

Healthier Breakfast Recipes

Breakfast Smoothie

You'll need a blender of some kind.

- *Ingredients* can be adjusted to your taste. Experiment!
 - Base: Nut milk such as almond or coconut
 - Low sugar frozen fruit: Eg. Raspberries (1/4 cup) plus unsweetened acai smoothie pack
 - Fat: ½ an avocado or heaped tablespoon of almond or peanut butter
 - Protein: 3 tablespoons hemp seed and/or scoop of protein powder*
 - Greens: Handful of spinach and/or parsley
- Put all ingredients in blender and blend well
- * Check ingredients of protein powder carefully. Avoid “isolates” and other chemicals. Plant-based are best.



Hearty Omelet

You'll need a skillet or egg pan.

- *Ingredients* can be adjusted to your taste and for variety.
 - 2 organic pasture-raised eggs
 - 1 shallot, peeled and chopped finely
 - 1-2 inches of zucchini, chopped finely
 - ¼ cup sliced mushrooms (optional)
 - 1-2 asparagus spears chopped (optional)
 - Handful of arugula (or spinach/kale). I like arugula with eggs for its peppery taste.
 - ½ an avocado
 - Teaspoon of grass-fed butter for cooking
- Heat pan and melt butter on medium heat
- Add shallot, zucchini, asparagus and any other vegetables that need cooking. Sauté for 2-3 mins
- Lightly whisk eggs with a fork and add to pan
- Continue to heat on medium, flip over as necessary to cook both sides, another 1-2mins until eggs are almost solid
- Add arugula to the egg for a final warming. Serve with avocado.





Oat Waffles

You'll need a waffle iron for these.

Probably not the best daily staple but eggs and coconut oil balance out the oats. Make sure you start from organic old fashioned (unrefined) oats, labelled gluten-free. I make a batch every Saturday morning that keeps my family going through the weekend!

■ *Ingredients* (makes 4-6 waffles)

- 1 ½ cups GF oat flour (pour organic GF rolled oats into blender and turn into flour)
- 2 tsp baking powder
- ½ tsp salt
- Pinch of cinnamon to taste
- ¾ cup of milk (almond milk, coconut milk, rice milk)
- ¼ cup + 1 tbsp melted coconut oil
- 2 large eggs
- 2 tbsp maple syrup
- 1 tsp vanilla extract



■ *Directions*

1. Mix together dry ingredients in a big mixing bowl
2. Gently melt coconut oil in a pan
3. Mix together wet ingredients in a separate bowl
4. Combine all ingredients and mix well. Let sit for 10 minutes.
5. Meanwhile plug in your waffle iron to heat up.
6. Once 10mins is up, give one more stir.
7. I use about two 1/3 cups of batter per waffle but it depends on the size of your waffle maker.
8. Good toppings are chopped up bananas and strawberries.



Carrot cake pancakes

These pancakes are surprisingly quick to make and a healthy fan favorite.

■ Ingredients

- 1 carrot grated
- 1 tsp ground cinnamon
- 2 tsp (organic raw) honey
- 2 eggs
- 1 banana
- Coconut oil (to cook with)

■ Directions

1. Blend eggs, banana, cinnamon and honey until smooth
2. Stir in grated carrot
3. Use 1 tsp coconut oil and heat up skillet
4. Pour in $\frac{1}{4}$ cup of batter per pancake. Cook 1-2 mins until bubbles form.
5. Flip and cook for another 1-2 mins
6. Remove from skillet to serve.
7. Top with pumpkin seeds or chopped nuts for some extra protein and healthy fats.



Crustless Mini Quiches

Mini quiches are a bit more work but make a batch at the weekend and can be re-heated all week. Kids love them. These measurements make about 12.

■ *Dry ingredients*

- $\frac{1}{2}$ cup almond meal/flour
- $\frac{1}{2}$ cup hemp hearts
- 1 cup parmesan cheese
- $\frac{1}{4}$ cup flax seed meal
- $\frac{1}{2}$ tsp baking powder (aluminum free)
- $\frac{1}{2}$ tsp oregano (optional)
- $\frac{1}{2}$ tsp basil (if using dried, fresh is even better!)
- $\frac{1}{2}$ tsp parsley (if using dried but I prefer a handful of fresh parsley chopped finely)



■ *Wet ingredients*

- 6 eggs whisked/beaten
- ½ cup organic cottage cheese
- ⅓ cup thinly sliced green onions (optional)

■ *Directions*

1. Preheat oven to 375°F
2. Mix together dry ingredients in a bowl
3. Separately mix together wet ingredients
4. Combine ingredients. Mix well. Scoop mixture into muffins cups
5. Bake for 25 minutes



Turmeric Seed loaf

Incredibly versatile, super yummy, and full of nutrition! Great with a morning coffee for those rushing out the door, or with an afternoon cup of tea while taking a break. It's worth the effort – I promise!

■ *Ingredients*

- 2 cups almond meal
- ½ cup raw organic walnuts or pecans
- ¼ cup shredded coconut
- ½ cup raw pumpkin seeds
- ¼ cup raw sunflower seeds
- ¼ tsp salt
- 1 tsp turmeric
- ½ teaspoon (aluminum free) baking powder
- 3 eggs
- 2 egg whites
- 3.25 oz coconut oil melted (½ cup is 3.7oz, so just a bit less)
- 2 tblsp maple syrup
- ½ banana mashed



■ *Directions*

1. Preheat oven to 325°F and line a small loaf tin with baking (wax) paper (3.5x12inch)
2. Combine almond meal, nuts, seeds, nuts, salt, turmeric, baking powder, and coconut in a large bowl.
3. In small bowl whisk together the remaining ingredients. Add wet mixture to dry mixture and combine well.
4. Pour the batter into the prepared loaf tin and bake for 45-50mins or until a skewer comes out clean.
5. Allow to cool in the tin before slicing. Serve plain or with a little (grass-fed) butter or jam.

