



Paleo Breakfast Recipes: For Busy Moms and Dads

Tyler Daniels

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Looking for some tasty Paleo breakfast recipes?

This book has you covered. You'll find everything from frittatas, smoothies and scrambles to muffins, pancakes and other baked goodness. Here are a sample of some recipes you'll find:

Summer Surprise Blueberry Muffins

Biting into these muffins reminds us of walking through a primordial forest and stumbling on a dewy, glistening patch of fresh blueberries. How could you help but gobble up every juicy, surprising morsel? We think you'll love the way the berries form little pockets of sweetness throughout the dough.

Arizona Dawn Sweet Potato Frittata

If a meal seems more appetizing to you when it's beautiful to look at, prepare to salivate. Not only does this dish taste like the best of wild, Southwest American cuisine, it also incorporates the gorgeous colors of the Southwest landscape: red (sweet potatoes) like the towering rocks, green (bell pepper) like mountain pine, and yellow (egg) of the glorious morning sun. Great for special occasion brunch or first course.

Solstice Spice Pancakes

Don't wait until Halloween to try these magical pancakes. The earthy nutmeg, barky cinnamon, and snappy ginger evoke memories of pumpkin pie, autumn harvest, and huddling together before a roaring bonfire.

And plenty more...

Hi, I'm Tyler Daniels and food is my passion. I have cooked and experimented with different cuisines, styles, and approaches to food that eventually led me to stand behind Paleo for a good reason. Since 2010, when I first stumbled upon Paleo, the Paleolithic lifestyle has helped me boost my energy and fitness levels into new heights and allowed me to beat my chronic acid-reflux problems; I am a living, breathing example of Paleo's efficiency and that's part of the reason I decided to write this book.

The recipes contained within this book's pages are the result of three years worth of cooking and experimenting with Paleo on all levels. Before Paleo, my cooking was limited to "making" sandwiches, mixing bowls of cereals, and preparing meals that didn't involve any cooking skills; I was suffering from culinary blindness.

When I encountered Paleo though, something stirred in me. Reluctantly at first, I started exploring the Paleolithic diet and, as I delved deeper and deeper into the truth of eating healthily, my excitement and inhibitions vanished; I had realized that Paleo is the real deal.

In the past, I didn't even like vegetables and my tastes (as well as my food imagination) were depressingly limited in scope. Paleo changed all that and opened my eyes into the real world: a world of colorful vegetables, powerful tastes (without dangerous additives), and healthy eating. Over the last three years, I have grown to love cooking. It is a profound sense of pride I get from knowing that I can provide healthy meals for myself and my family: a security in simple ingredients and down-to-earth honest cooking recipes.

One of my goals from writing this book is to share this sense of pride from cooking responsibly with my readers and perhaps motivate you into experiencing the Paleolithic lifestyle that helped me so profoundly.

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