

Gold Standard



BREAKFAST RECIPE PACK

*Start your day off right with these easy
and healthy breakfast recipes.*

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**TROPICAL BREAKFAST
SMOOTHIE BOWL**

TROPICAL BREAKFAST SMOOTHIE BOWL



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
345 kcal
8g Fats
69g Carbs
5g Protein



WHAT YOU NEED

- 2 bananas, frozen slices
- 4.4 oz. (125g) mango, frozen cubes
- $\frac{2}{3}$ cup (160ml) coconut water
- $\frac{1}{3}$ cup (80ml) coconut milk
- handful blueberries, topping
- 1 kiwi, peeled and sliced, topping
- 2 tbsp. coconut chips, topping
- 2 tbsp. granola, topping

WHAT YOU NEED TO DO

Place the bananas, mango, coconut water and coconut milk in a blender or food processor and blend until smooth.

Divide the smoothie over 2 bowls and top with the kiwi, blueberries, coconut chips and granola. Serve immediately.



**RASPBERRY & FLAXSEEDS
SMOOTHIE BOWL**

RASPBERRY & FLAXSEEDS SMOOTHIE BOWL



Serves: 1
Prep: 10 mins
Cook: 5 mins



Nutrition per
serving:
240 kcal
13g Fats
28g Carbs
8g Protein



WHAT YOU NEED

- 3 tbsp. flaxseeds
- ½ cup (100ml) water
- 1 cup raspberries, frozen
- 3 heaped tbsp. (50ml) beetroot juice
- 2 tbsp. natural yogurt (or plant based)
- 1 tsp. raw cacao nibs

WHAT YOU NEED TO DO

Boil the water in the kettle.

Place the flaxseeds in a small pot and add in the water, cook for around 5 minutes, until the water turns sticky. Then take off the heat and allow to cool slightly.

Place the raspberries and beetroot juice in a blender and blend until smooth. Next, add in the flaxseeds and blend again.

Transfer the smoothie into a bowl and top with the yogurt and cocoa nibs. Serve straight away.



**RASPBERRY
SMOOTHIE BOWL**

RASPBERRY SMOOTHIE BOWL



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
186 kcal
5g Fats
34g Carbs
4g Protein



WHAT YOU NEED

- 1 medium ripe banana
- 1 cup frozen raspberries (230g)
- ½ cup plant milk (150ml)
- 2 tbsp. chia seeds
- toppings of choice

WHAT YOU NEED TO DO

Slice the banana and place it in a high speed blender or food processor, along with the frozen raspberries, milk and chia seeds. Blend until smooth.

Serve immediately in a bowl with your favourite toppings.

OVERNIGHT VANILLA YOGURT OATS



OVERNIGHT VANILLA YOGURT OATS



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
249 kcal
5g Fats
41g Carbs
9g Protein



WHAT YOU NEED

- 1 ½ cup (350ml) vanilla yoghurt, soy or normal
- 5 tbsp. (30g) rolled oats
- 1 tbsp. honey
- 2-4 strawberries, sliced
- 1 kiwi, sliced

WHAT YOU NEED TO DO

In the evening, mix the yoghurt and rolled oats, then refrigerate overnight in a jar.

In the morning, add the honey and mix well. Transfer into serving bowls and serve topped with fresh strawberries and kiwi.



**VEGAN PEAR &
CINNAMON OATMEAL**

VEGAN PEAR & CINNAMON OATMEAL



Serves: 2
Prep: 15 mins
Cook: 15 mins



Nutrition per
serving:
287 kcal
4g Fats
57g Carbs
8g Protein



WHAT YOU NEED

- 1 cup (80g) oatmeal
- 2 cups (470ml) water
- 1/8 tsp. salt
- 1 large pear, peeled, cored and roughly chopped
- 1 cup (235ml) almond milk, unsweetened
- 2 tbsp. maple syrup
- 1 tsp. cinnamon

WHAT YOU NEED TO DO

Place the oats, water and salt in a saucepan and bring to a boil. Add in the chopped pears and half the almond milk, then stir well.

When the oatmeal returns to a boil, lower the heat, cover with a lid, and let it simmer, stirring frequently, for about 15 minutes. Add milk to the rest of the milk as required.

Once the oatmeal is smooth and creamy, turn off the heat. Then stir in the maple syrup and cinnamon.

Divide between two bowls and sprinkle with some more cinnamon and walnuts (optional), Serve straight away.



**SPICED PUMPKIN
OATMEAL**

SPICED PUMPKIN OATMEAL



Serves: 4
Prep: 5 mins
Cook: 20 mins



Nutrition per
serving:
258 kcal
5g Fats
45g Carbs
8g Protein



WHAT YOU NEED

- 1 cup (100g) rolled oats
- 3 cups (700ml) water
- 1 cup (225g) pumpkin puree
- 1 tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ¼ tsp. ground cloves
- 1 tsp. vanilla extract
- 1 apple peeled and grated finely
- 2 tbsp. honey
- 2 tbsp. pumpkin seeds

WHAT YOU NEED TO DO

In a medium pot, combine the oats, water, pumpkin puree, ground cinnamon, nutmeg, cloves, vanilla extract and grated apple.

Cover and bring to a boil, then reduce heat, and simmer for around 20 minutes, stirring frequently, until cooked through.

Stir in the honey, allow to cool, and portion out into 4 bowls or containers. Top with pumpkin seeds.

This is perfect for a meal prep breakfast and can be reheated in the microwave with a splash of milk, or water.



**BOUNTY OATS WITH
DARK CHOCOLATE**

enjoy the simple things in life

BOUNTY OATS WITH DARK CHOCOLATE



Serves: 3
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
341 kcal
18g Fats
36g Carbs
6g Protein



WHAT YOU NEED

- 1 cup oats (90g/3.17 oz.)
- 2 tbsp. desiccated coconut
- 6.7 fl. oz. (200ml) coconut milk
- 2 tbsp. coconut sugar or honey
- 1.7 oz. (50g) dark chocolate, chopped
- handful raspberries

WHAT YOU NEED TO DO

Place the oats in a saucepan and add 1 ½ glasses of water and the desiccated coconut. Bring to a boil then reduce heat, and cook covered for about 10 minutes. In the meantime, stir 2-3 times.

Remove the lid, add coconut milk and sugar. Mix and remove from the heat.

Divide between bowls, sprinkle with chopped chocolate and top raspberries to serve.

