

"HEALTHY BREAKFAST RECIPES" CHECKLIST

CARDAMOM & PEACH QUINOA PORRIDGE

Ingredients

- ✓ 35 g quinoa
- ✓ 15 g porridge oats
- ✓ 2 cardamom pods
- ✓ 125 ml unsweetened almond milk
- ✓ 1 ripe peaches, cut into slices
- ✓ 0,5 tsp maple syrup



METHOD

STEP 1

Put the quinoa, oats and cardamom pods in a small saucepan with 125 ml water and 50 ml of the almond milk. Bring to the boil, then simmer gently for 15 mins, stirring occasionally.

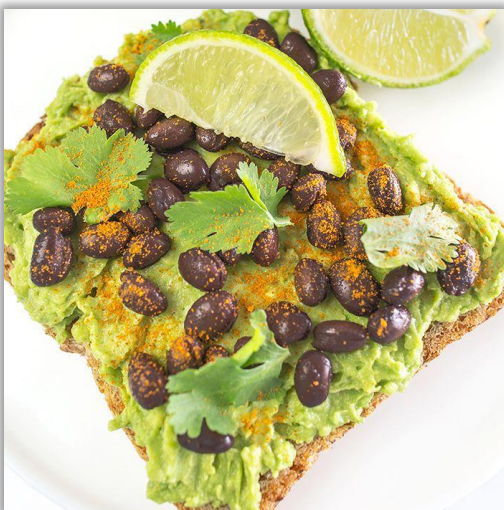
STEP 2

Pour in the remaining almond milk and cook for 5 mins more until creamy.

STEP 3

Remove the cardamom pods, spoon into bowls or jars, and top with the peaches and maple syrup.

BLACK BEANS & AVOCADO ON TOAST



Ingredients

- ✓ 70 g cherry tomatoes, quartered
- ✓ 0,5 red or white onion, finely chopped
- ✓ 1/4 lime, juiced
- ✓ 4 tbsp olive oil
- ✓ 1 garlic cloves, crushed
- ✓ 0,5 tsp ground cumin
- ✓ 1 tsp chipotle paste or 0,5 tsp chilli flakes
- ✓ 1 x 400g cans black beans, drained
- ✓ small bunch coriander, chopped
- ✓ 1 slice bread
- ✓ 0,5 avocado, finely sliced

METHOD

STEP 1

Mix the tomatoes, one part of chopped onion, lime juice and 1 tbsp oil and set aside. Fry the remaining onion in 2 tbsp oil until it starts to soften. Add the garlic, fry for 1 min, then add the cumin and chipotle and stir until fragrant. Tip in the beans and a splash of water, stir and cook gently until heated through. Stir in most of the tomato mixture and cook for 1 min, season well and add most of the coriander.

STEP 2

Toast the bread and drizzle with the remaining 1 tbsp oil. Put a slice on each plate and pile some beans on top. Arrange some slices of avocado on top, then sprinkle with the remaining tomato mixture and coriander leaves to serve.

ORANGE & RASPBERRY GRANOLA

Ingredients

- ✓ 400g jumbo oats
- ✓ juice 2 oranges (150ml), plus zest of 1/2
- ✓ 1 tsp ground cinnamon
- ✓ 2 tbsp freeze-dried raspberries or strawberries (see tip)
- ✓ 25g flaked almonds, toasted
- ✓ 25g mixed seeds (such as sunflower, pumpkin, sesame and linseed)

To serve

- ✓ 2 large oranges, peeled and segmented
- ✓ mint leaves (optional)



METHOD

STEP 1

Put 200g oats and 500ml water in a food processor and blitz for 1 min. Line a sieve with clean muslin and pour in the oat mixture. Leave to drip through for 5 mins, then twist the ends of the muslin and squeeze well to capture as much of the oat milk as possible – it should be the consistency of single cream. Best chilled at least 1 hr before serving. Can be kept in a sealed or covered jug in the fridge for up to 3 days.

