



Breakfast recipe pack

9 simple breakfasts to support a healthy and balanced lifestyle



Breakfast menu

Simply select a meal option below to go directly to the recipe and you can return to this page by simply selecting the icon in the top right corner.

 Vegetarian  Dairy Free

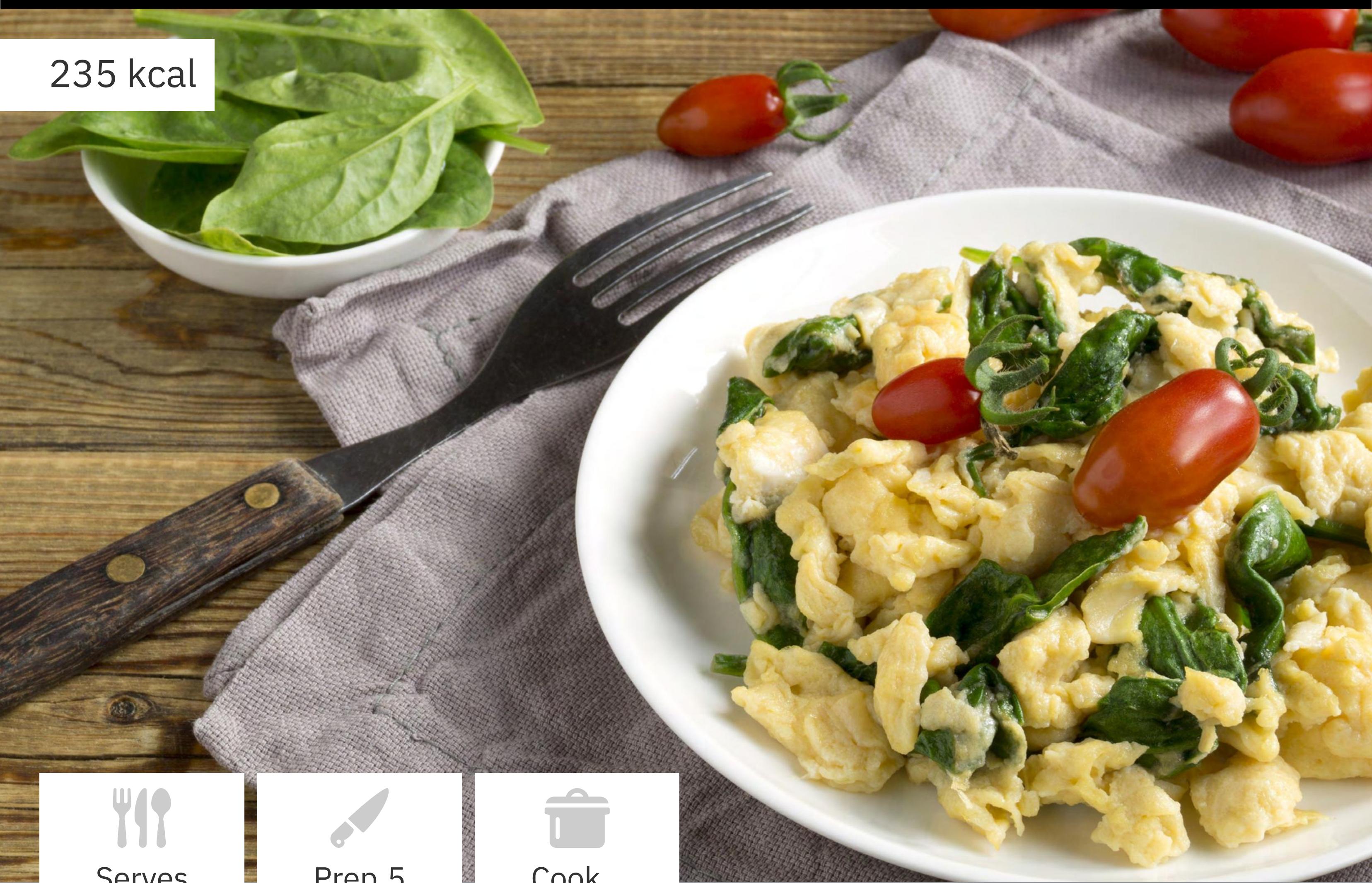
 Vegan  Gluten Free

Page	Recipes	Protein	Carbs	Fat	Estimated Calories
3	Scrambled egg with spinach & tomato	16g	6g	17g	235 kcal
4	Oat & banana pancake The basic yet classic	14g	50g	10g	350 kcal
5	omelette	20g	1g	22g	277 kcal
6	Simple overnight English breakfast	8g	55g	6g	300 kcal
7	The healthy “ish” English breakfast	50g	61g	35g	750 kcal
9	Cinnamon porridge with fruit & nuts	16g	35g	3.5g	240 kcal
10	Smashed avocado on toast	10g	58g	33g	520 kcal
11	Poached eggs with smashed avocado & cooked tomatoes	15g	30g	20g	340 kcal
12	1 minute chocolate and banana protein breakfast smoothie	25g	30g	5g	240 kcal

Scrambled egg with spinach & tomato

GFV
● ●

235 kcal



Serves
2



Prep 5
mins



Cook
5 mins

Ingredients

6 baby plum tomatoes cut in half

4 eggs (large)

2 tbsp natural yogurt (or dairy free alternative) 175g spinach (wash and dry well)

