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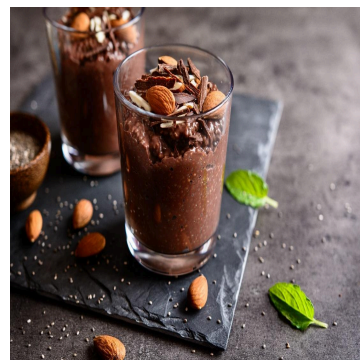
SWEET & SAVORY BREAKFAST BOWL

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Chocolate Chia Pudding with Roasted Almonds

Chia seeds are a fantastic source of fiber, antioxidants, iron, calcium, and omega 3's. Omega 3's are essential for good health as they directly affect your body's ability to inflame and anti-inflame areas that need healing.

With our bodies not being able to make omega 3's, it is necessary to obtain them from what we eat. They are the good type of fat that may lead to reducing the risk of arthritis, dementia, depression, and heart disease.



Yield: Serves 4

Ingredients		Purchase on Amazon
Coconut milk	3 cup	Coconut milk
Raw cacao powder	1/3 cup	Raw cacao powder
Maple syrup	1/3 cup	Maple syrup
Vanilla extract	1 tsp	Vanilla
Almond butter	2 Tb	Almond butter
Chia seeds	½ cup	Chia Seeds
To serve:		
Roasted almonds	¼ cup	Roasted almonds
Cacao nibs	2 Tb	Cacao nibs

Instructions:

1. Place coconut milk in a large mixing bowl and sift the cacao powder over the milk. Stir to combine.
2. Add the maple syrup, vanilla extract, and almond butter, mix well.
3. Add the chia seeds and mix ensuring the chia seeds do not clump and the mixture is well combined. Let stand for 5 minutes, stirring occasionally.
4. Divide the mixture between 4 glass jars and secure the lid. Place in fridge for at least 4 hours or overnight.
5. Turn the oven on 350 and toast almonds for 4-5 minutes (they will burn easily so keep your eyes on them!) OR you can toast them in any sort of oven toaster you may have. This allows you to view them as they quickly roast.
6. When ready to serve, top with some roasted almonds and cacao nibs.

Recipe Notes: For those that may have either a nut intolerance or allergy don't sweat it because this recipe is really adaptable. Simply swap the almond butter for coconut butter and instead of serving with roasted almonds on top use either some sunflower seeds, fresh berries or sliced banana (or any favorite fruit you have on hand).

Creamy Quinoa Pudding with Strawberries

A quick and easy super nourishing meal! Quinoa is definitely the super star of this breakfast as it has so many health benefits. High in protein, fiber, iron and magnesium no wonder why it was classified as “gold to the Incas” for thousands of years. Quinoa is low GI, gluten-free, and is a whole protein, meaning that it contains all nine essential amino acids the body needs for repair. This breakfast meal is guaranteed to leave you to feel satisfied until lunch, keeping you energized the whole morning.

Yield: Serves 4



Ingredients		Purchase on Amazon
Coconut milk	3 cup	Coconut milk
Quinoa	½ cup	Quinoa
Honey	2 Tb	Honey
Vanilla extract	½ tsp	Vanilla
Ground cardamom	¾ tsp	Ground cardamom
Ground cinnamon	1/2 tsp	Cinnamon
Ground nutmeg	pinch	Ground nutmeg
Fresh strawberries (chopped)	2 Cup	
Honey (to drizzle)	2 Tb	Honey

Instructions:

1. Rinse the quinoa really well under cold water and drain using a strainer.
2. Place the quinoa, coconut milk, honey, vanilla, cinnamon, cardamom, and nutmeg in a large saucepan over high heat. Stir continuously and bring to a boil.
3. Reduce heat and simmer, with lid askew, for 20 minutes. Stir every now and then.
4. Add the 1 ½ cups of the strawberries and allow to simmer for another 2 minutes.
5. When removing from heat, ensure the quinoa is still wet and a little runny, it will continue to absorb liquid as it rests. Set aside to cool and thicken.
6. Once cool divide the mixture between 4 jars and secure tightly with a lid. Place in the fridge until ready to serve.
7. When ready to serve, top with the remaining fresh strawberries and a drizzle of honey.

