

Parmesan Spinach Muffins (for 8)

400g fresh baby spinach, washed ½ cup ricotta cheese
½ cup finely shredded Parmesan cheese, plus more for garnish
2 large eggs, beaten 1 clove garlic, minced
¼ tsp salt ¼ tsp freshly ground pepper

Preheat oven to 400°F. Pulse spinach in three batches in a food processor until finely chopped. Transfer to a medium bowl. Add all ingredients and stir to combine. Coat 8 cups of a muffin pan with cooking spray. Divide the spinach mixture among the 8 cups (they will be very full). Bake the spinach cakes until set, about 20 minutes. Let stand in the pan for 5 mins. Loosen the edges with a knife and turn out onto a clean cutting board or large plate. Serve warm, sprinkled with more Parmesan.

Mozzarella, Basil & Zucchini Frittata (for 4)

2 Tbs extra-virgin olive oil 7 large eggs, beaten
1½ cups thinly sliced red onion 1½ cups chopped zucchini
¼ cup thinly sliced fresh basil 1 cup fresh mozzarella balls
3 Tbs chopped soft sun-dried tomatoes ½ tsp salt/pepper

Sauté onion and zucchini in oil in a heavy based pan, and cook, stirring frequently until soft, 3 to 5 mins. Whisk eggs, salt and pepper in a bowl. Pour the eggs over the vegetables in the pan. Cook, lifting the edges to allow uncooked egg from the middle to flow underneath, until nearly set, about 2 minutes. Arrange mozzarella and sun-dried tomatoes on top and place the pan under a grill until the eggs are slightly browned, 1½ to 2 minutes. Let stand for 3 minutes. Top with basil. To release the frittata from the pan, run a spatula around the edge, then underneath, until you can slide or lift it out onto a cutting board or serving plate. Cut into 4 slices and serve.

Avocado Toast with Egg, Arugula & Bacon (for 2)

1 small avocado, mashed 2 slices whole-wheat bread, toasted
Pinch of ground pepper 1 cup arugula 2 slices bacon
1tsp extra-virgin olive oil 2 large eggs

Spread avocado on toast. Season with pepper. Top with arugula. Cook bacon in a small nonstick skillet over medium heat until crisp. Drain on a paper towel-lined plate. Fry eggs in oil till soft-set yolk. Top the toast with the eggs and crumbled bacon.

Crunchy Granola Wedges (8 slices)

1 cup rolled oats 1 cup sunflower seeds or chopped nuts
1 cup wheat flakes ½ cup honey 1 cup dried cranberries
Pinch of salt

Preheat oven to 400°F. Spread oats, wheat flakes and seeds (or nuts) on a baking sheet. Bake until fragrant and starting to brown, about 10 mins. Coat a 9-inch pie pan with cooking spray. Cook ½ cup honey in a large saucepan over medium-high heat, without stirring, until large foamy bubbles form and it starts to darken at the edges. Immediately pour the toasted oat mixture into the honey, add cranberries and salt and stir until completely coated. Quickly press the granola into a greased pie pan. Cool and cut into wedges.

Strawberry-Banana Protein Smoothie (1 large glass)

½ medium banana 1 cup hulled strawberries, fresh or frozen
4 ice cubes ½ cup diced mango, fresh or frozen ¼ tsp vanilla
½ cup nonfat plain Greek yogurt 1 Tb ground flaxseed (flaxmeal)
1Tb natural nut butter, such as cashew or almond

Combine everything in a blender and whizz until smooth.