

Blood Sugar Balancing Breakfast Recipes

Anxiety Relief Reset | Dr. Sara DeFrancesco

Turkey, Broccoli, & Red Pepper Crustless Quiche

Serves 6

2 tablespoons ghee, bacon fat, or coconut oil
12 large eggs, beaten
1 pound ground turkey
2 tablespoons extra virgin olive oil
1 head broccoli (florets and small stems)
¼ teaspoon black pepper
¼ teaspoon salt
1 red pepper, chopped
2 stalks green onions, chopped.

1. Preheat oven to 375 degrees.
2. Mix olive oil, salt, and pepper and toss with broccoli on a baking sheet. Roast for 15-20 minutes until lightly browned.
3. Melt 1 tablespoon of ghee, bacon fat, or coconut oil in a medium-sized skillet over medium heat. Add ground turkey. Cook until browned, about 3 to 5 minutes. Drain turkey meat and set aside.
4. Grease a 9 by 13-inch baking pan with the ghee, bacon fat, or coconut oil.
5. Pour the egg mixture into the greased baking pan. Add cooked turkey, roasted broccoli, chopped red peppers, and chopped red onions.
6. Bake for about 45 minutes, until the edges are brown.
7. Top with fresh green onions.

Rosemary & Turmeric Sausage

Serves 6-8

2 pounds ground pork
2 tablespoons fresh rosemary, minced
½ teaspoon turmeric powder
½ teaspoon garlic powder
½ teaspoon salt
1-2 teaspoons ghee or bacon fat

1. Combine turmeric powder, garlic powder, and fresh rosemary in a small bowl.
2. Mix seasoning with ground pork. Form 6-8 patties.

3. Heat 1-2 teaspoons ghee or bacon fat in a skillet on medium heat. Cook patties for 5-7 minutes each side, until patties are cooked through and browned on the outside.

Breakfast Salad

Serves 1

2 eggs
2-3 slices bacon
1-2 teaspoons ghee or bacon fat
2 cups mixed salad greens or lettuce
¼ cup red cabbage, chopped
¼ cup celery, chopped
¼ cup carrots, shredded
½ cup fresh blueberries
1 teaspoon extra virgin olive oil
Juice of ¼ lemon
Salt and pepper to taste.

1. Combine salad greens or lettuce, red cabbage, celery, carrots, and fresh blueberries. Dress with extra virgin olive oil and lemon juice. Salt and pepper to taste.
2. Melt ghee or bacon fat in skillet and cook eggs any style over low-medium heat. Serve over salad.