

Breakfast

To eat or not to eat – that is the question?

Well I am a very big advocate of breakfast, because this is what works for me. I wake up hungry and look forward to a decent breakfast. I know those of you who fast will not be such big fans, but as one way of eating does not suit everyone, if breakfast is for you read on.

The main aim for me is a breakfast that will sustain me until lunchtime because if I am working I will not have a break during the morning, and I do not want to have low blood sugar shakes, or irritability – not a good thing for a dentist!

I know what works for me and during the first half of my week I tend to go for eggs, mushrooms and some form of green vegetable – usually spinach or kale. This can be mixed up in a variety of ways, but only 3 basic ingredients.

I can imagine your response urghhhh kale for breakfast, but don't knock it until you've tried it, and you will have already had two portions of veg before arriving at work!

As a nation, generally breakfast comes out of a box.

I am going to suggest that we look outside 'the box' and consider a less processed, more nutrient dense breakfast that will sustain you until lunchtime.

I know. there is no time for breakfast, you have minus three seconds to get ready and do not have time for this inconvenience.

Well there are some options to grab and go, but please sit and make time to eat, as being relaxed, chewing and digesting are important!

Cereal with a difference

Sometimes it is hard to imagine eating anything other than cereal for breakfast, but many boxed cereals are very processed and contain lots of sugar and salt. The nutritional content is limited (which is why they are often fortified) and, due to being highly refined carbohydrates, they can be absorbed rapidly, resulting lack of satiety and feelings of hunger soon after eating.

Choosing a combination of nuts and seeds as the basis of your 'cereal' increases the nutrient density of your breakfast. Whole organic natural yoghurt increases the protein content, and adding fresh or dried fruit can create a luxurious start to the day.



Homemade Cereal

- 1) Combine 1-2tbs nuts and seeds of your choice.
 - Sunflower seeds
 - Pumpkin seeds
 - Flaxseeds (freshly ground)
 - Almonds
 - Brazil Nuts
 - Cashew Nuts
 - Pistachio nuts
 - Macadamia nuts
- 2) Add your preference of yoghurt or milk.
 - 2-3 tbsp. Natural Whole Organic yoghurt
 - 2-3tbsp Coconut yoghurt
 - Coconut milk
 - Organic whole milk
 - Almond Milk
- 3) Top with fresh or dried fruit
 - Berries (blueberries, strawberries, raspberries – fresh or frozen)
 - Half a Banana
 - Cold cooked Apple (can be stewed or baked with raisins and cinnamon)
 - Dried cranberries (these could also be mixed into your dried mixture)
 - Raisins

Tips

- A large mixture of your favourite nut and seed combination can be prepared in a glass jar and 2-3 tablespoons can be dispensed in a morning to save time.
- Brazil nuts and almonds can be bashed to bite size pieces. Often those that are broken are cheaper to buy.
- There are options to buy trail mix from health food stores, where the nuts and seeds are already mixed.
- If you have trouble digesting nuts soaking a portion in water the night before can help with their digestion.
- Flaxseeds need to be ground, to be digested. They work well as a topping.
- Make your choice of milk or yoghurt, but choose whole organic varieties where possible.

Homemade Granola

This is not too sweet, but can be sweetened further by adding 2 tablespoons of honey to the mixture prior to cooking.

Prepare in advance and store in a glass jar.

Ingredients

- 200g rolled oats
- 10 dates
- 1 apple
- 2 tablespoons coconut oil
- 150mls water
- 2 tablespoons pumpkin seeds
- 2 tablespoons sunflower seeds
- 1 tablespoon dried cranberries
- 1 teaspoon dried cinnamon (optional)
- Optional 2 tablespoons honey for added sweetness.

Method

- Blend dates, apple, coconut oil and water well.
- Mix dried ingredients together, including cinnamon if adding.
- Add the fluid mixture and mix well.
- Add the honey (if using)
- Spread out over a baking sheet
- Cook at 150 degrees Celsius for 20-25 minutes.
- Leave to cool and crunch up
- Add to a glass jar



To serve

- Spoon 2-3 tablespoons into a bowl, add natural yoghurt, milk or milk alternative
- Top with nuts, seeds and fresh berries

Eggs

My favourite breakfast of all time is poached eggs with sliced Portobello mushrooms, gently fried in butter with 2-3 handfuls of spinach. A sprinkling of pink Himalayan salt and freshly ground black pepper and job done.

