



7 great breakfast recipes

Created by Mad on Nutrition



Zucchini, Mushroom & Egg Breakfast

7 ingredients · 20 minutes · 1 serving



Directions

1. Heat a non stick pan over medium heat and add the olive oil, zucchini and mushrooms. Cook for 6 to 8 minutes. Remove and set aside on a plate.
2. Using the same pan over medium heat, crack the eggs into the pan. Cook until the whites are set and the yolks are cooked to your liking. Add to the same plate.
3. Add the rocket to the plate and drizzle with lemon juice. Season the eggs and vegetables with sea salt. Enjoy!

Notes

Leftovers

Refrigerate leftover vegetables in an airtight container for up to three days. Eggs are best enjoyed immediately.

More Flavor

Season the vegetables with chili flakes, cayenne, onion powder or garlic.

Make it Vegan

Omit the eggs and make a tofu scramble instead.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1/2 Zucchini (medium, sliced)
- 6 White Button Mushrooms (sliced)
- 2 Egg
- 1/2 **cup** Rocket
- 1/2 **tsp** Lemon Juice
- 1/8 **tsp** Sea Salt

Pumpkin Spice Cookies

16 ingredients · 45 minutes · 12 servings



Directions

1. Preheat oven to 170°C and line an oven tray with baking paper. You might need two trays depending on the size.
2. Combine oats, flax seed, protein powder, cinnamon, nutmeg, sea salt, baking powder, pumpkin seeds, sunflower seeds, hemp seeds and chopped dates together in a bowl. Mix well to combine.
3. Whisk egg in a separate mixing bowl. Add pumpkin, honey, coconut oil and grated carrot. Mix well to combine.
4. Add dry ingredients in with the wet and mix well until a dough-like consistency forms.
5. Form cookies with the dough and transfer to the baking sheet. (Tip: Use a lid from a jar as a mould.)
6. Place in the oven and bake for 30 to 40 minutes depending on how crispy you like your cookies. Remove from oven and let cool. Enjoy!

Notes

Vegan

Use maple syrup instead of honey and a chia seeds instead of an egg.

Storage

Store in the freezer in a zip-loc bag up to 1 month.

Mixture too wet

Depending on your oats, then amount of water in the pumpkin, and the size of your egg ... the mixture will change - if it is too wet to form into cookies, then add 1-2 Tbs of chia seeds , let it rest for 5 mins, then try again.

Ingredients

- 1 1/4 cups Oats (quick or rolled)
- 1 1/2 tsps Ground Flax Seed (or ground chia seed)
- 2 tsps Cinnamon
- 1 tsp Nutmeg
- 1/4 tsp Sea Salt
- 1 1/2 tsps Baking Powder
- 1/2 cup Pumpkin Seeds
- 1/2 cup Sunflower Seeds
- 1/3 cup Vanilla Protein Powder (natural or vanilla)
- 2 tbsps Hemp Seeds (optional)
- 1 cup Pitted Dates (chopped)
- 1 Egg
- 3/4 cup Pureed Pumpkin
- 1/4 cup Raw Honey
- 1 tbsps Coconut Oil (melted)
- 1 Carrot (medium , grated)

Chocolate Smoothie

8 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients except the cacao nibs into a high-speed blender and blend until smooth.
2. Pour into a glass and top with cacao nibs (optional). Enjoy!

Notes

Nut-Free

Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

- 1 cup** Unsweetened Almond Milk
- 1/2** Zucchini (chopped, frozen)
- 1/4 cup** Chocolate Protein Powder
- 1/2** Banana (frozen)
- 1 tbsp** Chia Seeds
- 1 tbsp** Almond Butter
- 1 tbsp** Cacao Powder
- 1 tsp** Cacao Nibs (optional)

Spinach and Sweet Potato Frittata's

9 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 160. Lightly grease a muffin pan with Avocado oil. You can also use a slice tin. (20cm x 25cm)
2. Steam sweet potato in a double boiler for 8 to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
3. While the sweet potato is steaming, heat extra virgin olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
4. When spinach and sweet potatoes are cool enough to handle, divide evenly into the prepared muffin cups or spread evenly over base of slice tin.
5. In a mixing bowl whisk eggs until well combined, then mix in ricotta. Whisk in water and salt and pepper.
6. Pour the whisked egg mixture into the muffin cups or tin to cover the sweet potato and spinach.
7. Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

Notes

Leftovers

Store in the fridge in an airtight container up to three days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.