A top-down view of a white ceramic bowl with black speckles, filled with oatmeal. The oatmeal is topped with several chunks of yellow apple and a generous amount of toasted pecans. The bowl sits on a light-colored wooden cutting board. In the background, more pecans are scattered on the board. A second bowl of the same oatmeal is partially visible in the bottom right corner. A semi-transparent white box with black text is overlaid on the right side of the image.

APPLE & CINNAMON OATMEAL

APPLE & CINNAMON OATMEAL



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per
serving:
249 kcal
9g Fats
41g Carbs
4g Protein



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WHAT YOU NEED

- 1 cup (100g) rolled oats
- 1 cup (200g) unsweetened applesauce
- 3 cups water (700ml)
- 1 apple cut into cubes
- 1 tsp. ground cinnamon
- ½ tsp. ground cardamom
- 2 tsp. vanilla extract
- 2 tbsp. honey
- ⅓ cup (35g) pecans

WHAT YOU NEED TO DO

Combine all ingredients (apart from pecans) in a pot and mix well.

Bring to a boil, reduce heat and simmer, covered, occasionally stirring for 10-15 minutes. Add additional cooking liquid if required.

Serve topped with pecans and additional honey if desired.

Reheating:

Add additional liquid and heat in the microwave or pot until hot.

A top-down photograph of a bowl of chocolate overnight oats. The bowl is light pink and filled with a thick, brown oatmeal. It is garnished with three fresh raspberries and several shavings of white coconut. To the left of the bowl are three pieces of dark chocolate, each embossed with a flame-like pattern. To the right is a yellow napkin with a white leaf pattern and a copper-colored spoon. The background is a dark, textured grey surface.

**FIERY PROTEIN
OVERNIGHT OATS**

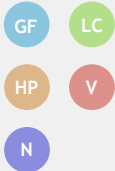
FIERY GLUTEN-FREE OVERNIGHT OATS



Serves: 1
Prep: 5 mins
Chill: overnight



Nutrition per
serving:
355 kcal
9g Fats
32g Carbs
34g Protein



WHAT YOU NEED

- ½ cup (45g) gluten-free oats
- 1 scoop vanilla whey
- ½ tbsp. natural cocoa powder, unsweetened
- 1 tsp. chia seeds
- ½ tsp. ginger, grated
- 1 cup (250ml) unsweetened almond milk

WHAT YOU NEED TO DO

Place all the ingredients in a jar/container and mix well.

Leave to soak in the fridge for at least 8 hours, or overnight.

To serve, sprinkle with dark chocolate or top with berries.

A top-down view of a white ceramic bowl filled with a creamy white cottage cheese base. The bowl is garnished with several bright yellow mango cubes, a cluster of dark blue blueberries, two thin slices of green kiwi, and several small, bright red goji berries. A wooden spoon is partially visible on the right side of the bowl. The background is a light, neutral color.

COTTAGE CHEESE FRUIT BOWL

COTTAGE CHEESE FRUIT BOWL



Makes: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
310 kcal
10g Fats
33g Carbs
26g Protein



WHAT YOU NEED

- 1 cup (170g) mango, cut into cubes
- 1 cup (148g) blueberries
- juice of half a lime
- 2 cups (400g) cottage cheese, full fat
- ¼ cup (30g) Goji berries

WHAT YOU NEED TO DO

Peel and cut the mango into cubes then place in a bowl. Mix in the lime juice and blueberries.

Spread the cottage cheese between 4 small bowls, top with the fruit salad and sprinkle with Goji berries. Serve immediately.



**BREAKFAST
SALAD BOWL**

BREAKFAST SALAD BOWL



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
317 kcal
17g Fats
32g Carbs
10g Protein



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WHAT YOU NEED

- 2 slices bread of choice
- 2 handfuls salad leaves per bowl
- 2 baby cucumbers, sliced
- 2.6 oz. (75g) feta cheese, cubed
- 2.6 oz. (75g) blueberries
- 2 tbsp. pumpkin seeds
- 1 tbsp. olive oil
- 2 tsp. honey
- ½ lemon, juiced

WHAT YOU NEED TO DO

Toast the bread and tear into small pieces.

Assemble the salad in large bowls. Place two handfuls of salad leaves in each dish, top with sliced cucumber, feta cheese, and blueberries, then sprinkle with pumpkin seeds.

Lastly, drizzle with olive oil, honey, and lemon juice.



**COCONUT
PANCAKES**

COCONUT PANCAKES



Serves: 1
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
384 kcal
18g Fats
21g Carbs
19g Protein



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WHAT YOU NEED

- 2 eggs
- 5 tbsp. coconut milk
- 1 tsp. coconut sugar
- 2 tbsp. coconut flour
- ½ cup (70g) mango
- 1 tsp. coconut flakes (optional)

WHAT YOU NEED TO DO

In a bowl, mix together, eggs, milk, sugar and flour, until well combined. Set aside for 5 minutes.

Heat a non-stick, dry pan on medium heat and fry the pancakes 2-3 minutes each side until golden brown.

Serve with the mango, either sliced or blend into a puree. Top with coconut flakes and serve.



**EGG FREE BUCKWHEAT
PANCAKES**

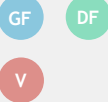
EGG FREE BUCKWHEAT PANCAKES



Serves: 3
Prep: 20 mins
Cook: 20 mins



Nutrition per
serving:
228 kcal
9g Fats
36g Carbs
5g Protein



WHAT YOU NEED

- 2 tbsp. chia seeds
- ½ cup (100g) buckwheat flour
- 1 medium banana
- ½ cup plant milk (150ml)
- 1 tsp. ground cardamom
- 1 tsp. vanilla paste
- zest of 1 lemon
- 4 tsp. honey
- 1 tbsp. coconut oil

WHAT YOU NEED TO DO

In a small cup, combine 2 tablespoons of chia seeds with 4 tablespoons of water and leave in the fridge for about 20 minutes.

Zest the whole lemon and set aside half for the topping. Mash the banana in a bowl and add in the chia seeds, flour, milk, cardamom, vanilla, half the lemon zest and 1 tsp. of honey. Whisk everything well until a thick batter has formed.

Heat some of the coconut oil in a non-stick pan then pour the batter forming small pancakes (about ¼ cup per pancake). Fry until bubbles appear on the surface and then flip and cook for another minute. Repeat with the rest of the batter adding more coconut oil when required. You should be able to make about 6 small pancakes.

Combine 3 tsp. of honey and the rest of the lemon zest to make the drizzle.