1 tbsp oil

Black pepper to taste

Nutrition per serving:
235 kcal
17g Fats
6g Carbs
16g Protein

Method

STEP 1

Add 1 tbsp of oil into a large frying pan and heat (medium setting), drop in the halved tomatoes (cut-side down) and spinach. While the tomatoes and spinach are cooking, whisk the eggs and yogurt in a bowl, add some black pepper (to taste).

STEP 2

Move the tomatoes and spinach to your serving plates. Add oil if needed to the pan (heat for a few seconds), pour in the egg mixture and stir every now and then until eggs are scrambled as you like them. Pour the scrambled egg on top of the spinach.

Oat & banana pancake

V DF

350 kcal



Serves
2

Prep 5
mins

Cook
5 mins

Ingredients

125ml oat milk
2 eggs
1 banana
100g rolled oats
2 tsp baking powder
1 tsp vanilla extract
Oil spray (based on 10 sprays)

Nutrition per serving: 350 kcal
10g Fats
50g Carbs
14g Protein

Method

STEP 1

Throw the oats, oat milk, egg yolks (separated but keep the whites), banana, baking powder and extract into a blender and blend down to a smooth and consistent mixture (smooth not lumpy). Whisk the egg whites until stiff. Then whisk 1-2 tbsp of the whites into your blended batter.