STEP 2

Heat oven to 200C/180C fan/gas 6 and line a baking tray with baking parchment. Put the orange juice in a medium saucepan and bring to the boil. Boil rapidly for 5 mins or until the liquid has reduced by half, stirring occasionally. Mix the remaining 200g oats with the orange zest and cinnamon. Remove the pan from the heat and stir the oat mixture into the juice. Spread over the lined tray in a thin layer and bake for 10-15 mins or until lightly browned and crisp, turning the oats every few mins. Leave to cool on the tray.

STEP 3

Once cool, mix the oats with the raspberries, flaked almonds and seeds. Can be kept in a sealed jar for up to one week. To serve, spoon the granola into bowls, pour over the oat milk and top with the orange segments and mint leaves, if you like.

HOMEMADE MUESLI WITH OATS, DATES & BERRIES



Ingredients

- ✓ 100g traditional oats
- ✓ 12 pecan nuts , broken into pieces
- ✓ 2 tbsp sunflower seeds
- ✓ 6 pitted medjool dates , snipped into pieces
- ✓ 25g high-fibre puffed wheat
- ✓ 4 x pots bio yogurt
- ✓ 300g mixed berries , such as raspberries, strawberries and blueberries
- ✓ generous sprinkling of ground cinnamon (optional)

METHOD

STEP 1

Tip the oats into a frying pan and heat gently, stirring frequently until they are just starting to toast. Add the pecans and seeds to warm briefly, then tip into a large bowl and toss so they cool quickly.

STEP 2

Add the dates and puffed wheat, mix well until thoroughly combined, then serve topped with the yogurt and fruit, and a sprinkling of cinnamon, if you like.

BAKED BANANA PORRIDGE

Ingredients

- ✓ 1 small bananas , halved lengthways
- ✓ 50 g jumbo porridge oats
- ✓ ¼ tsp cinnamon
- ✓ 100 ml milk of your choice, plus extra to serve
- ✓ 2 walnuts , roughly chopped

METHOD

STEP 1

Heat oven to 190C/170C fan/gas 5. Mash up one banana half, then mix it with the oats, cinnamon, milk, 150 ml water and a pinch of salt, and pour into



a baking dish. Top with the remaining banana halves and scatter over the walnuts.

STEP 2

Bake for 20-25 mins until the oats are creamy and have absorbed most of the liquid.

HERB OMELETTE WITH FRIED TOMATOES



Ingredients

- ✓ 1 tsp rapeseed oil
- ✓ 2 tomatoes , halved
- ✓ 2 large eggs
- ✓ 1 tbsp chopped parsley
- ✓ 1 tbsp chopped basil

METHOD

STEP 1

Heat the oil in a small non-stick frying pan, then cook the tomatoes cut-side down until starting to soften and colour. Meanwhile, beat the eggs with the herbs and plenty of freshly ground black pepper in a small bowl.

STEP 2

Scoop the tomatoes from the pan and put them on two serving plates. Pour the egg mixture into the pan and stir gently with a wooden spoon so the egg that sets on the base of the pan moves to enable uncooked egg to flow into the space. Stop stirring when it's nearly cooked to allow it to set into an omelette. Cut into four and serve with the tomatoes.

SPINACH & TUNA PANCAKES 2

Ingredients

- ✓ 2 tsp rapeseed oil
- ✓ 1 garlic cloves , chopped
- ✓ 150 g baby spinach
- ✓ 1 tbsp tomato purée
- ✓ 60 g can tuna steak in spring water, drained
- ✓ 100 g cottage cheese
- ✓ 1 large egg
- ✓ 2 tbsp plain wholemeal flour



For the salad

- ✓ 100 g can sweetcorn (no added salt or sugar), rinsed and drained
- ✓ 0,5 small red onion , finely chopped
- ✓ 60 g cherry tomatoes , quartered
- ✓ 5 basil leaves , chopped
- ✓ 2 pitted Kalamata olives , sliced
- ✓ 1 tsp balsamic vinegar

METHOD

STEP 1

Mix all the ingredients for the salad and set aside. Heat 1 tsp oil in a large non-stick pan and fry the garlic briefly. Stir in the spinach to wilt, then mix in the tomato purée, tuna and cottage cheese. Set aside.