**COTTAGE CHEESE
PROTEIN PANCAKES**

COTTAGE CHEESE PROTEIN PANCAKES



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
162 kcal
4g Fats
18g Carbs
12g Protein



WHAT YOU NEED

- 1 heaped cup (250g) cottage cheese
- 3 eggs
- 1 tbsp. of vanilla sugar
- 1 tbsp. of coconut sugar
- 3 heaped tbsp. flour (regular or gluten-free)

WHAT YOU NEED TO DO

Place the cottage cheese into a bowl, add egg yolks (keep the whites separate) and crush everything with a fork. Add in the flour, and mix thoroughly.

Whisk the egg whites into a stiff foam and add to the cheese mixture, gently combine the ingredients.

Heat a dry, non-stick pan and fry the pancakes (about 2 tbsp. of batter per pancake) in batches, for about 3 minutes, until the bottom is slightly browned. Turn and cook for another 2 minutes.

Suggested serving: Greek yogurt, honey, and berries.

A top-down photograph of a stack of almond banana pancakes on a leopard-print plate. The pancakes are golden-brown with some darker spots. They are topped with a mixture of diced mango, passion fruit pulp, and a small sprig of mint. To the right of the plate is a whole passion fruit cut in half, showing its red rind and green pulp with seeds. Below the passion fruit is a sprig of fresh mint leaves. The entire scene is set on a white marble surface with grey veining.

**ALMOND BANANA
PANCAKES**

ALMOND BANANA PANCAKES



Serves: 2
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
346 kcal
21g Fats
28g Carbs
13g Protein



WHAT YOU NEED

- $\frac{5}{8}$ cup (125g) mango, cubes
- 2 passion fruit
- 4 tbsp. water
- $\frac{1}{2}$ cup (60g) almond flour
- 1 ripe banana
- 1 medium egg
- 1 tsp oil

WHAT YOU NEED TO DO

Put the mango pieces, and passion fruit flesh in a saucepan and add the water. Heat for 10 minutes on low heat until fruit is softened. Stir frequently. Put the fruit aside and let it cool.

In the meantime, mix the almond flour and the ripe banana in the blender or food processor until smooth.

Heat the oil in a large non-stick pan scoop 6 pieces of batter into the pan with a tablespoon.

Fry the pancakes for about 3 minutes. until browned and done on both sides. Turn them carefully, as the batter is not very firm.

Serve with the fruit spread made earlier.



**BUCKWHEAT BANANA
PANCAKES**

BUCKWHEAT BANANA PANCAKES



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per
serving:
237 kcal
11g Fats
36g Carbs
5g Protein



WHAT YOU NEED

- 1 cup (130g) buckwheat flour
- 1 tsp. baking powder (GF if possible)
- pinch salt
- 1 ½ cup (350ml) coconut milk
- 1 tsp. vanilla paste
- 2 medium bananas, sliced
- 2 tbsp. coconut oil
- toppings of choice

WHAT YOU NEED TO DO

Mix all the dry ingredients together in a large bowl. Then add the milk and vanilla paste and mix well until a smooth mixture has formed. If necessary add extra milk or water.

Heat half a tbsp. of coconut oil in a non-stick pan and add the pancake mixture with a tablespoon (about 2 ½ for one pancake). Cook for about 1 minute and then layer 3-4 banana slices on top of each pancake. Cook for another 1-2 minutes until the bottom has set and bubbles start to appear on the surface.

At this point, flip the pancakes over and cook for another 1-2 minutes. Repeat this with the remaining pancake mixture.

Top pancakes with your favorite toppings. Walnuts, cinnamon and maple syrup work great with these pancakes.

A close-up photograph of several golden-brown pancakes on a green and white patterned plate. The pancakes are topped with pieces of cooked bacon and a dark, thick sauce. A fork is visible in the foreground, partially cutting into one of the pancakes. The background is a white surface with a striped pattern.

BACON & BROCCOLI PANCAKES

BACON & BROCCOLI PANCAKES



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per
serving:
231 kcal
10g Fats
25g Carbs
11g Protein



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WHAT YOU NEED

- 1 egg
- 1 cup (250ml) plant milk
- 1 cup (125g) buckwheat flour
- 1 tsp. baking powder
- pinch of salt
- 1 cup (200g) broccoli, head thinly chopped
- 8 slices streaky bacon
- 2 tbsp. apple syrup (optional)

WHAT YOU NEED TO DO

Beat the egg through the milk and add the buckwheat flour, baking powder, and salt. Mix until the batter is smooth. Add the broccoli and stir it through the batter.

Heat a dry non-stick frying pan. Cut a slice of bacon in half and place on the frying pan. Bake for 1 minute on medium heat. Turn the bacon and spoon the batter over it forming a round pancake shape.

Fry the pancakes around 4 minutes until golden brown and done. Turn halfway.

Repeat with the rest of the bacon and batter. Serve the pancakes with apple syrup.

SWEETCORN FRITTERS



SWEETCORN FRITTERS



Serves: 8
Prep: 10 mins
Cook: 15-20 mins



Nutrition per
serving:
97 kcal
3g Fats
15g Carbs
3g Protein



WHAT YOU NEED

- 9.8 oz. (280g) organic sweetcorn, drained
- bunch coriander, chopped
- 1 lemon, zest
- 1 cup (120g) buckwheat flour
- $\frac{3}{4}$ cup (185ml) cold water
- 4 tsp. coconut oil

WHAT YOU NEED TO DO

Place the sweetcorn in a large bowl. Add the chopped coriander and lemon zest, season with salt and pepper.

Next, add in the flour and water and mix well until smooth.

Heat 2 tsp. of the coconut oil in a large non-stick pan on high heat. Once the pan it is hot ladle in the mixture. Cook the fritters two batches of 4, or divide the oil accordingly if your pan is not big enough (1/2 tsp. oil per 1 fritter).

Cook for about 2-3 minutes on each side until browned. The batter makes 8 medium sized fritters.

Serve with a side of avocado and chili yogurt (optional).



**MAS HUNI
(MALDIVIAN BREAKFAST)**

MAS HUNI (MALDIVIAN BREAKFAST)



Serves: 4
Prep: 15 mins
Cook: 0 mins



Nutrition per serving:
276 kcal
7g Fats
28g Carbs
25g Protein



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WHAT YOU NEED

- 11.2 oz. (320g) canned tuna in water
- 1 small red onion
- 1 red chili pepper
- 1 lime, zest and juice
- 3/8 cup (25g) ground coconut
- 1 baby Romanian lettuce
- 4 mini pitta breads

WHAT YOU NEED TO DO

Drain the tuna and transfer into a medium size bowl. Finely chop the onion, halve the chili, remove the seeds and chop finely, then add both onion and chili to the tuna.