Recipe Note: If fresh strawberries are not in season frozen berries of any variety will work just as well in this recipe. You can all substitute the berries for other fruits such as chopped-up apples and pears. If using apples and pears just add a little lemon juice, a splash of water, and a drizzle of honey when simmering so that it becomes nice and juicy.

Lime and Coconut Chia Pudding

The addition of avocado makes this chia pudding even more nutritious and satiating. Avocados are a unique fruit being that they are high in fat... the healthy kind! Good fats are essential for our health and wellbeing. Avocados are incredibly nutritious and also have a wide variety of nutrients. Loaded with fiber, potassium, and monounsaturated fatty acids, they will help keep our heart healthy and keep our cholesterol levels down.

Recipe Notes: Unfortunately avocados are not always available... or at times they can be really expensive. If this is the case, simply substitute the avocado with 4 - 6 tablespoons of coconut butter.



Yield: Serves 4

Ingredients		Purchase on Amazon
Coconut milk	3 cup	Coconut milk
Large avocado	1	Avocado
Maple syrup	1/3 cup	Maple syrup
Lime juice	1 ½ tsp	Lime Juice
Lime zest	1 ½ tsp	
Chia seeds	½ cup	Chia Seeds
To serve:		
Shredded coconut	2 Tb	Shredded coconut
Flaxseeds	2 Tb	Ground flaxseed

Instructions:

1. Add the coconut milk, avocado, maple syrup, and lime juice to a blender. Blitz on high until smooth.
2. Mix in the chia seeds and lime zest.
3. Store in an airtight container and place in the fridge for at least 4 hours or overnight.
4. When ready to serve, add a serve of the chia pudding to a bowl and sprinkle over some shredded coconut and flax seeds.

Nutty Pear Oatmeal with Cinnamon

Who said healthy breakfasts had to be dull, boring, and sweetless? This tasty oatmeal recipe, although sweet, is absolutely delicious and incredibly nutritious. Oats are rich in antioxidants, are a great source of vitamins and minerals, and are a fantastic source of fiber. Oats are actually in fact one of the most nutrient-dense foods you can eat. So in saying all this, you will not have to feel guilty one bit while eating this creamy, sweet oatmeal breakfast. Enjoy every bite!



Yield: Serves 4

Ingredients		Purchase on Amazon
Whole rolled oats	2 cup	Whole Rolled Oats
Coconut milk	3 cup	Coconut milk
Coconut cream	1 cup	
Vanilla extract	1 tsp	Vanilla
Pears	2	
Coconut sugar	2 Tb	Coconut sugar
Almond butter (chunky)	¼ cup	Almond butter
Honey	2 Tb	Honey
Chopped walnuts	2 Tb	Walnuts
Ground cinnamon	1 tsp	Cinnamon

Instructions:

1. Place the oats, coconut milk, coconut cream, and vanilla extract in a saucepan over medium-low heat for 10-15 minutes. Stir frequently, until the oats are tender and the mixture is thick and creamy (add a little more milk if it becomes too thick).
2. Meanwhile, core and chop the pears into cubes. Add the pears, coconut sugar, almond butter, honey, chopped walnuts, and ground cinnamon to another small saucepan and cook over medium heat. Stir occasionally, for approximately 10 minutes or until the pear is soft and sticky.
3. Add the pear and walnut mixture to the cooked oats and gently stir through. Add more milk if necessary.

Recipe Notes: *For those that may be gluten intolerant or celiac it can be really hard at times to find a gluten-free variety of whole oats. For a gluten-free alternative, swap the oats for amaranth, please note this variation will give you a little more of a nutty, earthy flavor. Like oats, amaranth reduces blood pressure and cholesterol while satisfying your appetite and gives you long-lasting energy.*

Peanut Butter Overnight Oats With Chia

Looking for a quick and easy breakfast that will keep you going all morning? Make these peanut butter overnight oats with chia for a quick high-fiber, ready-to-go breakfast.

This jar of goodness packs a big hit of fiber which is such a great way to start your day. Fiber helps us maintain a healthy weight and lowers the risk of both diabetes and heart disease. The protein from the yogurt, chia, and peanut butter will also make us feel full for longer which means it's also good news for weight loss.... No snacking between meals. Such a great, healthy yet absolutely YUM breakfast!



