

# the breakfast bible.

by INGE  
LESSING



HEY BEAUTIFUL.

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*Inge Lessing*

## SIMPLE POACHED EGG & AVO TOAST

### Ingredients

2 eggs

2 slices whole grain bread

1/3 avocado (usually I cut it in half but don't use all of it. okay fine maybe I do.)

2 tablespoons shaved Parmesan cheese

salt and pepper for topping

fresh herbs (parsley, thyme, or basil) for topping

quartered heirloom tomatoes for serving

### Method

Bring a pot of water to boil (use enough water to cover the eggs when they lay in the bottom). Drop the metal rims (outer rim only) of two mason jar lids into the pot so they are laying flat on the bottom. When the water is boiling, turn off the heat and carefully crack the eggs directly into each rim. Cover the pot and poach for 5 minutes.

While the eggs are cooking, toast the bread and smash the avocado on each piece of toast. When the eggs are done, use a spatula to lift the eggs out of the water. Gently pull the rim off of the eggs (I do this right on the spatula, over the water) and place the poached eggs on top of the toast. Sprinkle with Parmesan cheese, salt, pepper, and fresh herbs; serve with the fresh quartered heirloom tomatoes.



## FLUFFY GOLDEN PANCAKES

### Ingredients

1 ½ cups cake flour  
2 teaspoon baking powder  
half teaspoon salt  
2 eggs, beaten  
¼ cup sugar  
1 cup milk  
2 tablespoon butter, melted

### Method

Sift the flour, baking powder, and salt together into a medium bowl then form a small well in the middle of the mixture;

In a separate bowl, beat together the sugar and egg; Add milk to the egg mixture and stir to combine. Pour the milk and egg mixture into the well of the flour mixture and stir until a batter forms.

Lightly butter the bottom of a heavy bottomed skillet and heat over medium heat. Once the skillet is hot, spoon batter onto the pan at least 1" apart and cook for 2 minutes or until bubbly on top. Slip and cook an additional 1 minute or until golden brown on both sides.

Cool slightly before topping with syrup and whipped cream.





## CRUNCHY KIWI & COCONUT BOWL

### Ingredients

3 slices of pineapple

2 cups fresh spinach,  
washed and stems removed

2 frozen bananas

1/3 cup orange juice

1 tablespoon chia seeds

### Method

Blend all together in a high power blender – like a nutri bullet or something similar.

Top with desired amount of toppings.

### Toppings

coconut flakes

granola

1 kiwi, cut in half

hemp seeds

Serve and enjoy!

## CHIA SEED CHOCOLATE PUDDING

### Ingredients

½ Cup Chia Seeds (add another half cup of Chia seed for a thicker consistency)

3 Cups Full Fat Coconut Milk

¼ cup Cocoa Powder

2 tbsp Erythritol (for Keto version) or Maple Syrup

1 tsp Vanilla Extract

A handful of Frozen Cherries or Fruits of choice (Optional)

Chocolate shavings as toppings (Optional)

½ cup Coconut cream (for whipping)

### Method

#### *coconut whipped cream*

Put a can of coconut milk in the fridge to allow the coconut cream separate from the milk

Scoop out the coconut cream into a bowl and whisk for about 5 minutes until you get a whipped cream consistency

#### *chia chocolate mousse*

Mix the coconut milk and chia seeds in a bowl, stirring to remove any clumps.

Leave the mixture in the fridge for a couple of hours or overnight gives the seeds enough time to absorb the liquid.

Transfer the chia milk mix into a blender, add in the cocoa powder, maple syrup or erythritol, and vanilla extract.

Blend until smooth.



UNTIL  
NEXT TIME...

the  
breakfast  
bible.

