good mood food breakies



5 breakfast recipes
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01

avocado smash

INGREDIENTS

- 1 or 2 eggs softly poached - 4 minutes
- 1/2 avocado smashed with a fork
- 1/2 tomato cut into slices or wedges
- toast or ryvita optional
- sprinkle of basil, parsley or coriander
- drizzle olive oil



02

porridge with berries & nuts

INGREDIENTS

- 100g small rolled oats - white/ wholemeal
- 1 tablepoon walnuts
- 1 tablespoon almonds
- 200ml water/nut /sheep/ goat milk
- berries to garnish

simmer the oats, nuts and liquid on a low-medium heat for 5 minutes till bubbling; add a little cold nut milk and top with berries to serve



03

granola with coconut

INGREDIENTS

- 100g jumbo oats - white/ wholemeal
- 50g unsalted cashews
- 50g brazils chopped /hazelnuts/pecans
- 50g flaked almonds
- 25g tablespoon flax seeds
- 25g amaranth or chia seeds
- 1 teaspoon ground cinnamon
- 1 pinch of sea salt flakes
- 50g coconut flakes
- 3 egg whites



03

granola with coconut

METHOD

preheat oven to 150*C & line a baking sheet
roughly crush the cashews with back of a spoon then mix with the remaining dry ingredients except the coconut
whisk egg white till stiff then thoroughly stir through the dry ingredients until all fully coated, spread mixture on baking sheet and bake for 40 minutes, breaking up a little after 20 minutes adding coconut chips for last 10 minutes- leave to cool completely and add an option or two:
chocolate chips; gojis; raisins; pumpkin seeds



04

overnight oats

INGREDIENTS

- 100g small rolled oats - white/ wholemeal
- 1 tablepoon chia seeds
- 1 tablespoon flax seeds
- 200ml water/nut /sheep/ goat milk
- 1/2 pot sheep/goat yoghurt
- berries & nuts to garnish

mix or layer and leave in the fridge overnight



05

smoothie

INGREDIENTS

- 1 cup pomegranate juice
- 1 teaspoon chia seeds
- 1 tablespoon flax seeds or tsp flax oil
- 1 cup kale
- 1 cup water/nut /sheep/ goat milk
- 1-2 scoops of protein powder (opt)
- 1/2 cup blackberries / raspberries
- 1/2 teaspoon turmeric +/or cinnamon

blend together adding ice to desired consistency & serve