I always feel saddened when people don't or can't eat eggs. They are so nutrient dense, rich in protein and contain a whole compliment of vitamins and minerals

1) Choose 2-3 eggs and cook your way: -

- **Poached eggs**

- Use very fresh eggs
- Half fill a saucepan and over a low-medium heat allow it to reach a gentle simmer (not a rapid boil).
- Add eggs by tipping gently from the shell, allowing the water to come to a simmer again before placing the next.
- Simmer gently for 2-3 minutes.
- Lift our carefully with a slotted spoon.
- *I always check the consistency by gently pressing the egg in the spoon, as I prefer my poached eggs slightly more cooked.*



- **Scrambled eggs**

- Break 2-3 eggs into a bowl and whisk together until combined fully.
- Add a pinch of sea salt and freshly ground black pepper.
- Gently melt 1-2 teaspoons of butter into a frying pan over a medium heat.
- Add the eggs and stir continuously until $\frac{3}{4}$ of the egg mixture is cooked.
- Remove from the heat and continue to stir with a fork until all the egg is cooked.
- Serve immediately.



- **Boiled eggs**

- Put 2-3 eggs into a pan and add cold water.
- Ensure the eggs are covered by 1cm of water.
- Bring to the boil
- Turn the heat down to allow a gentle simmer.
- Cook for

3 minutes for a really soft-boiled egg.

4 minutes for cooked white, and creamy yolk

5 minutes for cooked white and a yolk which is cooked, but softer at the centre

6 minutes for hard-boiled eggs, slightly soft at centre

7 minutes for hard-boiled eggs, cooked through.

If you wish to peel and save for later, cool rapidly in cold water for two minutes. Using less fresh eggs enhances peeling.

2) Add your choice of vegetables

- Mushrooms – gently fried in butter

- Asparagus – steamed for 2-3 minutes
- Tomatoes – grilled, roasted, lightly fried or tinned
- Rocket, spinach, kale or steamed broccoli (can be lightly sautéed in butter).

3) Add an extra protein (optional)

- 2 rashers of bacon
- Smoked salmon
- Toasted sunflower seeds
- Goats or feta cheese

4) Carbohydrate portion (optional)

- Roasted sweet potato /sweet potato cake
- Rye bread
- Wholemeal bread

Tips

Cold boiled eggs, prepared and peeled the night before, can easily be transported and eaten with salad and tomatoes at work, or whilst travelling.

Cheese and Mushroom Omelette

Serves 1

Ingredients

- 2-3 eggs
- 4-5 mushrooms
- 25g mature cheddar cheese
- 20g butter
- Salt and pepper

Method

- Melt half of the butter in frying pan over a medium heat
- Gently fry mushrooms for 4-5 minutes, until cooked
- Meanwhile put eggs into a bowl and whisk together, until combined.
- Remove mushrooms from the pan and put to the side.
- Add remaining butter to the pan and melt over a medium heat, until sizzling.
- Add the eggs to the pan and cook over a medium heat until egg is just set.
- Add mushrooms and cheese and fold over in the pan.
- Flip the omelette onto the other side and ensure each side is golden
- Serve immediately with green vegetables, spinach and tomatoes.

Tips

Bacon and mushrooms can be cooked the night before, and stored in fridge ready to use in your morning omelette saving preparation time.

Frittata

Serves 4-6

Ingredients

- 1 onion, finely chopped
- 200g new potatoes
- 100g asparagus tips or 2 handfuls of kale
- Sea salt and freshly ground black pepper
- Olive oil
- 6 eggs, whisked
- 100ml natural organic Greek yogurt
- 150g feta
- Large handful fresh mint leaves, torn
- A Large handful of fresh parsley.

Preparation

- Preheat grill to high
- Put potatoes into a pan of cold salted water. Bring to the boil and cook for 4-5 minutes.
- Add asparagus or kale and continue to cook for 1 more minute.
- Chop the potatoes 2-3cm chunks, and leave to one side
- Gloss an ovenproof pan with a little oil and over a low heat cook the onion until softened, might take 10 minutes.
- Whisk the eggs together and add the feta and herbs.
- Add some salt and pepper
- Add the egg mixture into the warm pan, over the onions.
- Drizzle yoghurt in a swirl on the top and swirl it through with the tip of a knife.
- Place under the grill until the top puffs up golden and the frittata is cooked through.
- Allow it to cool before slicing

Tips

Making frittata in advance (even doubling the recipe) a few days before, and then taking a slice with a large portion of rocket or spinach can be the perfect breakfast

Porridge

Basic porridge

Ingredients

- 1 cup rolled oats
- 1.5 cups water or milk (or mixture) or non-dairy milk (almond, oat, rice).

Method

- Place water or milk in a pan.
- Add oats and cook over a low heat until thickened and cooked through.
- Top with nuts (almonds, walnuts) and seeds (pumpkin, sesame, flaxseeds).
- Add fresh berries or steamed apple compote or Greek yoghurt.

Chia seed porridge

Ingredients

- 3 tbs Chia seeds
- 240mls fluid – options milk, almond milk, coconut milk or 10 dates blended into 240mls water for sweeter pudding
- Greek yoghurt
- Handful nuts seeds and fresh berries

Method

- Place chia seeds in a bowl and add 240mls milk or milk alternative.
- Stir thoroughly for 1 minute.
- Leave or 15 minutes or ideally overnight in the fridge.
- In the morning stir thoroughly
- Optional add 1 tbs of Greek yoghurt, nuts, seeds, fresh fruit or homemade fruit compote.