Next add in the zest and juice of the lime and the coconut. Mix all the ingredients with a fork until you have a tuna salad with a nice texture.

Prepare the lettuce leaves. Toast the pitta bread. Cut them open as an envelope and fill them with lettuce and tuna salad. Or serve the tuna in lettuce wraps and the pitta on the side.



**GOATS CHEESE &
AVOCADO ON TOAST**

GOATS CHEESE & AVOCADO ON TOAST



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
370 kcal
22g Fats
35g Carbs
11g Protein



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WHAT YOU NEED

- 4 small slices bread
- 1 ripe avocado
- ¼ cup (30g) goats' cheese
- 1 tbsp. black sesame seed
- ½ lime, juice
- hot chili pepper or flakes, to serve

WHAT YOU NEED TO DO

Toast the bread. In the meantime, smash the avocado with a fork and then divide among the bread slices.

Top with crumbled goat cheese. Season with salt and pepper, then drizzle with lime juice and sprinkle with sesame seeds, and chilli to taste.



**AVOCADO, TAPENADE
& EGG TOAST**

AVOCADO, TAPENADE & EGG TOAST



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
386 kcal
26g Fats
25g Carbs
12g Protein



WHAT YOU NEED

- 2 eggs, boiled
- 1 ripe avocado
- 2 slices favourite bread
- 2 tbsp. tapenade
- coriander leaves, to serve
- microgreens, to serve (optional)

WHAT YOU NEED TO DO

Boil the egg for 7 minutes. Toast the bread.

Remove the stone and flesh of the avocado and cut it into slices. Cut the eggs into quarters.

Spread the tapenade over the bread and top with the avocado and egg. Season with salt and pepper. Top with coriander and microgreens (optional).



AVO ON TOAST

AVO ON TOAST



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
195 kcal
11g Fats
16g Carbs
5g Protein



WHAT YOU NEED

- 4 small slices whole wheat bread
- 1 large tomato, diced
- 2 tsp. virgin olive oil
- 1 avocado
- handful of spicy micro greens

WHAT YOU NEED TO DO

Toast the bread. In the meantime, finely dice the tomato and place it in a small bowl. Mix in the oil and season with salt and pepper.

Cut the avocado in half and remove the stone. Scoop out the flesh with a spoon and cut into cubes.

To serve spread the tomatoes over the toast, top with avocado cubes and sprouts. Season with ground pepper and serve immediately.



BREAKFAST BRUSCHETA

BREAKFAST BRUSCHETA



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
293 kcal
14g Fats
29g Carbs
6g Protein



WHAT YOU NEED

- 4 slices buckwheat bread, or other

For avocado bruschetta:

- 1 medium avocado
- juice of ½ lime
- salt & pepper
- 1 tbsp. chopped parsley

For tomato bruschetta:

- 1 large tomato
- 1 garlic clove, minced
- 1 tsp. olive oil
- salt & pepper

WHAT YOU NEED TO DO

Half the avocado and scoop out the flesh into a bowl. Add lime juice and then mash roughly, using a fork, and season to taste.

Chop the tomatoes and mix with the minced garlic, then season with salt and pepper. Drizzle with olive oil and mix again.

Toast the bread and top 2 slices with avocado, then 2 with tomatoes. Sprinkle the avocado with parsley and serve.

SAVOURY FRENCH TOAST



SAVOURY FRENCH TOAST



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per
serving:
244 kcal
10g Fats
30g Carbs
10g Protein



WHAT YOU NEED

- 1 avocado
- 4 small tomatoes
- 2 eggs
- 1/3 cup (75ml) almond milk
- 4 slices bread
- 2 tsp. coconut oil
- spice sprouts, to garnish
- 1 tbsp. balsamic glaze, to garnish

WHAT YOU NEED TO DO

Halve the avocado, remove the stone and scoop out the flesh. Cut the avocado into slices and the tomatoes into wedges.

Beat the eggs in a deep plate with the milk, season with salt and pepper. Soak the slices of bread one by one in the eggs mixture.

Heat the oil in a non-stick frying pan and fry the toast on both sides for about 3-4 minutes until golden brown. Once cooked layer the toast with sliced avocado and tomatoes.

Garnish with the sprouts and a drizzle of balsamic glaze. Season with freshly ground pepper.



**AVOCADO & BASIL
TOMATOES ON TOAST**

AVOCADO & BASIL TOMATOES ON TOAST



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
332 kcal
19g Fats
35g Carbs
10g Protein



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WHAT YOU NEED

- 4 medium slices of whole wheat bread
- 10 cherry tomatoes
- handful fresh basil leaves
- 1 tsp. olive oil
- 1 avocado

WHAT YOU NEED TO DO

Toast the bread in a toaster or oven.

Cut the tomatoes in half and chop the basil, then place in a small bowl. Drizzle with olive oil and season with salt and pepper.

Half the avocado, remove the pit and spoon out the flesh, then cut into thin slices.

Add the avocado slices and season with pepper and a little salt. Top with the tomatoes and serve.

**COTTAGE CHEESE, AVOCADO
& SUNDRIED TOMATO BREAKFAST WRAP**



COTTAGE CHEESE, AVOCADO & SUNDRIED TOMATO BREAKFAST WRAP



Serves: 4
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
365 kcal
21g Fats
31g Carbs
14g Protein



WHAT YOU NEED

- 1 ¾ cups (400g) cottage cheese
- 2 avocados, stone removed
- 4 medium corn wraps
- ⅔ cup (100g) sundried tomatoes
- 4 handfuls lettuce

WHAT YOU NEED TO DO

Heat the wraps according to instructions. Mash the avocado with a fork and spread over the corn wraps. Season with salt & pepper.

Next divide the cottage cheese, tomatoes and lettuce over the avocado. Roll the wraps and wrap them tightly in cling film. Keep the wraps in the refrigerator until required.

A top-down photograph of a light blue ceramic plate filled with bright yellow turmeric scrambled tofu. The tofu is garnished with several fresh green basil leaves and two slices of red tomato. The plate is set on a light-colored, textured cloth napkin. To the left of the plate, a black fork with a light blue handle is visible. The background is a white marble surface. A semi-transparent white rectangular box is overlaid on the upper right portion of the plate, containing the text 'TURMERIC SCRAMBLED TOFU' in bold, black, uppercase letters.

