

breakfast

BREAKFAST BOWLS AND
SMOOTHIES



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BREAKFAST BOWLS AND SMOOTHIES

Breakfast

A slice of toast or two?

If your breakfast is no more than toast and jam, it may be time to think about switching to a breakfast to nourish you well from the start of your day.

Your breakfast has an important role in breaking your overnight fast and kickstarting your day. This meal needs to supply you with the nutrients to help you thrive in the day ahead.

Check out the options for a nutrient packed breakfast you can enjoy.

Oats

Oats is a popular choice for breakfast and can be prepared in advance. Adding in seeds, nuts, fruits, milk or yoghurt increases the nutrient value of your oats for breakfast.



Porridge

Use rolled oats (not the instant kind) to make porridge and add in a fruit topping such as blueberries or stewed apple.

Overnight Oats

For 1 serving

30g organic jumbo oats

milk (dairy or alternative), adjust the quantity

1 dessert spoon linseeds and/or chia seeds

optional toppings:

plain live yoghurt or dairy alternative such as coconut

blueberries, chopped apple or pear

apple purée

stewed rhubarb, plums or apricots

dried fruit

chopped nuts

Put oats and seeds into a bowl, stir well and add water or milk to cover generously. Put into fridge to soak overnight. To serve, stir well. Add toppings of choice.

Apple Purée

3 cooking apples (such as Bramley)

optional:

6 cloves

finely chopped piece of ginger

1 teaspoon cinnamon

Rinse the apples and chop into chunks, remove core but do not peel.

Add the apples with a small amount of water to a heavy based saucepan. Add optional raisins or spices.

Cook on a low heat and stir to prevent sticking on the bottom of the pan.

When the apple has become fluffy (about 10 minutes), stir well and remove from the heat.

Cool and store in a glass bowl in the fridge. Serve with yoghurt, overnight oats or a chia pudding.

Stewed fruit (rhubarb, plums, apricots)

A wide variety of fruit can be stewed, such as rhubarb, plums or apricots. Prepare the fruit by chopping and removing stones as needed. Add to a saucepan with spices such as cinnamon or ginger and a few tablespoons of water. Bring to the boil and simmer on a gentle heat until the fruit is softened. Stir to stop the fruit sticking and add more water as needed. Cool and store in a glass bowl in the fridge. Serve with yoghurt, overnight oats or a chia pudding.

Chia Seeds



Chia Seed Pudding

For 4 servings

2 cups of plant milk of choice (such as almond or oat milk)

½ cup chia seeds

½ teaspoon cinnamon

Mix or blend all ingredients except chia seeds until smooth, including any added fruits. Whisk in chia seeds. Pour mixture into a glass jar or bowl, and place in fridge for at least 4 hours or overnight to let it gel. Shake or whisk a few times within the first hour to help it gel evenly. Serve in small bowls with fruit.

Chocolate Almond Chia Pudding

For 4-6 servings

200g Medjool dates, pitted

½ cup almonds

3 cups almond milk

½ cup chia seeds

3 tablespoons cocoa or cacao powder

1 teaspoon cinnamon

Blend dates, almond milk, almond, cocoa (or cacao) powder, and cinnamon in a blender on high speed until very smooth, about 1 minute. Transfer date milk to a large jar or dish. Stir in chia seeds. Cover and chill for at least 6 hours. (Can be stored for up to 5 days.)

Serve cold, dusted with cinnamon.

Chia Berry Jam

250g frozen or fresh berries (blueberries, raspberries, strawberries)

2 tablespoons chia seeds

juice of 1 lemon

2 tablespoons water

Place the berries, lemon juice and water in a saucepan. Bring to a boil over a medium heat to soften.

Mash with a fork.

Remove from the heat and add in the chia seeds. Stir. Cool.

Place in a glass jar in the fridge for 2 to 3 hours, to set. (Can be stored for up to a week.)

Serve with overnight oats or on toast.

Smoothies

A smoothie to go is a convenient breakfast which can be prepared in advance if you need a breakfast to take with you.

Use a blender like a Nutribullet to make these smoothies.

Recipes are for 1 serving. Either drink immediately or store in the fridge for up to 24 hours.



Banana smoothie

1 small ripe banana

1 small orange, handful of berries or pineapple chunks

1 spoon plain live yoghurt

½ cup milk (dairy, coconut, almond or oat)

optional:

small piece of fresh ginger (peeled)

Prepare the fruit in chunks and add to blender. Add a spoonful of yoghurt and small amount of milk to the blender. Blend until smooth. Stir in extra milk for the right consistency.

Avocado smoothie

1 small ripe avocado

1 small apple, pear or handful of blueberries

½ cup milk (dairy, coconut, almond or oat)

optional:

a few leaves of mint, squeeze of lemon or lime, teaspoon honey

Prepare the avocado by peeling and chopping and add to blender. Add a spoonful of yoghurt, fruit and options with a small amount of milk to blender. Blend until smooth. Stir in extra milk for the right consistency.

Super Antioxidant Smoothie

1 peach, pitted

1 apple, cored

1 large plum or 3 small plums, pitted

1 cup blueberries

1 cup blackberries

4 cups packed spinach leaves

2 cups water

Place all ingredients into a powerful blender and blend on high until smooth.

Creamy Almond Kale Smoothie

2 cups raw almond milk

small bunch kale

1-3 pears, cored and chopped

Place all of the ingredients into a high-powered blender and blend until smooth and creamy.

Green Smoothie

1 handful fresh spinach

1 half avocado

1 small banana

1 cup frozen berries

1 cup water

Add fresh spinach to a cup of water in a blender. Blend really well to a purée. Add other ingredients.

This produce a reddish brown smoothie, which should taste good. Experiment with other greens in place of the spinach, such as celery, rocket, kale, cabbage, Romaine lettuce or watercress. Try other fruits, such as apple, apricot, peach or pear. Try reducing the fruit and replacing with extra greens.

Pancakes



Banana pancakes

For 1 serving

2 large eggs

1 medium banana

coconut oil

optional:

¼ teaspoon cinnamon, handful of blueberries

Purée eggs and banana (with optional cinnamon) in a blender till smooth.

Lightly oil (coconut oil) a large frying pan and place over a medium heat.

Using 2 tablespoons of batter for each pancake, drop into the pan.

Cook until bubbles appear on the surface and the edges look dry, 2 to 4 minutes.

With a spatula, flip the pancakes over and cook until browned on the other side, 1 to 2 minutes.

Serve with optional blueberries.

Quinoa pancakes

For 8 servings

120g quinoa flakes

2 medium eggs

½ teaspoon baking powder

120ml milk

coconut oil

Place all the ingredients except the coconut oil in a tall jug and process with a hand blender to make until a thick mixture of dropping consistency.

Warm a small amount (about ½ tsp) of coconut oil in a heavy bottomed frying pan over a medium heat.

Carefully drop spoonfuls of the mixture into the hot pan to form individual pancakes about 8cm across.

This amount of mixture will make 8 pancakes so you will probably need to cook them in 2-3 batches.

Remember to add a small amount of coconut oil to the pan between batches to prevent sticking.

As the pancakes cook, bubbles will rise to the surface. Once golden on the underside (about 4-5 minutes) turn over using a fish slice and cook for a further 1-2 minutes. Keep the pancakes warm in a low heat oven until you are ready to serve. Great served with blueberries, honey, cinnamon and cashew nut cream.

Breakfast, what breakfast?

Are you in the habit of toast and jam for your breakfast? Your breakfast is the important meal to kickstart your day, breaking your overnight fast. By choosing a nutrient rich breakfast, you are nourishing your body and mind to meet the demands of the day.