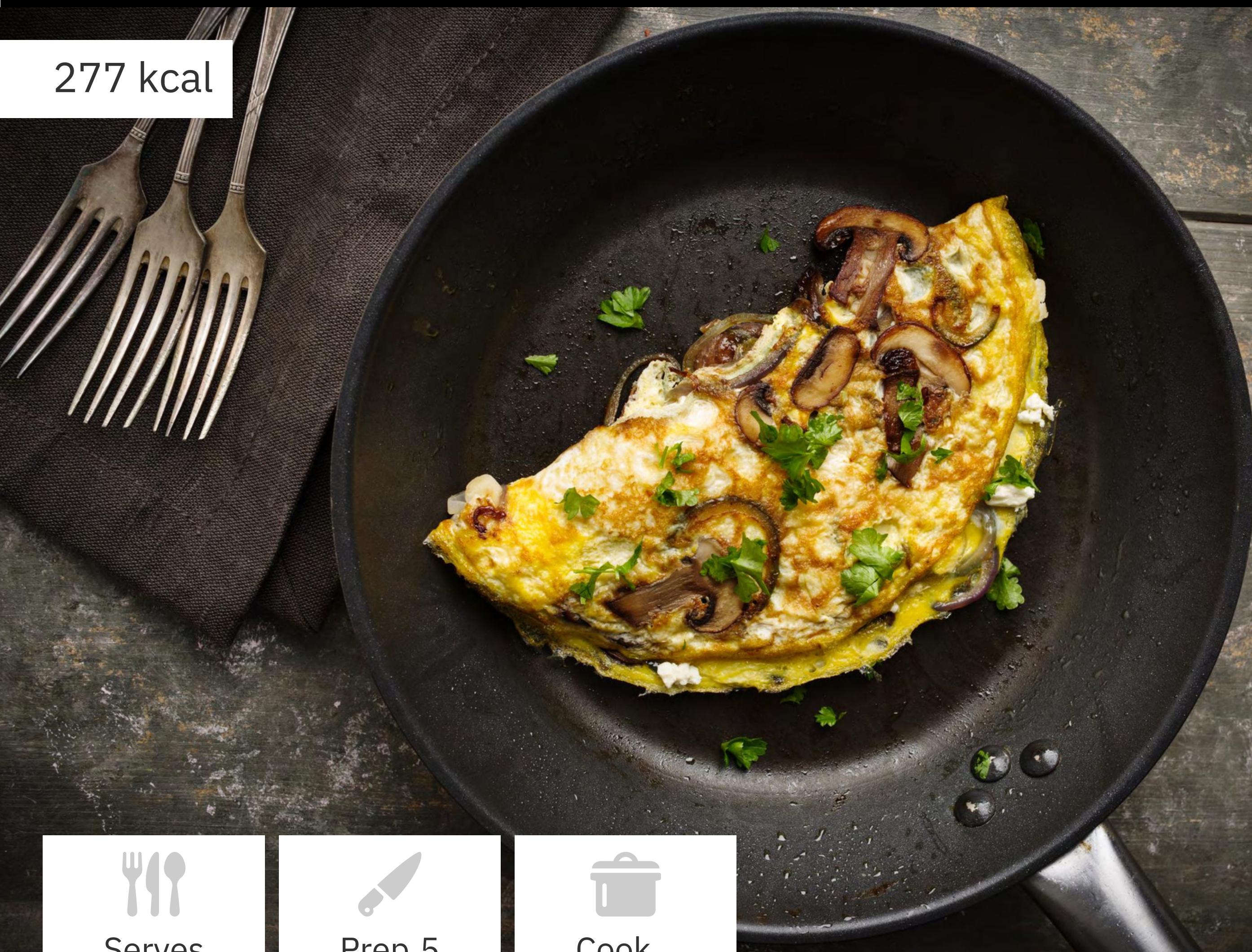
STEP 2

Heat a non-stick large pan over a medium heat and spray with a smidge of oil, then carefully add a small amount of batter into the pan (this dictates pancake size) and cook for 1-2 mins until the base sets and bubbles start to appear over the pancake. Then flip (or use a spatula) and cook the other side for a minute. Repeat this process, making sure the top looks cooked and not wet before attempting the flip, go early and you'll end up with a mess. Once the second side is cooked, plate up and with topping of your choice.

The basic yet classic omelette

V DF

277 kcal



Serves
1



Prep 5
mins



Cook
5 mins

Ingredients

3 large eggs
1 tsp butter
1 tsp oil (sunflower)
Fillings of your choice (mushrooms, ham, onions etc)

Nutrition per serving:
277 kcal
22g Fats
1g Carbs
20g Protein

Method

STEP 1

Beat your eggs well, then add salt and pepper (season them as you see fit). Heat the oil and butter in a pan (preferably non-stick). Heat at medium to low until the butter has fully melted and is frothing.

STEP 2

Add the eggs to the frying pan, swirl the eggs by tilting the pan (this ensures you cover the full surface of the pan). Let the mixture heat and cook for 15 to 20 seconds then scrape around the edge of the mixture using a spatula.

STEP 3

Tilt the pan to allow it to fill back up with any running egg. Repeat this process until there is no more runny egg.

STEP 4

This is the time when you can add whatever you like into the omelette for extra flavour and nutrition – maybe mushrooms, ham, onions etc. Once the fillings are added just fold the omelette gently in half with the spatula, give it a few more seconds then serve it up.

Simple overnight oats

V
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300 kcal



Serves
1



Prep
10 mins



Cook
0 mins

Ingredients

$\frac{1}{4}$ tsp ground cinnamon
50g porridge oats
2 tbsp natural yogurt
50g mixed berries of your choice
1 tbsp of honey
100ml unsweetened almond milk

Nutrition per serving:
300 kcal
6g Fats
55g Carbs
7.5g Protein

Method

STEP 1

The night before you plan on eating this stir the cinnamon and 100ml almond milk into your oats and sit in the fridge overnight.