**TURMERIC
SCRAMBLED TOFU**

TURMERIC SCRAMBLED TOFU



Serves: 1
Prep: 5 mins
Cook: 15-20 mins



Nutrition per
serving:
229 kcal
12g Fats
9g Carbs
21g Protein



WHAT YOU NEED

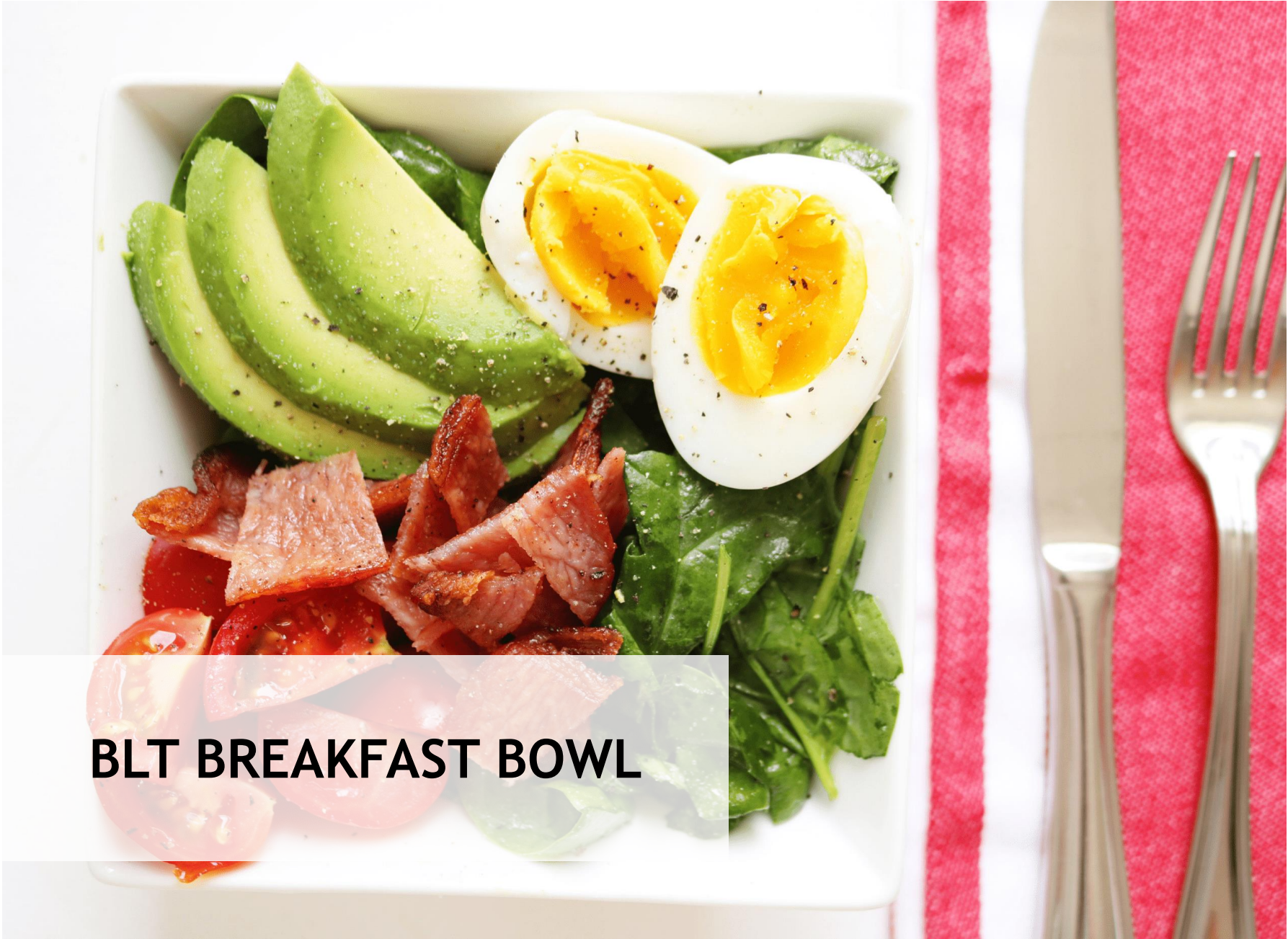
- 1 tsp. coconut oil
- ½ onion, diced
- 1 ½ cup (180g) tofu, crumbled
- ⅓ tsp. turmeric
- 5 cherry tomatoes, halved
- 1 cup (250ml) vegetable stock
- fresh basil leaves, to garnish

WHAT YOU NEED TO DO

Heat the coconut oil in a pan and cook the onion until soft, then add the crumbled tofu and turmeric, cook for a further 2 minutes.

Pour in the vegetable stock and bring to a boil, reduce heat, and simmer until most liquid has evaporated and tofu has the consistency of scrambled eggs. Season with salt and pepper to taste.

Finally, add in the tomatoes and cook for another 2-3 minutes. Serve with fresh basil leaves and freshly ground black pepper.



BLT BREAKFAST BOWL

BLT BREAKFAST BOWL



Serves: 2
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
289 kcal
22g Fats
7g Carbs
12g Protein



WHAT YOU NEED

- 2 eggs
- 4 strips smoked bacon
- 4 handfuls baby spinach
- 1 tsp. apple cider vinegar
- 2 tsp. olive oil
- ½ avocado, sliced
- 10 cherry tomatoes, halved

WHAT YOU NEED TO DO

Cook the eggs and bacon to your liking.

In the meantime, in a medium sized bowl mix together the spinach, olive oil, vinegar and season with salt & pepper. Rub the olive oil and seasoning into the spinach leaves for 2-3 minutes.

Divide the spinach between two bowls, top with halved eggs, chopped bacon, tomatoes, and avocado. Season with salt and pepper before serving.



**EGG WHITE OMELET
WITH SMOKED TROUT**

EGG WHITE OMELET WITH SMOKED TROUT



Serves: 2
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
265 kcal
9g Fats
17g Carbs
28g Protein



LC Q



WHAT YOU NEED

- 2 handfuls lambs lettuce
- 4 egg whites, whisked
- 1 tbsp. water
- 1 tsp. coconut oil
- 4 tbsp. cottage cheese
- 1 tbsp. horseradish
- 4.5 oz. (125g) smoked trout
- 2 slices whole meal or gluten free bread

WHAT YOU NEED TO DO

Remove tough stems from the lambs lettuce and set aside. In a small bowl, whisk the egg whites with the tablespoon of water.