To serve

- Greek yoghurt
- Handful nuts seeds and fresh berries



Pancakes

Buckwheat pancakes

Ingredients

- 100g buckwheat flour
- 1 large egg
- 125ml water
- 1tbsp Greek/ coconut yoghurt
- Olive oil
- Fruit and yoghurt to serve

Method

- Whisk flour, egg and milk together to form a smooth paste.
- Add water and yoghurt and whisk, to make a batter.
- Heat oil gently (medium heat) in a non-stick frying pan.
- Add enough batter to cover the base of the pan and fry until golden.
- Flip and fry the other side, until golden.

To serve

- Top with berries, nuts and seeds.
- Add a tablespoon of natural or coconut yoghurt and a sprinkling of ground flaxseed.

Banana Pancakes

Makes approx. 4

Ingredients

- Banana
- Egg
- 25g rolled oats
- ½ teaspoon Cinnamon (optional)
- 1 tsp. coconut oil
- Fruit and yoghurt to serve.

Method

- Blend the ingredients excluding fruit and coconut oil
- Heat coconut oil in a non-stick pan (medium heat).
- Add approx. 1 tbsp. batter into pan per pancake and fry for approx. 1 min each side until golden and cooked through.

Serve

- Top with blueberries, raspberries, strawberries, or your favourite fruit combination,
- Add a tablespoon of organic whole natural yoghurt and a sprinkling of ground flaxseeds

Protein Pancakes

Makes about 8

Ingredients

- 10 tbsp. rolled oats
- 3 heaped tbsp. cottage cheese
- 4 large eggs
- 1 -2 tsps. Coconut oil
- Fruit and Yoghurt to serve

Method

- Blend all the ingredients together in blender, Magimix or with hand blender.
- Warm 1 tsp. coconut oil in non-stick pan (medium heat).
- Add 1-2tbs to pan per pancake.
- Cook until golden, then flip and cook the other side until golden and cooked through

Serve

- Top with blueberries, raspberries, strawberries, or your favourite fruit combination,
- Add a tablespoon of organic whole natural yoghurt and a sprinkling of ground flaxseeds



Take out

Start collect Jam jars to store and transport your food around

If you cannot eat breakfast before leaving, but have an opportunity to eat on the train, or when you arrive at work there are many healthy options to choose from, but preparation is key.

Homemade cereal in a jar

- See the recipe above for homemade cereal made with nuts and seeds, natural yoghurt and topped with fruit.
- Prepare the night before, and scoop up as you leave (ensuring your lid is on tight!).
- Or if preparation is still a concern, even carry a small pot of trail mix and take a small pot of natural organic yoghurt or coconut yoghurt, and combine the two at work.

Boiled eggs and spinach leaves

- See the recipe above for hard-boiled eggs.
- Peel and place on a bed of spinach leaves in a transportable container.
- Add tomatoes and seeds for extra crunch.

Oat Soak

A breakfast prepared the night before and stored in the fridge to grab and go. Use the same size cup for measurements, but can be any size. Feel free to modify with your favourite combinations of nuts and seeds or added protein powder.

Serves 1

Ingredients

- 1 cup oats
- 1 cup milk/water
- ½ cup whole natural yoghurt or coconut yoghurt
- 1-2 tbs mixed seeds and nuts and dried fruit (trail mix)
- 1 tbs nuts (to serve)

Method

- Add ingredients together in transportable jar, well sealed jar
- Place in fridge overnight

Serve

- In morning stir together and more fluid or yoghurt if necessary
- Add berries, more nuts (these will add crunch) or chopped banana.

Homemade Breakfast flapjacks

When there is little time in the morning these can be made and put in the freezer. Grab one (or two) on your way out, and take a pot of whole organic yoghurt and some berries to eat with it.

Makes 6-10 squares

Ingredients

- 200g rolled oats
- 10 dates
- 1 apple
- 2 tablespoons coconut oil
- 150mls water
- 2 tablespoons pumpkin seeds
- 2 tablespoons sunflower seeds
- 1 tablespoon dried cranberries
- 1 teaspoon dried cinnamon (optional)
- Optional 2 tablespoons honey for added sweetness.

Method

- Blend dates, apple, coconut oil and water well.
- Mix dried ingredients together, including cinnamon if adding.
- Add the fluid mixture and mix well.
- Add the honey (if using)
- Put into a 20cm x 20cm baking tin (pre-greased with coconut oil)
- Press the mixture down well
- Bake for 20-25 minutes
- Remove and allow to cool, before cutting into squares



Tips

- Put into freezer, and grab one or two in the morning to have on your journey or at work.