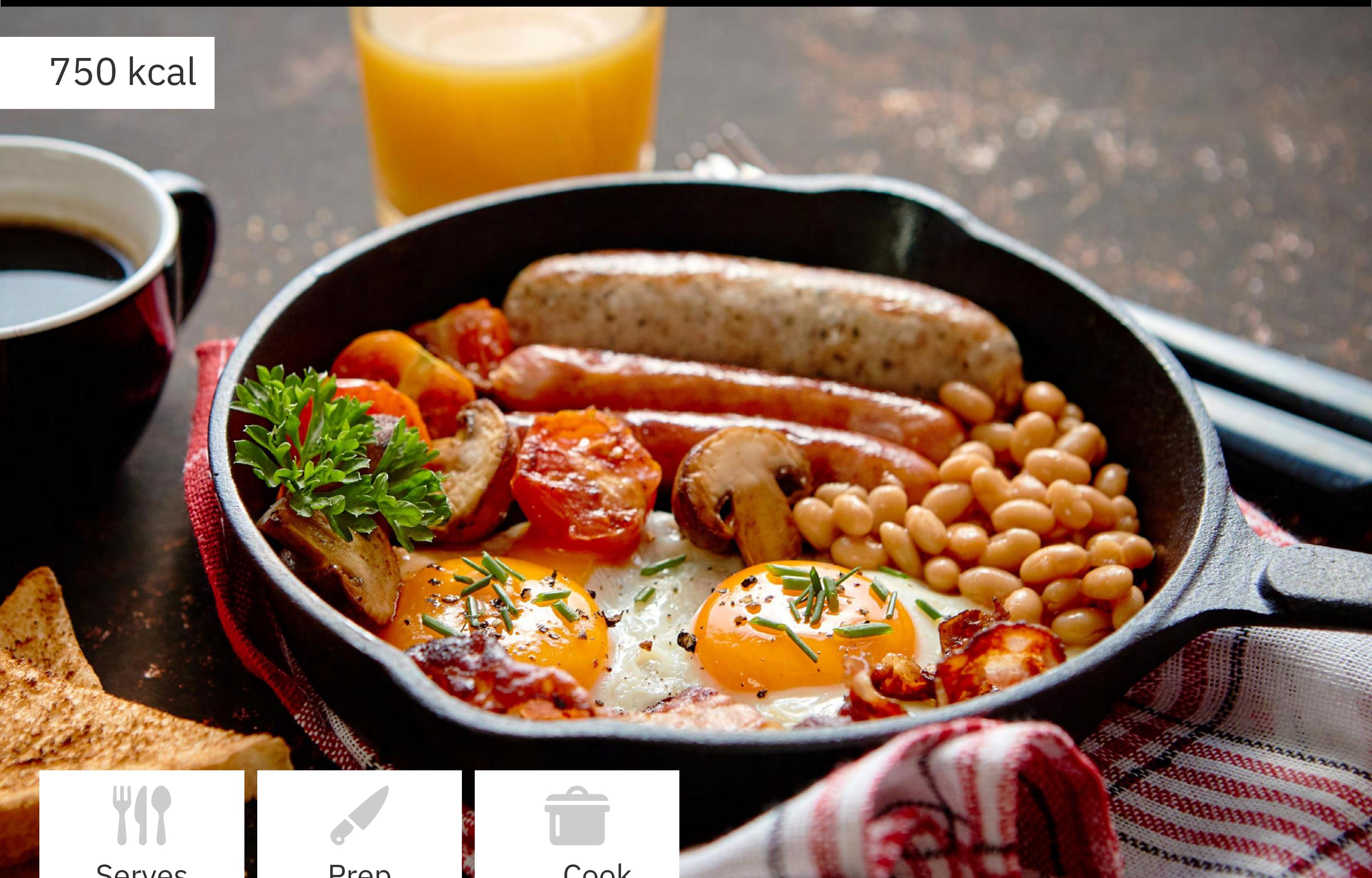
STEP 2

The next day, loosen with a little more milk (if necessary). Then top with yogurt, berries and a drizzle of honey.