Heat the coconut oil in a small frying pan over medium heat, then add in the eggs whites and cook for 4 minutes. Next cover the frying pan with a lid and leave for another 2-3 minutes, until cooked.

Meanwhile, stir the cottage cheese with the horseradish, season with salt and pepper. Cut the trout into pieces and toast the bread.

Once omelet is cooked cut it into half. Spread the cottage cheese onto the toast, top with half the omelet, trout pieces and watercress. Season with salt and pepper, and serve.



**PARSLEY CREPES
WITH SMOKED SALMON**

PARSLEY CREPES WITH SMOKED SALMON



Serves: 1
Prep: 10 mins
Cook: 5 mins



Nutrition per
serving:
356 kcal
17g Fats
28g Carbs
19g Protein



Q



WHAT YOU NEED

- 2 tbsp. spelt flour
- 1 tbsp. flax seeds
- ½ cup (100 ml) sparkling water
- large handful parsley
- 1 tsp. olive oil
- 2 oz. (60g) smoked salmon, sliced
- 4 tbsp. cottage cheese
- 2 tsp. dill chopped
- 2 lemon wedges

WHAT YOU NEED TO DO

In a high-speed blender or food processor, blend the flour, flaxseeds, water, parsley and olive oil, and salt until smooth, and slightly runny.

Heat a dry non-stick pan on medium heat and using the earlier prepared mixture, make two thin crepes.

In a bowl, mix the cottage cheese with the dill and freshly ground black pepper.

Spread the cheese mixture over the crepe, then top with smoked salmon slices. Serve with a lemon wedge.

NOTE:

- *the texture of the batter needs to be of a drinking yogurt, so add more water as required*
- *use buckwheat flour for gluten-free option*



**OMELET WITH COTTAGE
CHEESE & BASIL**

OMELET WITH COTTAGE CHEESE & BASIL



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
200 kcal
14g Fats
3g Carbs
15g Protein



WHAT YOU NEED

- 6 large eggs
- 4 tbsp. water
- 1 tbsp. oil or butter
- bunch fresh basil
- 200g cottage cheese
- 12 cherry tomatoes

WHAT YOU NEED TO DO

Beat the eggs with the water and season with salt and pepper.

Heat ¼ oil in a frying pan and bake 1 thin omelet, repeat until you have 4 omelets. Keep them warm under aluminum foil.

Chop the basil finely and mix with the cottage cheese. Season with freshly ground pepper.

Cut the tomatoes into quarters. Divide the cottage cheese and tomato over the omelets and roll them up. Cut diagonally and serve immediately.

OMELET WRAPS



OMELET WRAPS



Serves: 4
Prep: 15 mins
Cook: 10 mins



Nutrition per
serving:
237 kcal
15g Fats
3g Carbs
20g Protein



GF

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LC

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WHAT YOU NEED

- 7 oz. (200g) cottage cheese
- 4 handfuls watercress
- 1 lemon, peel only
- 6 eggs
- ¼ cup (60ml) soy milk
- 1 tsp. mixed herbs
- 4 tsp. coconut oil
- 3.5 oz. (100g) smoked salmon, chopped

WHAT YOU NEED TO DO

Place the cottage cheese, watercress and lemon peel in a high bowl and puree with the hand blender (or food processor) until smooth paste forms .

Beat the eggs with the milk and herbs in a separate bowl.

Heat 1 tsp. of oil in the medium size frying pan and fry ¼ of the egg over medium heat for 2 minutes until the egg solidifies, then turn around. Bake the other side for ½ minute.

Remove the omelet from the pan and set aside. Fry the other omelets with the rest of the oil.

To serve, spread the cottage cheese paste over the omelets and top with smoked salmon. Roll up the omelet as a wrap and cut in half.



**LEEK & MUSHROOM
OMELETTE**

LEEK & MUSHROOM OMELETTE



Serves: 2
Prep: 5 mins
Cook: 10 mins



Nutrition per serving:
283 kcal
20g Fats
8g Carbs
18g Protein



WHAT YOU NEED

- 1 tsp. coconut oil
- ½ cup (45g) leek, chopped (green part only)
- 1 tsp. dried thyme
- 2 cups mushrooms (150g), sliced
- 6 eggs

WHAT YOU NEED TO DO

Heat the oil in the frying pan and fry the leeks and thyme for about 3 minutes on medium heat.

Meanwhile, slice the mushrooms and cook with the leeks for another 5 minutes. Season with salt and pepper.

Beat the eggs and pour over the vegetables. Put the lid on the pan and leave for about 10 minutes until cooked.

Cut the omelet into quarters and serve garnished with fresh herbs (optional).



**GOATS CHEESE, SPINACH
& PESTO FRITTATA**

GOATS CHEESE, SPINACH & PESTO FRITTATA



Serves: 4
Prep: 5 mins
Cook: 20-25 mins



Nutrition per serving:
255 kcal
17g Fats
3g Carbs
12g Protein



GF

LC

V



WHAT YOU NEED

- 1 tsp. coconut oil
- 1 small onion, finely sliced
- ½ cup spinach (100g)
- 4 whole organic eggs
- 2 egg whites
- ⅓ cup (75g) soft goats cheese
- 2 tbsp. basil pesto

WHAT YOU NEED TO DO

Heat the coconut oil in a medium pan and sauté the onion until soft. Heat the grill to medium. When the onion is soft, add in the spinach and cook until wilted.

In a bowl, whisk the eggs and egg whites and season with salt and pepper. Pour the eggs over the spinach and onions, covering it evenly. Cook for 5-6 minutes until the sides have started to set.

Top the eggs with the goats cheese and place the pan under the grill for about 10-15 minutes allowing the eggs to set.

Shake the pan gently to check if the eggs are set, if it looks runny, then return under the grill for another 2-3 minutes.

TURMERIC POACHED EGG



TURMERIC POACHED EGG



Serves: 2
Prep: 10 mins
Cook: 5 mins



Nutrition per serving:
219 kcal
15g Fats
12g Carbs
14g Protein



GF

DF

LC

V

Q

N



WHAT YOU NEED

- 2 tsp. pine nuts
- 1 $\frac{3}{4}$ cups (400g) of fresh spinach
- $\frac{5}{8}$ cup (125g) of tomatoes halved
- 1 tbsp. mild olive oil
- 1 tbsp. white wine vinegar
- 1 tsp ground turmeric
- 2 medium-sized eggs

WHAT YOU NEED TO DO

Heat a dry frying pan and toast the pine nuts for 2 minutes, then set aside.