Yield: Serves 4

Ingredients		Purchase on Amazon
Whole rolled oats	2 cups	Whole Rolled Oats
Chia seeds	2 Tb	Chia Seeds
Coconut milk	2 cups	Coconut milk
Plain yogurt	1 ½ cups	
Peanut butter	¼ cup	Peanut Butter
Ground cinnamon	½ tsp	Cinnamon
Maple syrup	3 Tb	Maple syrup
On Top:		
Bananas	5 slices	
Cacao nibs (optional)	2 Tb	Cacao nibs
Peanut butter	2 Tb	Peanut Butter
Maple syrup	2 Tb	Maple syrup

Instructions:

1. Place oats, chia seeds, coconut milk, yogurt, cinnamon, peanut butter, and maple syrup in a bowl. Stir to combine.
2. Divide mixture among 4 mason jars.
3. Top each jar with an even amount of sliced bananas, half a tablespoon of peanut butter, a drizzle of maple syrup, and a sprinkle of cacao nibs.
4. Secure lids. Refrigerate overnight.

Recipe Notes: If you are unable to have peanuts simply swap for sunflower seed butter. You may be able to find this at some health stores and supermarkets, if not it is really easy to make. Lightly roast 2 cups of sunflower seeds in the oven until golden. Transfer to a high-speed blender and blitz the seeds on high for 2 minutes, scraping down the sides as you go. Add in ¼ cup coconut sugar, ¼ coconut butter, and 2 Tabs of coconut oil. Blitz again on high for a further 2 minutes or until the mixture is nice and creamy and resembles nut butter.



Quinoa Breakfast Bowl with Avocado and Asparagus

This savory meal is perfectly balanced with the fiber from the asparagus and the protein from both the egg and quinoa will mean you are left feeling absolutely satisfied.

Did you know that asparagus also contains vitamin E which is a really important antioxidant? Vitamin E helps strengthen the immune system as well as protect against free radicals. Our body actually absorbs this vitamin better if it is consumed alongside fat. Serving this meal with avocado and olive oil means you will be getting the full benefit of

Vitamin E plus a serve of good quality healthy fat.

Yield: Serves 4

Ingredients		Purchase on Amazon
Quinoa	1 cup	Quinoa
Water	2 cup	
Flat-leaf parsley	¼ cup	Parsley
Lemon juice	3 Tb	Lemon Juice
Olive oil	3 Tb	Olive Oil
Asparagus	2 bunches	
Eggs	4	
White distilled vinegar	1 Tb	
Avocado (sliced)	2	Avocado

Instructions:

1. Rinse the quinoa under cold water and drain with a fine mesh strainer.
2. Add the rinsed quinoa to a saucepan with the water and bring to a boil. Reduce heat to low. Cook, covered for 15 minutes or until tender and liquid is absorbed. Set aside, covered for 15 minutes to stand. Meanwhile, finely chop the parsley, set aside.
3. Move on to poaching your eggs. Fill a large saucepan up with water about two-thirds of the way and bring it to a boil. You will then need to take the water down to a simmer, you want bubbles coming up from the bottom, it shouldn't be a rolling simmer. Add the vinegar to the water.
4. Crack one egg at a time into a small measuring cup (with a handle). Using the measuring cup, ease the cup into the water and then tip the egg out into the water. Repeat with remaining eggs. Cook each egg for 4 minutes. Once done remove eggs one at a time with a slotted spoon. Transfer to a plate with a paper towel. Carefully pat dry.
5. Cook your asparagus by snapping off woody ends, drizzling them with 1 Tb of the olive oil and 1 Tb of the lemon juice, and season with a little salt and pepper. Place the asparagus in a skillet over medium-high heat and cook, turning them often for 5 minutes or until bright green and slightly tender but still have a little crunch.
6. Mix the remaining olive oil, lemon juice & the chopped parsley through the cooked quinoa. Serve quinoa between 4 plates along with 1 half of an avocado sliced, half a bunch of asparagus, and poached egg. Season with salt and pepper to taste.

Recipe Notes: If you are wanting to try something a little different from quinoa, how about trying Teff?! Teff is basically quinoa's twin, substitute & cook exactly the same way, although it may cook a little quicker.

Quinoa Porridge with Figs and Banana

This high fiber and high protein breakfast is the perfect meal to start the day, particularly for anyone trying to lose weight.

With the natural high dietary fiber content in the seeds, banana, and figs these guys are a great additional benefit to include at breakfast time if you are watching your weight. Foods that are high in fiber provide the feeling of being full, along with reducing hunger and cravings.



