 20-25 minutes or until the meat is cooked through – and registers 160 degrees with a meat thermometer.
7. Serve immediately or freeze up to 1 month.

Cumin Lentils



Healing foods

- Cilantro & Scallions
- Lentils
- Cumin
- Thyme
- Oregano

Full of folate and proteins, lentils are a staple breakfast in parts of India. I use red lentils as they cook quickly and are easy to digest.

Time to prepare: 5 minutes

Time to cook: 30 minutes

Serves: 2-4

- $\frac{3}{4}$ cup dried red lentils, rinsed and picked over for debris
- 3 cups water, or organic low-sodium chicken or vegetable broth
- 1 teaspoon olive oil
- 1 medium onion, diced
- $\frac{1}{2}$ teaspoon salt
- 1 $\frac{1}{2}$ teaspoons ground cumin
- 1 teaspoon ground thyme
- 1 teaspoon dried oregano
- Cilantro & Scallion greens, for garnish

1. Put the water or broth into a medium saucepan with the lentils. Bring to a boil over medium heat.
2. Turn heat down to a simmer and cover.
3. Cook the lentils for 20-25 minutes or until they're fully cooked and almost mushy.
4. Heat the olive oil in a medium skillet over medium heat. Add the onion and season with salt.
5. Cook for 5-7 minutes or until softened.
6. Stir in the lentils and season with cumin, thyme and oregano.
7. Cook for 5 minutes.
8. Garnish with cilantro and scallions.

5-minute Oatmeal Bowl



Healing foods

- Oats
- Flax seeds
- Coconut milk
- Goji berries

If you have little time in the morning, pre-soaking the rolled oats will reduce the cooking time to just 5 minutes. I recommend not to use quick oats as they create sugar spikes and quickly make you hungry. Use pre-soaked rolled or cut-steel oats for best nutrition. For best digestibility, do not eat them raw.

Time to soak: overnight

Time to cook: 5 minutes

Serves: 1

- 1/2 cup rolled oats
 - 1 mashed banana
 - 1/2 cup full fat coconut milk
 - 1/2 cup water
 - pinch of salt
 - 2 tablespoons ground flax seeds
 - Topping Choices: [Goji berries](#), chopped nuts, seeds and berries
1. Place the oats, banana, coconut milk, water and salt in a medium bowl. Soak overnight.
 2. In a small saucepan, cook on medium heat for 5 minutes or until the oats are heated through.
 3. Sprinkle with flax seeds and topping of your choice.

No Bake Protein Bars



Healing foods

- Cashews
- Sesame seeds
- Flaxseeds
- Chia seeds
- Cherries

This low sugar and high protein bar is a great travel breakfast or when you have to run out of the door. It is packed with super-nutrients.

Time to prepare: 10 minutes

Time to chill: 30 minutes

Serves: 12

- 2 cups creamy [Cashew butter](#)
- ¼ cup sesame seeds
- ¼ cup chia seeds
- ¼ cup flaxseeds
- ¼ cup sunflower seeds
- 1 cup chopped dried cherries or cranberries
- 1 teaspoon ground cinnamon
- ¼ teaspoon fine grain salt
- ¼ cup coconut oil, melted

1. Line a rectangle cake pan with parchment paper
2. Mix all the ingredients together in a large bowl until evenly combined.
3. Transfer the mixture to the rectangle cake pan and press down the mixture with the back of a spoon to ensure it is as firmly packed as possible.
4. Cover pan with plastic wrap and refrigerate for 30 minutes or until firm.
5. Slice into 12 rectangles or any shape you like.
6. Store bars in an airtight container for up to a week or in the freezer for up to three months.

Maca Chia Pudding



Healing foods

- Maca
- Chia Seeds
- Coconut kefir

This power-breakfast is full of fat, fiber and protein but also good bacteria from the coconut kefir. Add Maca to relief PMS or menopause symptoms. Use berries, nuts, seeds or herbs of your choice for the toppings.