In the meantime, heat the oil in a frying pan and stir-fry the spinach and tomatoes for 2 minutes on medium heat until wilted. Season with salt and pepper.

Bring a pot of water to the boil and add in the vinegar and turmeric. Turn the heat down so that the water no longer bubbles. Carefully break in the egg and poach for 3 min, repeat with the second egg.

Divide the spinach over two bowls, top with the poached egg and sprinkle with toasted pine nuts. Season with pepper and salt. Break open the eggs just before serving.

SPINACH, MUSHROOM & BACON QUICHE



SPINACH, MUSHROOM & BACON QUICHE



Serves: 8
Prep: 10 mins
Cook: 50 mins



Nutrition per
serving:
230 kcal
14g Fats
19g Carbs
8g Protein



LC MP



WHAT YOU NEED

- 1 ¾ cup (175g) flour
- scant 12 cup (100g) butter
- 1 egg
- 6 slices smoked bacon
- few handfuls spinach, depending on personal preferences
- 3 cups (225g) mushrooms sliced
- 6 eggs
- 1 cup (235ml) unsweetened almond milk
- ⅛ tsp. salt
- ¼ tsp. pepper

WHAT YOU NEED TO DO

Heat oven to 450°F (230°C).

Make the crust by combining the flour, butter, and 1 egg, then pre-bake it for 10 minutes in a 9" (22cm) pie tin.

In the meantime, cook the bacon, transfer onto a chopping board and once cooled chop into pieces.

To the same pan add the spinach and mushrooms, and cook for 5 minutes, until softened. Beat together the eggs and milk, and season with salt and pepper to taste. Next add in the chopped bacon, spinach and mushrooms.

Reduce the oven heat to 350°F (170°C) and pour egg mixture into the pre-baked crust. Bake for 40-50 minutes, until cooked through

To freeze: Cool completely and cover with plastic wrap, and then aluminium foil. Freeze for up to 3 months.

To reheat: Thaw completely. Heat oven to a 350°F (170°C) and bake for 30 minutes, until heated through.



SPINACH SHAKSHUKA

SPINACH SHAKSHUKA



Serves: 2
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
321 kcal
22g Fats
19g Carbs
24g Protein



GF

DF

LC

HP

V

Q



WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 4 cups (300g) mushrooms, sliced
- 2 cups (450g) leaf spinach
- 4 eggs
- handful parsley, chopped

WHAT YOU NEED TO DO

Heat the oil in a large pan over medium heat. Add the onion and garlic and cook for 2-3 minutes until soft. Next, add the mushrooms and cook for another 3-4 minutes. Season with salt and pepper.

Now start adding the spinach to the pan, you will likely have to do this in batches. Cover the pan with a lid and let it wilt, repeat this step until all the spinach is in the pan. Stir well and taste for seasoning.

Make 4 indentations ('wells') in the spinach and break an egg in each. Cook for 5-6 minutes covered with a lid until egg whites are set.

Dress in fresh parsley and serve.



**SPINACH AND FETA
FRITTATAS**

SPINACH AND FETA FRITTATAS



Serves: 3
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
203 kcal
11g Fats
6g Carbs
20g Protein



GF

LC

V



WHAT YOU NEED

- 1 small onion, chopped
- 2 cloves garlic, finely chopped
- 1 cup (200g) baby spinach, chopped
- 4 eggs
- 5 egg whites
- 1/3 cup (80ml) plant milk
- 1 tsp. baking powder
- 3/8 cup (55g) light feta, crumbled
- 2 tbsp. fresh herbs of choice, chopped (such as basil, parsley, chives, rosemary)
- 1 tsp. coconut oil

WHAT YOU NEED TO DO

Preheat the oven to 375°F (190°C). Grease a muffin tin with 1/2 tsp. of coconut oil.

Heat a non-stick pan with 1/2 tsp. of coconut oil over medium heat. Cook the onions and garlic until soft. Add the spinach and 1 tbsp. of water and cook until wilted. Once cooked, set aside.

Whisk together eggs, egg whites, milk, baking powder, and season with salt and pepper. Stir in the spinach mixture and add the crumbled feta cheese.

Divide the egg mixture evenly between 12 muffin cups. Bake until golden brown and firm to the touch, about 25 minutes.



**BACON, MUSHROOM &
SPINACH CASSEROLE**

BACON, MUSHROOM & SPINACH CASSEROLE



Serves: 4
Prep: 15 mins
Cook: 35-45 mins



Nutrition per
serving:
192 kcal
11g Fats
4g Carbs
20g Protein



GF

DF

LC



WHAT YOU NEED

- ½ tbsp. olive oil
- 5.2 oz. (150g) bacon, chopped
- 7 oz. (200g) mushrooms, sliced
- 3.5 oz. (100g) baby spinach
- 6 eggs
- 1 cup (250ml) plant milk
- 1 tsp. onion powder

WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C).

Heat the olive oil in a large pan. Fry the bacon and mushrooms over medium-high heat until golden brown. Add the spinach towards the end and cook until wilted. Season with salt and pepper to taste.

Transfer the cooked bacon and veg to a greased baking dish.

In a bowl, whisk the eggs, combine with the milk and onion powder. Season with salt and pepper.

Pour eggs over the bacon and mushrooms. Bake in the oven for 35-45 minutes or until set in the middle. Cover the casserole with tin foil if the top gets too brown, to prevent burning.



**EGG BROCCOLI &
HAM MUFFINS**

EGG BROCCOLI & HAM MUFFINS



Makes: 6
Prep: 5 mins
Cook: 15 mins



Nutrition per
serving:
102 kcal
6g Fats
4g Carbs
10g Protein



WHAT YOU NEED

- ½ broccoli
- 5 eggs
- 1 clove garlic, minced
- pinch of chilli flakes, optional
- 4 slices ham, chopped
- ⅓ cup (30g) grated cheese

WHAT YOU NEED TO DO

Preheat the oven to 360°F (180°C).

Place the broccoli in a pot of boiling water and cook for approx. 3 minutes. Strain and cut into small pieces.