Yield: Serves 4

Ingredients		Purchase on Amazon
Quinoa	1 cup	Quinoa
Water	2 cups	
Coconut milk	1 ¼ cup	Coconut milk
Medjool dates (pitted and chopped)	¼ cup	Medjool dates
Honey	1 ½ Tab	Honey
To serve:		
Fresh figs (sliced)	2	
Banana	1	
Mixed seeds	2 Tab	

Instructions:

1. Rinse the quinoa under cold water until well rinsed and drain.
2. Place the rinsed quinoa and the water in a saucepan over medium heat. Bring to the boil. Reduce heat to low. Cook, covered, for 10 minutes
3. Add the coconut milk and chopped dates, stir to combine.
4. Cook for a further 10 minutes, covered, stirring occasionally, or until quinoa is tender.
5. Stir through the honey.
6. Divide the porridge among serving bowls. Serve topped with the sliced figs and banana. Sprinkle your favorite mixed seeds.

Recipe Notes: Figs aren't always easy (or affordable) to get hold of. If this is the case, simply swap for any other favorite fruit such as kiwi, mango, or pomegranate seeds.

Savory Oatmeal with Poached Egg

For many a bowl of oatmeal in the morning means a creamy bowl of sweet goodness, however apparently not everyone has a sweet tooth (I know a little strange right?! haha) ... So if that's you, we have you covered with this delicious savory breakfast dish.

This breakfast bowl will leave you feeling amazing on both the inside and out. Did you know that mushrooms are a great source of B vitamins which are essential for preventative care as well as help promote a good metabolism and strengthen the immune system? Mushrooms are also fantastic for those that may be lacking in vitamin D as they are one of the few non-animal sources of this vitamin.



Yield: Serves 4

Ingredients		Purchase on Amazon
Oats	1 Cup	Rolled oats
Water	2 Cup	
Eggs	4	
White distilled vinegar	1-2 Tb	
Butter	2 Tb	
Garlic cloves	2	Garlic
Fresh thyme	5 sprigs	Thyme
Sliced mushrooms	2 cups	
Persian fetta (soft feta)	½ Cup	
Spinach	½ Cup	

Instructions:

1. Place the oats and water in a saucepan over medium-low heat for 10-15 minutes. Stir frequently, until the oats are tender and the mixture thickens. Meanwhile, remove the leaves from thyme sprigs and mince the garlic.
2. Add the butter to a saucepan over medium heat and bring to a simmer. Add garlic and saute for 2 minutes. Add mushrooms and thyme leaves and continue to saute until mushrooms turn golden brown, about 5 to 7 minutes. If mushrooms start to dry out while cooking, add some more butter.
3. Move on to poaching your eggs. Fill a large saucepan up with water about two-thirds of the way, bring it to a boil. You will then need to take the water down to a simmer, you want bubbles coming up from the bottom, it shouldn't be a rolling simmer. Add the vinegar to the water.
4. Crack one egg at a time into a small measuring cup (with a handle). Using the measuring cup, ease the cup into the water & then tip the egg out into the water. Repeat with remaining eggs. Cook each egg for 4 minutes. Once done remove eggs one at a time with a slotted spoon. Transfer to a plate with a paper towel. Carefully pat dry.

5. Go back to the cooked oatmeal and carefully fold through the Persian feta. Season with a little salt and pepper. Divide the oatmeal between 4 bowls, top with the mushrooms, poached egg, and garnish with some roughly chopped spinach. Season with salt and pepper to taste.

Recipe Notes: If you happen to be intolerant or allergic to dairy, we have you covered for this simple swap. Instead of the butter simply use coconut oil & for the feta cheese, substitute this for some creamy cultured cashew cheese, or omit altogether.



Ultimate Breakfast Bowl with Smoked Salmon

Fat is the major fuel source for our bodies... So this must mean this breakfast will set us up to jump right into the day. Healthy fats are an essential part of what we eat to live a healthy lifestyle. You need fat to absorb certain nutrients such as fat-soluble vitamins and antioxidants. Fat is also important for cell structure as well as nerve, brain, and heart function.

The serving of salmon, avocado, and eggs in this dish will mean you will feel full for longer and your energy will be slowly released which will help out with any energy slumps between meals.

