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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.

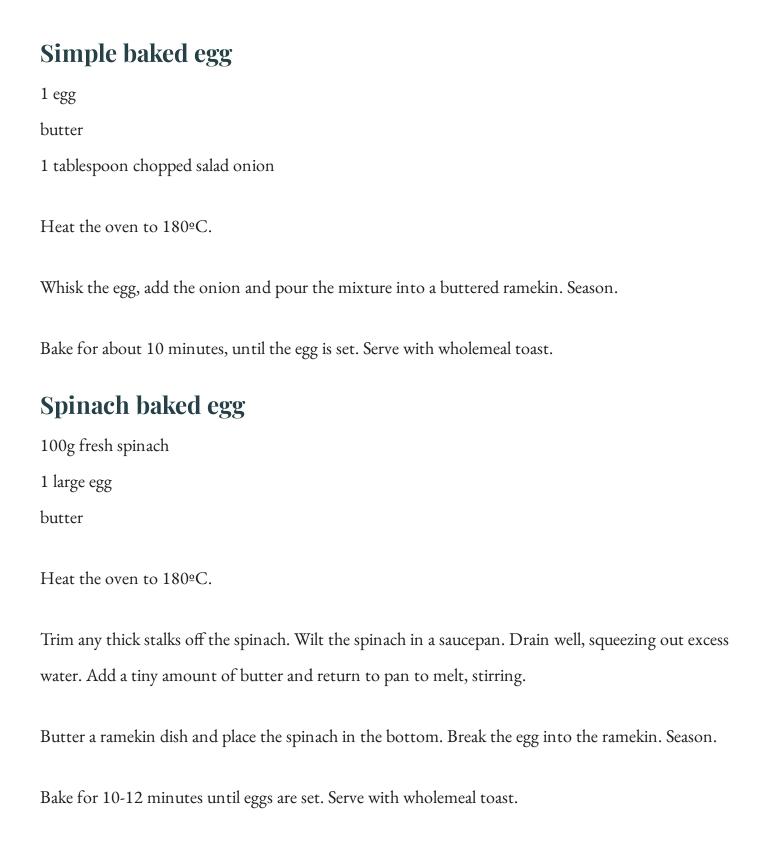
Explore the breakfast choices for a more nourishing meal to help you meet the demands of the day ahead of you. By cooking up some eggs or preparing a topping for your toast, you can switch your breakfast for a more optimal meal to help you to meet the demands of the day ahead.

# 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.





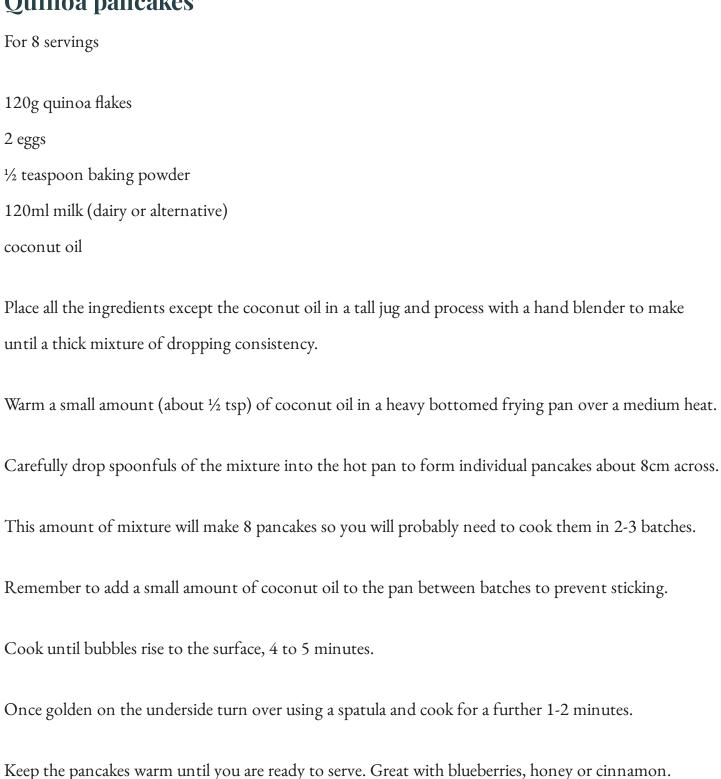
Mushroom and spinach omelette
2 medium eggs
1 cup mushrooms
2 cups spinach
Prepare the mushrooms by cleaning and chopping in half.
Rinse the spinach.
With a small amount of butter in a frying pan, gently fry the mushrooms for about 5 minutes. Add the spinach to the pan until it wilts.
Remove the mushrooms 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

