

The best
healthy
breakfast
recipes

FITNESS
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Do I 'need' to eat breakfast?

At Fernwood, we believe in a balanced, healthy lifestyle, which includes three meals a day: breakfast, lunch and dinner (with wholesome snacks in between!). Skipping one or more of these meals may lead to unhealthy eating habits, such as binge eating, or mean you're not getting important nutrients to keep you energised throughout the day.

Starting your morning with a healthy breakfast is essential. According to Nutrition Australia, breakfast kick-starts your metabolism, increases your energy levels, and also improves memory and concentration. If you want to get the most out of your day, eating a well-balanced breakfast is a must.

Your first meal of the day doesn't need to be boring. You may not have the time to whip up a café-style smashed avocado on toast, but there are many tasty options you can prepare in just a few minutes. We've put together our best healthy breakfasts so you'll never want to miss the most important meal of the day again.

These recipes have all been written by our Fernwood nutritionist.

Enjoy

Recipes

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Pear & honeyed cheese toast

2
Minty mango chia pudding

3
Poached egg white in spicy red sauce

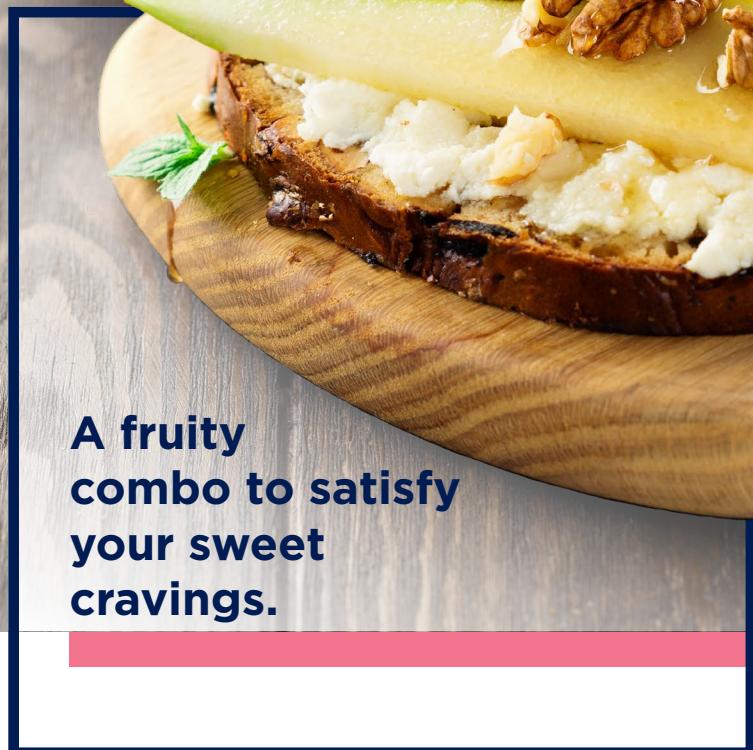
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7
Banana and ricotta pancake





A fruity
combo to satisfy
your sweet
cravings.

Serves 1

Pear & honeyed cheese *toast*

Ingredients

- 40g cottage cheese
- 1 tsp honey
- 2 thin slices grainy bread
- ½ small green pear, thinly sliced
- ½ tbsp chopped walnuts

Method

1. Add the cottage cheese and honey to a small bowl. Mix well to combine. Set aside.
2. Toast the bread.
3. Spread the toast slices with the honeyed cottage cheese and top with a layer of pear slices. Sprinkle with chopped walnuts. Serve and enjoy.



Serves 1

Minty mango chia *pudding*

**A minty sweet way
to start the day.**

Ingredients

2 tbsp black chia seeds
160ml reduced-fat milk
80g mango, fresh or frozen, diced
2g fresh mint leaves, chopped or torn

Method

1. Add the chia seeds and milk to a glass, small bowl or container. Mix well to ensure chia seeds are covered and coated well. Cover and set aside in the fridge for 2 hours or overnight to allow the chia seeds to soak up the milk.
2. When the chia seed pudding is ready, top with mango and mint leaves. Stir through if desired. Serve and enjoy.

Tip

You can mix the mango and mint with the chia seeds and milk prior to putting it in the fridge overnight. This will allow the flavours to infuse. Feel free to use a liquid of your choice such as almond milk, soy milk or even coconut water. Create your own flavour combination – try strawberries and kiwifruit, banana and nuts/seeds, or even grated carrot, sultanas and cinnamon.