Beat the eggs in a medium size bowl, add the minced garlic and season with salt and pepper, and chilli flakes if using.

Grease a 6-mould muffin tray with oil or butter, and fill the moulds with evenly divided broccoli, ham, and grated cheese. Pour the beaten eggs into the moulds and bake in the oven for 10-15 minutes, or until eggs have set.

Vegetarian option: *replace the ham with feta cheese, goats cheese or your favourite vegetables.*

ASIAN SCRAMBLED EGGS



ASIAN SCRAMBLED EGGS



Serves: 1
Prep: 5 mins
Cook: 5 mins



Nutrition per
serving:
270 kcal
14g Fats
5g Carbs
19g Protein



WHAT YOU NEED

- 3 eggs
- soy sauce, few drops
- handful coriander, chopped
- ¼ avocado
- ½ tsp. black sesame seeds, to serve

WHAT YOU NEED TO DO

Separate the eggs yolks and whites. Mix the yolks with the soy sauce and chopped coriander.

On dry, non-stick pan fry the egg whites until almost done. Take off the heat and add in the egg yolks, stirring well for about half a minute.

Serve sprinkled with black sesame seeds, additional coriander (optional) and avocado on the side.

A top-down view of a round plate with a green and white speckled pattern and a brown rim. The plate is filled with scrambled eggs, topped with black sesame seeds and fresh cilantro leaves. To the right of the eggs is a colorful vegetable salad consisting of sliced green beans, red bell peppers, and other vegetables, also garnished with cilantro and sesame seeds. A pair of wooden chopsticks lies on the white marble surface to the right of the plate. In the top left corner, there are several fresh cilantro leaves. A semi-transparent white text box is overlaid on the right side of the plate.

**ASIAN STYLE
SCRAMBLED EGGS**

ASIAN STYLE SCRAMBLED EGGS



Serves: 2
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
206 kcal
11g Fats
6g Carbs
15g Protein



WHAT YOU NEED

- 3 eggs
- 2 egg whites
- 1 tbsp. soy sauce
- 2 tsp. sesame oil
- 1 ¼ cup (200g) mixed Asian vegetables
- 1 tsp. black sesame seeds
- coriander, to serve

WHAT YOU NEED TO DO

Whisk eggs and egg whites together in a bowl. Season with pepper and soy sauce.

Heat 1 tsp. of sesame oil in a pan over medium-low heat. Add the mixed veggies and 1 tbsp. of water. Season with salt and pepper and cook for 4-5 minutes until tender. Transfer onto a plate.

Add egg mixture to pan and swirl to coat the base. Cook without stirring for 30 seconds. Using a wooden spoon, push the set eggs to the outer edge and the raw eggs to the centre.

Gently push the eggs around the pan every 15 seconds until set. Sprinkle with the sesame seeds.

Remove from heat and serve with the earlier prepared vegetables – top with fresh coriander and additional sesame seeds, to serve.

ASIAN-STYLE SCRAMBLED EGGS



ASIAN-STYLE SCRAMBLED EGGS



Serves: 1
Prep: 5 mins
Cook: 5 mins



Nutrition per
serving:
249 kcal
15g Fats
5g Carbs
18g Protein



WHAT YOU NEED

- 2 eggs
- 2 egg whites
- 1 tsp. coconut oil
- 1 ½ cup (150g) baby bok choy, chopped
- 1 tsp. fresh ginger, grated
- 2 spring onions, thinly sliced
- 1 red chili, deseeded and chopped
- soy sauce, to serve (optional)
- whole wheat toast, to serve (optional)

WHAT YOU NEED TO DO

Whisk the eggs and egg whites together in a bowl, season with salt and pepper.

Heat the coconut oil in a frying pan over medium heat. Add the bok choy with 1 tbsp. of water, cook until tender, then take off the heat and set aside.

In the same pan, cook the spring onions, ginger, and chili, for 1 minute.

Add the egg mixture and continue to cook, string, pulling and folding the eggs until they are cooked to your liking.

Remove from the heat and serve on a plate with the bok choy, whole wheat toast and a drizzle of soy sauce (optional).



HUEVOS RANCHEROS

HUEVOS RANCHEROS



Serves: 2
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
434 kcal
18g Fats
42g Carbs
17g Protein



DF Q



WHAT YOU NEED

- 3 slices smoked bacon, cut into strips
- ½ small onion, chopped
- ¾ cups (150g) red kidney beans in chilli sauce
- smoked paprika
- 1 tsp. oil
- 2 eggs
- 10 cherry tomatoes, halved
- ½ avocado, sliced
- 2 small tortillas
- smoked paprika

WHAT YOU NEED TO DO

Cut the bacon into strips and fry on a dry frying pan then transfer to a plate and set aside.

In the same pan, sauté the chopped onion for 2-3 minutes, then add beans and warm up for 1-2 minutes. Crush the beans slightly with a fork.

Heat the tsp. of butter in a clean pan and fry the eggs. In the meantime, slightly fry the tomatoes and heat tortillas according to instructions on the packaging.

Assemble the tortillas by arranging the bean paste, fried eggs, bacon and tomatoes. Add sliced avocado slices, sprinkle with coriander, season with salt and pepper and smoked paprika.



BREAKFAST FAJITA

BREAKFAST FAJITA



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per
serving:
335 kcal
19g Fats
29g Carbs
12g Protein



WHAT YOU NEED

- 1 large avocado
- 1 tbsp. lime juice
- 1 tbsp. coconut oil
- 1 red & 1 green pepper, sliced
- 1 onion, sliced
- fajita or Mexican seasoning
- 1 garlic clove, crushed
- juice of ½ lime
- 4 large eggs
- 4 corn tortillas
- handful of cilantro, chopped
- Salsas (optional)

WHAT YOU NEED TO DO

Prepare a quick guacamole by mashing the avocado flesh and mixing it with 1 tbsp. of lime juice. Season with salt and pepper.

Heat the oil over medium heat and add the peppers, onion and seasoning. Mix well and cook, stirring occasionally for about 10 minutes. Next add in the garlic and cook for another minute. Remove the pan from the heat and drizzle with lime juice, season with salt and pepper.

While the vegetables are cooking go ahead and fry the eggs in a separate pan. Transfer the eggs onto a plate and cover with tin foil to keep warm. In the same pan, warm the tortillas.

Assemble the fajitas, spread guacamole on each tortilla, then top each with an egg, followed by some veggies. Season with ground pepper and top with salsa (optional). Serve warm.