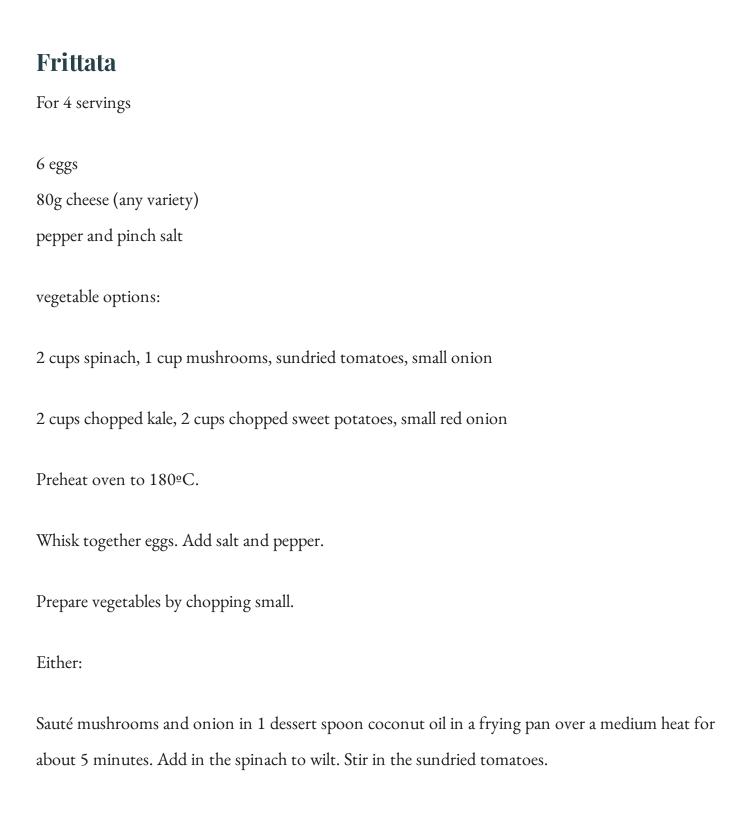
hot.

### Banana pancakes

For 1 serving 2 eggs 1 medium banana coconut oil optional: ¼ teaspoon of ground cinnamon, ¼ 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





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) <sup>1</sup>/<sub>4</sub> cup Gorgonzola (crumbled) 1 tablespoon fresh thyme (finely chopped)

1 red pepper (finely chopped)

1/4 cup Feta cheese (crumbled)

1/2 cup sun dried tomatoes (finely chopped)

1/4 cup fresh basil (finely chopped)

1/4 cup Chevre (crumbled)

1/2 cups broccoli florets (finely chopped)

1/4 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.

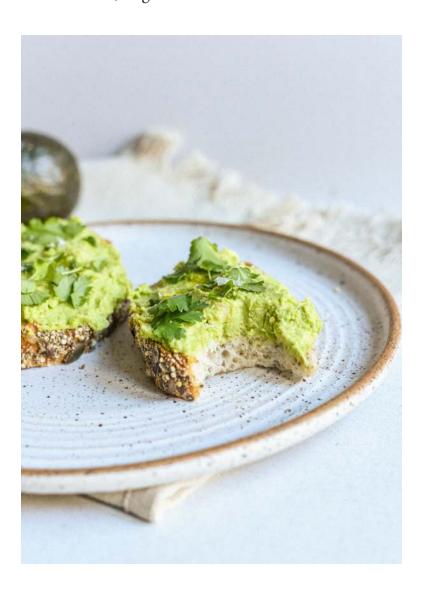
Place the pan in the oven to bake until the eggs are fully cooked, about 20 to 25 minutes. The muffins are cooked when the centres have risen out of the pan, puffing up quite a bit when they are in the oven, but shrinking down as they cool.

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.

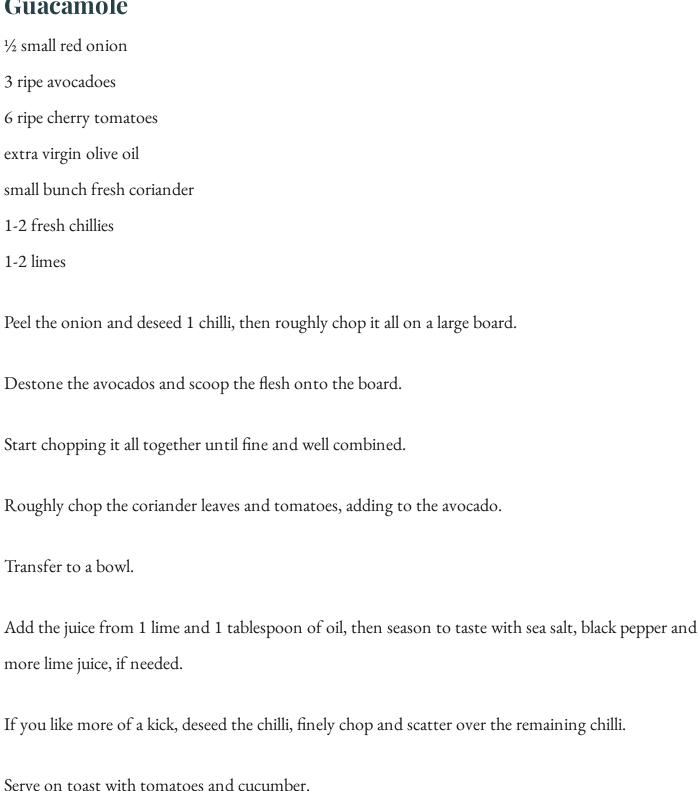
# **Toast Toppings**

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



# 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.