The healthy “ish” English breakfast

DF

750 kcal



Serves
2



Prep
10 mins



Cook
30 mins

Ingredients

3 garlic cloves
2 tbsp rapeseed oil
1 small sliced onion
1 tsp of sweet smoked paprika
1 x tin of cannellini beans, drained and rinsed
1 x tin chopped tomatoes with herbs
1 tbsp brown sauce
6 large mushrooms chopped in half
2 x thyme sprigs
400g cherry tomatoes
6 small sausages of your choice
4 small eggs

Nutrition per serving:
750 kcal
35g Fats
61g Carbs
50g Protein

Method

STEP 1

Pre heat your oven to 200C or 180C for a fan. Then heat 1 tbsp of oil in a small/medium saucepan. Add your onion and then fry for approximately 8-10 mins or alternatively until softened and going golden brown. Add the crushed garlic and paprika and cook for a further 50-60 seconds then drop in the beans, tomatoes and brown sauce and bring them to the boil. Reduce the pan to a simmer and cook for another 10-12 mins, stirring occasionally. When time is up, cover pan to ensure it stays sufficiently warm.

The healthy “ish” English breakfast

DF

STEP 2

Throw the thyme, tomatoes and mushrooms into a roasting tray along with the remaining garlic and oil. Roast this for 12 mins until the mushrooms and tomatoes are soft. Then remove from the oven and cover the roasting tray (to keep contents warm). Turn the grill up to its full heat setting. Put the sausages of choice under the grill for 5-6 mins on each side, or until golden brown and cooked through.

STEP 3

Break the eggs into a small bowl. Bring a pan of lightly salted water to the boil and swirl to create a whirlpool effect and stop stirring. Once the whirlpool has nearly died out, tip one egg in, then reduce the heat and cook for 3 mins. Scoop out with a slotted spoon and transfer to a plate. Repeat with the other eggs. Serve the roasted veg with the sausages, eggs and beans. Finally, season the dish as you wish.

Cinnamon porridge with fruit & nuts

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240 kcal



Serves
1



Prep 5
mins



Cook
5 mins

Ingredients

50g porridge oats
100g 0% fat Greek-style yogurt
Cinnamon to taste
Topping of your choice –strawberries, blueberries, raspberries, almonds, dates, seeds etc.

Nutrition per serving:
240 kcal
3.5g Fats
35g Carbs
16g Protein

Method

STEP 1

Add your oats into a non-stick frying pan with approximately 400ml water. Heat and cook for about 4 mins until thickened (ensure you stir occasionally too).

STEP 2

After 4 minutes, pour the porridge into serving bowls, add the cinnamon, spoon on the yogurt then add on the fruit and nuts of choice.

Smashed avocado on toast



VE

520 kcal

Serves
1Prep 5
minsCook
5 mins

Nutrition per serving:
520 kcal
33g Fats
58g Carbs
10g Protein

Ingredients

- 1 avocado
- Half a lemon
- Chilli flakes
- Sea salt
- Black pepper
- 2 slices bread (recipe based on sourdough)
- 1/2 tbsp Extra virgin olive oil

