



**HEALTHY BREAKFAST  
OPTIONS**

**ENRICHED**  
NUTRITION & LIFESTYLE COACHING



BREAKFAST

## GRANOLA

Serves 10

### Ingredients:

120g porridge oats  
120g almonds  
120g cashews  
50g pumpkin seeds  
50g sunflower seeds  
50g unsweetened coconut flakes  
/ desiccated coconut  
40g coconut oil  
40g maple syrup  
1 tsp vanilla extract

**To serve:** coconut yoghurt,  
berries of choice or stewed  
apple

1. Preheat the oven to 140C.
2. Add the porridge oats, almonds, cashews, pumpkin and sunflower seeds and coconut flakes / desiccated coconut to a large oven-proof dish.
3. Melt the coconut oil on a low heat and add in the maple syrup and vanilla extract.
4. Combine the wet ingredients with the dry ingredients, ensuring the nuts, seeds and oats are well coated in the oil / syrup mixture.
5. Bake in the oven for 20-25 mins until golden brown.
6. Allow to cool.
7. Store in an airtight container for up to 1 month.

To serve, add to a bowl with 2 tbsp coconut yoghurt and a handful of berries or 1 tbsp of stewed apple (from the porridge recipe).

## JAMMY RASPBERRY & ALMOND BUTTER CHIA PUDDING

Serves 2

### Ingredients:

300ml coconut/ almond milk  
3 tbsp almond butter  
1/2 tsp ground cinnamon (optional)  
60g chia seeds  
120g raspberries (fresh or frozen)

1. Blend together the coconut or almond milk, 1 tbsp of almond butter and the ground cinnamon until combined. Add in the chia seeds and mix well ensuring they are incorporated fully into the milky mixture. Divide the mixture between 2 glasses/ jars. Refrigerate for at least 20 mins (or preferably overnight) to thicken.

2. In a small bowl, mash the raspberries until they resemble jam.

3. When the chia pudding has firmed up, top with a layer of raspberry 'jam' and finish with 1 tbsp of almond butter and a couple of whole raspberries per jar/glass.

4. This can be made in advance and refrigerated for up to 3 days.







## OVERNIGHT OATS

Oats are such a versatile food and can help you to stay fuller for longer as it's a slow releasing carbohydrate. You can also mix and match toppings and fillings to ensure that you get a good balance of healthy fats, protein and at least a portion of fruit to set you up for the day.

Choose an item from each category and mix all the ingredients thoroughly. Top with your choice of topping, put in the fridge overnight and it's ready for you first thing in the morning!

### BASE (40G)

oats | quinoa flakes | buckwheat flakes

### LIQUID (150ML UNSWEETENED)

almond milk | hemp milk | coconut milk

### PROTEIN

1tbsp protein powder | 100g plain Greek yoghurt  
20g chopped nuts

### SEEDS (1 TBSP)

chia seeds | flaxseeds | pumpkin seeds

### TOPPINGS

1 handful frozen/fresh berries  
1 chopped apple/pear/peach/nectarine  
2 chopped plums/apricots



## BLACKBERRY PANCAKES

Serves 3

### Ingredients:

120g oats

30g mixed seeds

(pumpkin/ sesame/sunflower)

1 medium banana

1 tsp baking powder

3 eggs

300ml coconut/ almond milk

300g blackberries

Coconut oil for frying.

1. Grind the oats and mixed seeds to create a coarse flour.
2. Mash the banana in a large bowl.
3. Add the oat/seed flour to the mashed banana along with the baking powder and mix together.
4. Add the eggs and mix well.
5. Measure out the milk into a jug. Take a small handful of the blackberries, wash and add to the milk. Using a hand-held blender, whizz to turn the milk purple. Add to the large bowl and incorporate well into the flour mixture.
6. Heat just enough coconut oil to skim the bottom of a frying pan. Using a ladle, add the mixture to the pan. Cook on a medium heat for approximately 60 secs (bubbles will appear) before turning and finishing off.
7. To create a sauce, place the remaining blackberries into a small saucepan with 2 tbsps water. Cook the blackberries until they start to break down - some will remain whole.
8. Divide the pancakes between 3 plates and drizzle the blackberry sauce over the top.
9. If desired, add one tbsp almond butter to spread on your pancakes. These keep well for 3 days in the fridge or can be frozen for an easy mid-week breakfast.

# Breakfast

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## SCRAMBLED EGG - 5 WAYS

### SPINACH AND FETA

2 large eggs, 1tsp coconut oil, pinch of salt, twist of black pepper. Wilt a generous handful of spinach in a teaspoon of coconut oil and a splash of water. Crumble a tablespoon of feta.

### FRESH HERBS

2 large eggs, smidge of cold water, 1tsp coconut oil, pinch of salt, twist of black pepper. Chop up a mix of fresh herbs. Chives and Parsley are a great combo.

### PARMESAN AND PESTO

2 large eggs, smidge of cold water, 1tsp coconut oil, pinch of salt, twist of black pepper. Grate 2 teaspoons of parmesan and use 1 tablespoon of pesto.

### SMOKED SALMON, CREAM CHEESE AND CHIVES

2 large eggs, smidge of cold water, 1tsp coconut oil, pinch of salt, twist of black pepper. 30g of chopped smoked salmon, 30g cream cheese, sprinkle of chopped fresh chives.

### TOMATOES AND RED PEPPER

2 large eggs, smidge of cold water, 1tsp coconut oil, pinch of salt, twist of black pepper. Chop up 4-6 cherry tomatoes or 1 larger tomato, together with a few slices of red pepper and sauté in 1 teaspoon coconut oil for 2-3 mins.

## METHOD

- Mix the eggs, water, salt and pepper and give it a good whisk.
- Melt the oil in a non stick pan and add the eggs.
- Gently fold the eggs with a wooden spoon, until they are almost set.
- Final stage is to add in the filling - stir gently for a few seconds until nicely integrated.