Poached egg white in spicy red sauce

Serves 1

Keep a big batch of this spicy red capsicum sauce in the fridge for quick and easy poached eggs in the morning.

Ingredients

- 2 olive oil sprays
- ¼ medium onion, chopped
- 1 garlic clove, crushed
- ¼ long red chilli pepper, chopped
- ½ medium capsicum, thinly sliced
- 2 small tomatoes, chopped
- ⅓ tsp paprika
- ⅓ tsp ground cumin seeds
- 1 egg white from large egg
- 1 ½ small wholemeal pita pockets, toasted

Method

1. Spray a non-stick frying pan with olive oil and heat over a medium heat. Add the onion, garlic, chilli and capsicum and stir-fry for 2-3 minutes or until onions begin to brown.
2. Add the tomatoes and spices to the frying pan and continue to stir-fry for a further 5-10 minutes or until thickened.
3. Make an indent in the capsicum mixture. Add the egg white to the indent. Cover the frying pan and allow to cook for a few more minutes or until the egg whites are cooked.
4. Using a big spatula, carefully plate the mixture onto a serving plate. Top with any other herbs and spices to taste to your liking. Enjoy with toasted pita bread.



Strawberry & avocado

smoothie

Serves 1



A refreshing smoothie to kick-start your morning.

Ingredients

- 200ml non-fat milk
- 100g non-fat natural yoghurt
- 150g fresh or frozen strawberries
- ½ small avocado
- 1 tsp honey

Method

1. Place all ingredients into a blender and blend until smooth. If the consistency is too thick for your liking, gradually add water and blend until you reach the desired consistency. Pour into a glass. Serve and enjoy.

Mixed berry *breakfast* parfait

Serves 1

Ingredients

50g frozen mixed berries
110g low-fat Greek yoghurt
2.5g vanilla bean/pod, seeds removed and set aside
25g rolled oats

Method

1. Sauté the mixed berries in a non-stick saucepan over a low-medium heat until softened and slightly juicy. Set aside.
2. Place the yoghurt and vanilla bean seeds into a bowl. Mix well to combine. Add extra vanilla if desired.
3. Place half the yoghurt into a glass and top with half the berries and half the oats. Repeat with the remaining ingredients. Serve and enjoy immediately or set aside in the fridge for 30 minutes or overnight to allow the flavours to infuse.

A layered breakfast trifle of oats, Greek yoghurt and berry compote.



Lemon & dill vegetables with scrambled eggs

Serves 1

Ingredients

- ¼ medium lemon, rind and juice reserved
- ½ tsp dill
- 100g mushrooms, finely sliced
- 90g broccoli, finely chopped
- 1 large egg
- 2 egg whites from large eggs
- 1 spray olive oil
- 1 thin slice mixed grain bread

Method

1. Combine the lemon rind, juice and dill in a small bowl. Place the broccoli and mushrooms in a separate bowl, pour over the lemon and dill dressing and stir to coat. Set aside to marinate.
2. Whisk the eggs together in a small bowl.
3. In the meantime spray a non-stick frying pan with olive oil and heat. Stir fry the vegetable mix with the dressing until almost cooked to your liking. Then add the eggs to the frying pan and continue to stir-fry until the eggs are scrambled. While the eggs are scrambling, toast the bread.
4. Top the toast with the scrambled egg and veggies then season with pepper. Serve and enjoy.



Start your day with this warm mushroom and broccoli scramble on toast.

Banana ricotta *pancake*



You'll love this gluten-free pancake batter made from eggs, banana and ricotta – that's it!

Serves 1

Ingredients

- 1 olive oil spray
- 4 egg whites
- 75g reduced-fat ricotta cheese, crumbled
- 1 small banana, mashed
- ½ tsp ground cinnamon

Method

1. Whisk the egg whites in a bowl then stir in the crumbled ricotta, ground cinnamon and mashed banana. Alternatively you can leave the banana out of the pancake batter and use it to top the pancake.
2. Spray a non-stick frying pan with oil and heat. Pour in the batter to create a round pancake shape. Cook until the bottom begins to set. Using a spatula, flip the pancake over to cook the other side until golden brown.
3. Place the pancake onto a plate. Serve and enjoy.

Kick-start your morning with a workout

Now that you have breakfast sorted (awesome work!) it's time to work on healthy exercise habits to complement your diet and boost your results.

Get started by presenting this page at any Fernwood Fitness to receive your **FREE Class Pass**.

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