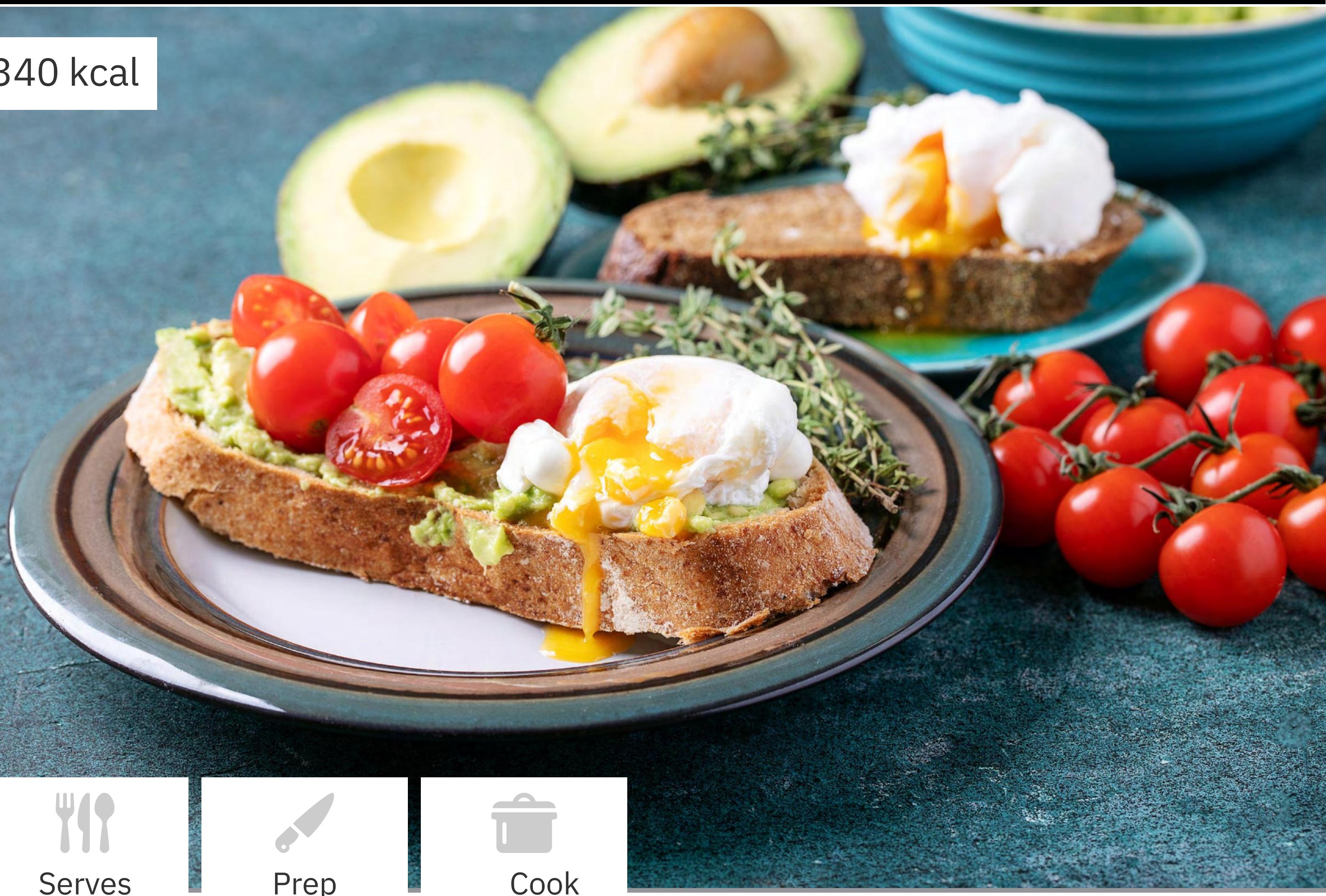
Method

STEP 1

Cut the avocado, carefully remove its stone, then scoop out the flesh into a bowl. Squeeze in juice of the lemon then “smash up the avo” using a fork to create your desired texture. Season to taste with sea salt, black pepper and chilli flakes. Toast your sourdough and drizzle the oil on the bread. Then finally pile the avocado on top of the sourdough.

Poached eggs with smashed avocado & cooked tomatoes ●

340 kcal



Serves
2



Prep
10 mins



Cook
10 mins

Ingredients

2 tomatoes (cut in half)
1/2 tbsp oil
Juice of a lime
2 eggs
1 ripe avocado
2 slices wholegrain bread Large handful of rocket

Nutrition per serving:
340 kcal
20g Fats
30g Carbs
15g Protein

Method

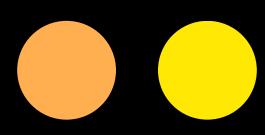
STEP 1

Heat your frying pan, add small dash of oil and cook tomatoes in the pan cut-side down, until soft and browning. Meanwhile, heat a pan of water to boiling, carefully break and drop in the eggs and leave to poach for 1-2 mins until the whites firm up but the yolks are still runny (leave longer if runny isn't your thing).

STEP 2

Remove the stone from the avocado, scoop out the flesh, squeeze in lime juice and smash. Then add onto the bread. Add the eggs on top, grind some black pepper and add half a handful of rocket to each plate. Serve the tomatoes on the side of the dish.

1 minute chocolate and banana protein breakfast smoothie



240 kcal



Serves
1



Prep
10 mins



Cook
10 mins

Ingredients

1 banana
1 scoop chocolate protein powder (35g)
300ml almond milk (unsweetened)
Handful of ice cubes

Nutrition per serving:
240 kcal
5g Fats
30g Carbs
25g Protein

Method

STEP 1

Put all the ingredients in a blender and whizz for 30 seconds until thick and smooth (the ice adds volume and thickness – blend to your satisfaction).

STEP 2

Pour the banana smoothie into a glass to serve with a straw.