Time to prepare: 10 minutes

Time to ferment: 24 to 48 hours

Serves: 2

- 1 BPA-free can full fat coconut milk
 - 1 cup water
 - ¼ cup chia seeds
 - 2 tablespoons cane sugar
 - 1 pack [Body Ecology Kefir Starter](#)
 - 1 tablespoons gelatinized [Maca](#)
 - ½ teaspoon vanilla powder
 - Topping Choices: Berries, nuts, seeds, herbs of your choice.
1. In a medium saucepan, warm up the coconut milk and water until warm to the touch.
 2. Stir in the chia seeds, sugar, kefir starter, maca and vanilla powder.
 3. Place in a 70F to 78F warm room for 24 to 48 hours or until the pudding develops a tart taste.
 4. Generously sprinkle with topping choices.
 5. Store in the refrigerator for no more than two days.

Blueberry Mini Muffins



Healing foods:

- Blueberries
- Buckwheat
- Bananas

Loaded with antioxidants and high in protein, these muffins make a great grab-n-go breakfast.

Time to prepare: 10 minutes

Time to cook: 30 minutes

Serves: 12 mini muffins

- 2 ½ cups mashed bananas
- 2 tablespoons honey
- 3 teaspoons baking powder
- Pinch of salt
- 4 tablespoons coconut oil, melted
- 2 teaspoons vanilla extract
- ½ cup [Buckwheat flour](#)
- 1 ¼ cup [Rice flour](#)
- ¾ cup tapioca starch
- 1 cup fresh blueberries

1. Pre-heat oven to 350F and line a muffin tin with paper muffin molds.
2. In a large bowl, combine mashed bananas, honey, baking powder, salt and whisk for one minute. Add in the melted coconut oil and vanilla extract and stir.
3. Add in the buckwheat flour, rice flour and tapioca starch and stir until combined.
4. Gently fold in blueberries until they are evenly distributed.
5. Divide the batter evenly between the muffin molds and bake for 25-30 minutes until a toothpick inserted in the middle comes out clean.
6. Allow muffins to cool down for at least 10 minutes before removing them from the muffin tin.

Chocolate Cherry Pudding



Healing foods:

- Avocado
- Pumpkin seeds
- Ghee

This recipe can easily be adapted to either be a rich breakfast or a decadent snack or dessert. The fat from the avocado and ghee along with the protein from the hazelnuts and pumpkin seeds will help keep blood sugar levels stable.

Time to prepare: 10 minutes

Time to cook: 5 minutes

Serves: 2 servings

- 1 avocado
- 2 tablespoons [Raw unsweetened Cacao](#)
- 1 tablespoon [Ghee](#), preferably melted
- handful of pumpkin seeds
- handful of hazelnuts
- handful of dry cherries, presoaked in hot water
- 1 teaspoon vanilla extract
- 1 teaspoon lemon or lime juice
- ½ teaspoon cinnamon powder

Combine all the ingredients into a blender and process until smooth.

Grain-free Banana Pancakes



Healing foods:

- Bananas
- Flax seeds
- Maca

This is the sweetest breakfast in this recipe collection. Make it as a treat rather than staple food. Serve with nuts, seeds and coconut cream to balance the carbohydrates with some proteins, fat and fiber.

Time to prepare: 5 minutes

Time to cook: 30 minutes.

Serves: 14 small pancakes

- 3 tablespoons ground flax seed
- ½ cup hot water
- coconut oil
- 2 ripe bananas, cut to chunks
- 1 cup cold water
- ¾ cup [Otto's Cassava Flour](#)
- 4 tablespoons arrowroot
- 1 tablespoon lemon juice
- 1 tablespoon [Maca](#)
- pinch of sea salt
- Topping Choices: [Coconut cream](#), nuts, seeds


1. In a small bowl, whisk flax seed with water and set aside to thicken.
2. Grease a skillet with coconut oil to medium high heat.
3. Place the flax slurry, bananas, water, cassava flour, arrowroot, lemon juice, maca and salt in the blender and puree until smooth.
4. Scoop out ¼ cup of the batter and cook for about 3 minutes or until brown. Flip and repeat the process until batter is finished.
5. Top with coconut cream and nuts or seeds.

30 Foods to Rebalance Your Hormones

Avocado	Ghee	Sardines
Butter	Onion	Seaweed
Bee pollen	Green Matcha	Sprouts
Camu Camu	Hemp seeds	Sunflower seeds
Chia seeds	Lemon zest	Thyme
Coconut	Maca root	Turmeric
Bone broths	Milk thistle	Oregano
Crucifers	Parsley	Oysters
Dandelion	Pumpkin seeds	Organ meats
Flaxseed	Salmon	Pomegranate
Garlic		

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