STEP 2

Beat the eggs with the flour and 1 tbsp water. Heat the remaining oil in a medium non-stick pan, add half the batter and swirl round the pan to coat the base. Cook briefly until set, then flip over with a palette knife to cook the other side for 1 min. Repeat with the remaining batter. Put the pancakes on serving plates, spoon the filling down one side, roll up and serve with the salad.

VANILLA & CINNAMON BREAKFAST RICE



Ingredients

- ✓ 50 g wholemeal basmati rice
- ✓ 50 ml whole milk
- ✓ 0,5 tsp vanilla extract
- ✓ 1 bay leaves
- ✓ 0,5 cinnamon stick
- ✓ 4 dried apricots split in half widthways (so they still look whole)
- ✓ 100ml pots bio yogurt
- ✓ 4 walnut halves, broken into pieces

METHOD

STEP 1

Tip the rice into a large, deep non-stick pan with 150 ml water, the milk, vanilla, bay leaves and cinnamon stick. Bring to the boil, then cover with a lid and simmer for 25-30 mins until the rice is tender. Keep an eye on it to ensure it doesn't boil dry towards the end of its cooking time.

STEP 2

Meanwhile, tip the apricots into a small pan with 75 ml water and cook over a low-medium heat until tender, about 10-15 mins. Set aside.

STEP 3

Remove the bay leaves and cinnamon stick from the rice, then stir in half the yogurt. Both the rice and the apricots will keep chilled, separately, for up to 24 hrs. Spoon the rice into bowls and top with the remaining yogurt, the apricots and their juices and the walnuts. If you've prepared the rice and apricots the day before, eat cold or reheat until warm, adding a splash of milk to the rice to loosen.

MUSHROOM HASH WITH POACHED EGGS 4

Ingredients

- ✓ 0,5 tbsp rapeseed oil
- ✓ 1 small onion, halved and sliced
- ✓ 125 g closed cup mushrooms , quartered
- ✓ 0,5 tbsp fresh thyme leaves , plus extra for sprinkling
- ✓ 125 g fresh tomatoes , chopped
- ✓ 0,5 tsp smoked paprika
- ✓ 1 tsp omega seed mix (see tip)
- ✓ 1 large eggs



METHOD

STEP 1

Heat the oil in a large non-stick frying pan and fry the onions for a few mins. Cover the pan and leave the onions to cook in their own steam for 5 mins more.

STEP 2

Tip in the mushrooms with the thyme and cook, stirring frequently, for 5 mins until softened. Add the tomatoes and paprika, cover the pan and cook for 5 mins until pulpy. Stir through the seed mix.

STEP 3

Poach an egg in lightly simmering water to your liking. Serve on top of half the hash with a sprinkling of fresh thyme and some black pepper. Chill the remaining hash to warm in a pan and eat with freshly poached eggs on another day.

HEALTHY PORRIDGE BOWL 2



Ingredients

- ✓ 50 g frozen raspberries
- ✓ 1 orange , ½ sliced and ½ juiced
- ✓ 50 g porridge oats
- ✓ 100 ml milk
- ✓ ½ banana , sliced
- ✓ 1 tbsp smooth almond butter

- ✓ 0,5 tbsp goji berries
- ✓ 0,5 tbsp chia seeds

METHOD

STEP 1

Tip half the raspberries and all of the orange juice in a pan. Simmer until the raspberries soften, about 5 mins.

STEP 2

Meanwhile stir the oats, milk and 200 ml water in a pan over a low heat until creamy. Top with the raspberry compote, remaining raspberries, orange slices, banana, almond butter, goji berries and chia seeds.