Yield: Serves 4

Ingredients		Purchase on Amazon
Mixed lettuce leaves	4 cup	
Large Avocado	1	Avocado
Smoked Salmon	200 grams	
Radish	4	
Eggs	8	
White distilled vinegar	1-2 Tb	
Lemon wedges	4	
Black sesame seeds	2 Tb	Black Sesame Seeds
Avocado oil	2 Tb	Avocado oil

Instructions:

1. Wash and dry the lettuce leaves. Divide among serving plates.
2. Thinly slice the radishes and avocado. Lay them on top of the lettuce leaves.
3. Fill a large saucepan up with water about two-thirds of the way, bring it to a boil. You will then need to take the water down to a simmer, you want bubbles coming up from the bottom, it shouldn't be a rolling simmer. Add the vinegar to the water.

4. Crack one egg at a time into a small measuring cup (with a handle). Using the measuring cup, ease the cup into the water and then tip the egg out into the water. Repeat with remaining eggs. (Depending on the size of the pan you may need to cook eggs in batches, you need to ensure the pan is not crowded and there is space around each egg as it cooks).
5. Cook each egg for 4 minutes. Once done remove eggs one at a time with a slotted spoon. Transfer to a plate with a paper towel. Carefully pat dry.
6. Add the smoked salmon and eggs to the plate with lettuce, avocado, and radishes.
7. Serve with a lemon wedge, a drizzle of avocado oil, and a sprinkle of black sesame seeds. Season with salt and pepper to taste.

Recipe Notes: For a vegetarian option you can simply swap the smoked salmon for a serving of tempeh. Tempeh is a fantastic vegetarian substitute being high in protein, probiotics (as it is fermented), and a wide variety of vitamins and minerals. Prepare the tempeh according to packet directions.

Warm Green Breakfast Bowl

It has been said a thousand times before eating your greens! And for good reason... Green vegetables are full of fiber, vitamins, and minerals; they are also abundant in phytochemicals. Phytochemicals help our immune system protect us and can be effective in treating cancer, diabetes, cardiovascular disease along with lowering cholesterol levels. Start to ensure green vegetables (particularly leafy greens) are an essential part of what you eat today!

Greens are one of those things that seem to be overlooked at breakfast time but it is crucial to try to incorporate some kind of green vegetable at EVERY meal of the day to help your body heal.



Yield: Serves 4

Ingredients		Purchase on Amazon
Quinoa	1 cup	Quinoa
Water	2 cup	
Cumin seeds	2 tsp	Whole cumin seeds
Flat leaf parsley	½ cup	Parsley
Fresh mint leaves	½ cup	
Kale	½ cup	
Lemon juice	¼ cup	Lemon Juice
Olive oil	¼ cup	Olive Oil
Green beans	100 grams	
Eggs	8	
Large Avocado (sliced)	1	Avocado

Instructions:

1. Rinse the quinoa under cold water and drain.
2. In a medium-sized saucepan over medium heat, add the cumin seeds and toast, stirring constantly for 1 minute until fragrant. Add the rinsed quinoa to the saucepan with the water and bring to a boil. Reduce heat to low. Cook, covered, for 15 mins or until tender and liquid is absorbed. Set aside, covered, for 15 minutes to stand.
3. Meanwhile finely chop the parsley, mint, and kale; set aside.
4. Prepare your eggs by boiling them. Place them in a large saucepan (preferably one that can fit a steaming basket on top) and cover them with cold water. Cover with lid and bring the water to a boil. As soon as it starts to boil set a timer for 6 minutes. Remove from water and set aside to cool. Once cool enough to handle, peel off the shell and cut the eggs in half, set aside.
5. Wash and trim the beans. The best way to cook the beans at the same time is in a steaming basket over the eggs. Steam your beans for 5 minutes or until bright green and still a little crispy. Set aside.
6. Now go back to your cooked quinoa. Add the quinoa to a bowl, mix through the chopped herbs &



kale, the olive oil & lemon juice & season with salt & pepper. To serve, divide the quinoa among serving plates, top with the boiled eggs, sliced avocado & green beans. Season with salt & pepper plus a squeeze of lemon juice to taste.

Recipe Notes: With one simple substitute this can be a delicious vegan-friendly recipe. Simply swap the egg for a serve of tofu. For the best option try & source an organic brand of tofu & prepare according to packet directions.