

breakfast

A close-up photograph of a soft-boiled egg in a green ceramic egg cup. The egg is cracked open at the top, revealing a bright orange yolk and a white, slightly runny egg white. The egg cup is placed on a light-colored wooden surface. In the background, two more whole white eggs are visible, slightly out of focus.

BREAKFAST TOAST
TOPPINGS AND EGGS

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BREAKFAST TOAST TOPPINGS AND EGGS

Breakfast

A bowl of popular cereal? A slice of toast and jam?

Have you checked the nutrient value of your cereal?

Your performance during the day depends on the nutrients in your breakfast, your important first meal.

Explore the breakfast choices for a more nourishing meal to help you meet the demands of the day ahead of you. By cooking up some eggs or preparing a topping for your toast, you can switch your breakfast for a more optimal meal to help you to meet the demands of the day ahead.

Eggs

A traditional breakfast ingredient, eggs are a good source of protein for a substantial breakfast.

A traditional and simple egg option is one or two boiled eggs with fingers of wholemeal bread and tomatoes.



Simple baked egg

1 egg

butter

1 tablespoon chopped salad onion

Heat the oven to 180°C.

Whisk the egg, add the onion and pour the mixture into a buttered ramekin. Season.

Bake for about 10 minutes, until the egg is set. Serve with wholemeal toast.

Spinach baked egg

100g fresh spinach

1 large egg

butter

Heat the oven to 180°C.

Trim any thick stalks off the spinach. Wilt the spinach in a saucepan. Drain well, squeezing out excess water. Add a tiny amount of butter and return to pan to melt, stirring.

Butter a ramekin dish and place the spinach in the bottom. Break the egg into the ramekin. Season.

Bake for 10-12 minutes until eggs are set. Serve with wholemeal toast.

Mushroom and spinach omelette

2 medium eggs

1 cup mushrooms

2 cups spinach

Prepare the mushrooms by cleaning and chopping in half.

Rinse the spinach.

With a small amount of butter in a frying pan, gently fry the mushrooms for about 5 minutes. Add the spinach to the pan until it wilts.

Remove the mushrooms and spinach from the pan.

Whisk the eggs in a bowl.

Add a small amount of butter to the pan and heat until it starts to foam.

Pour in the eggs and tilt the pan, to allow the liquid to reach the edge of the pan. Cook on a medium heat for a few minutes.

When the omelette starts to lift easily at the edges, carefully turn over to cook the other side for a minute.

Add the mushrooms and spinach back to the pan on top of the omelette. Slide out on to a plate. Serve hot.

Banana pancakes

For 1 serving

2 eggs

1 medium banana

coconut oil

optional: $\frac{1}{4}$ teaspoon of ground cinnamon, $\frac{1}{4}$ cup of blueberries

Purée eggs and banana (with optional cinnamon) in a blender or mash well with a fork, till smooth.

Lightly oil (coconut oil) a 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 eggs

½ teaspoon baking powder

120ml milk (dairy or alternative)

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.

Cook until bubbles rise to the surface, 4 to 5 minutes.

Once golden on the underside turn over using a spatula and cook for a further 1-2 minutes.

Keep the pancakes warm until you are ready to serve. Great with blueberries, honey or cinnamon.

Frittata

For 4 servings

6 eggs

80g cheese (any variety)

pepper and pinch salt

vegetable options:

2 cups spinach, 1 cup mushrooms, sundried tomatoes, small onion

2 cups chopped kale, 2 cups chopped sweet potatoes, small red onion

Preheat oven to 180°C.

Whisk together eggs. Add salt and pepper.

Prepare vegetables by chopping small.

Either:

Sauté mushrooms and onion in 1 dessert spoon coconut oil in a frying pan over a medium heat for about 5 minutes. Add in the spinach to wilt. Stir in the sundried tomatoes.

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Or:

Sauté sweet potatoes in 1 tablespoon coconut oil in a frying pan over medium heat about 8 minutes or until potatoes are tender. Remove and keep warm. Sauté kale, red onion and garlic in 1 tablespoon oil for 2-3 minutes or until kale is tender; stir in potatoes.

Transfer vegetable selection to a baking dish.

Pour egg mixture evenly over vegetables, and sprinkle with cheese.

Bake at 180°C for about 30 minutes or until set and browning.

Serve warm or can be eaten cold.

Egg Muffins

For 12 muffins

12 large eggs

black pepper and pinch salt

filling options:

1 cup mushrooms (finely chopped)

¼ cup Gorgonzola (crumbled)

1 tablespoon fresh thyme (finely chopped)

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1 red pepper (finely chopped)

¼ red onion (finely chopped)

¼ cup Feta cheese (crumbled)

½ cup sun dried tomatoes (finely chopped)

¼ cup fresh basil (finely chopped)

¼ cup Chevre (crumbled)

1½ cups broccoli florets (finely chopped)

¼ cup Cheddar (grated) or Stilton (crumbled)

Preheat the oven to 180°C and line a 12-cup muffin tin with paper liners. (Or grease the cups very well to prevent sticking.)

In a large bowl, beat together the eggs, salt, and pepper, then set aside.

Fill the 12 muffin cups with your filling of choice, nearly to the top with vegetables. Pour the egg mixture over the top of the filling option, filling each muffin cup.

Place the pan in the oven to bake until the eggs are fully cooked, about 20 to 25 minutes. The muffins are cooked when the centres have risen out of the pan, puffing up quite a bit when they are in the oven, but shrinking down as they cool.

Allow the muffins to cool for at least 5 minutes before serving them warm. Leftovers can be stored in the fridge in an airtight container for 3 to 5 days. Serve cold or heat in the oven at 180°C for 8-10 minutes.

Toast Toppings

If you're reluctant to give up your slice of toast for breakfast, replacing the marmalade or jam with a more nourishing topping will boost the power of your toast.

Try almond nut butter with slices of apple, baked beans, scrambled or poached eggs with mushrooms and tomatoes, or guacamole.



Guacamole

½ small red onion

3 ripe avocados

6 ripe cherry tomatoes

extra virgin olive oil

small bunch fresh coriander

1-2 fresh chillies

1-2 limes

Peel the onion and deseed 1 chilli, then roughly chop it all on a large board.

Destone the avocados and scoop the flesh onto the board.

Start chopping it all together until fine and well combined.

Roughly chop the coriander leaves and tomatoes, adding to the avocado.

Transfer to a bowl.

Add the juice from 1 lime and 1 tablespoon of oil, then season to taste with sea salt, black pepper and more lime juice, if needed.

If you like more of a kick, deseed the chilli, finely chop and scatter over the remaining chilli.

Serve on toast with tomatoes and cucumber.

What breakfast?

Does your breakfast come straight out of a cereal packet? The convenient choice might not equal the nutrient power of a breakfast which takes a small amount of preparation. A little time spent on a nutrient dense breakfast choice is an investment in helping to prepare your body for the demands of the day ahead.