Other Veggies

You can substitute the vegetables - grated zucchini, corn kernels, leeks, or place some cherry tomato 1/2's on top. A small amount of grated parmesan cheese or crumbled goats cheese on top is also nice for variety. You could also add diced Ham or Cooked Bacon

Dairy free

Use silken tofu instead of ricotta.

Ingredients

- 1 1/2 **tsps** Avocado Oil
- 1 Sweet Potato (medium, peeled and chopped into cubes)
- 1 **tbsp** Extra Virgin Olive Oil
- 4 **cups** Baby Spinach
- 6 Egg
- 1 **cup** Ricotta Cheese
- 1/4 **cup** Water
- 1/2 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper

Peach Buckwheat Pudding

8 ingredients · 2 hours 10 minutes · 2 servings



Directions

1. Place the whole buckwheat seeds in a medium-sized bowl and cover with water. Let soak for at least 2 hours, or overnight.
2. Drain and rinse the buckwheat and add it to a food processor with the 3/4 peach slices, blueberries, milk, chia seeds, hemp seeds, nut butter, and cinnamon. Blend until smooth.
3. Divide pudding into bowls or jars and top with extra peach slices and a few extra blueberries when ready to serve. Enjoy!

Notes

No Almond Milk

Use any type of dairy-free milk instead.

Whole Buckwheat

These are also called Buckwheat Groats. It is the whole buckwheat seed, not ground into flour. You will find them in the health food section next to quinoa. They look like brown rice.

No Peaches

Use any other fruit as a topping.

Ingredients

- 1/2 cup** Buckwheat Whole (dry)
- 1/3 cup** Unsweetened Almond Milk
- 1 tbsp** Chia Seeds
- 1 tbsp** Hemp Seeds
- 1 tbsp** Almond Butter
- 1/8 tsp** Cinnamon
- 1** Peach (sliced)
- 2 tbsps** Blueberries

Overnight Bircher Muesli

9 ingredients · 8 hours · 2 servings



Directions

1. In a large bowl, combine the oats, shredded coconut, almonds, flax seeds, hemp seeds, and cinnamon.
2. Stir in the almond milk, yogurt, and grated apple. Mix well. Cover and let soak in the fridge overnight.
3. Divide into bowls or jars in the morning, and enjoy!

Notes

Prep Ahead

The dry muesli mix can be scaled up and stored in a jar in your cupboard for up to 2 months.

Likes it Sweet

Serve with fresh berries and/or a drizzle of maple syrup or honey.

More Protein

Make with Greek yogurt instead of coconut yogurt.

Leftovers

Soaked muesli can be kept in an air-tight container or mason jar in the fridge for up to 4 days.

Ingredients

- 1 cup Oats (rolled)
- 2 tbsps Unsweetened Shredded Coconut
- 2 tbsps Sliced Almonds
- 1 tbsp Ground Flax Seed
- 1/4 cup Hemp Seeds
- 1/4 tsp Cinnamon
- 1/2 cup Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt
- 1/2 Apple (medium, grated)

Green Smoothie

8 ingredients · 5 minutes · 1 serving



Directions

1. Throw all ingredients into a blender and blend until very smooth and creamy. Divide into glasses and enjoy!
2. For Kale/Spinach - steam up a couple of bunches, blend with a bit of water, then freeze in ice cube trays, flip out and store in freezer bags, ready to add each morning

Notes

No Kale

Use spinach instead.

No Honey

Use maple syrup, dates or extra banana to sweeten instead.

Likes it Creamy

Use almond milk instead of water for extra creaminess.

Storage

Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

180 Nutrition Protein Powder

You can also use the 180 Nutrition Super food blend, then leave out the hemp, chia and flax. There is a link on my website to this product.

Ingredients

- 1 1/4 cups Water (cold)
- 1 cup Kale Leaves (lightly steamed , or Spinach leaves)
- 1/4 Avocado (peeled and pit removed)
- 1/2 Banana (frozen)
- 1 1/2 tsps Chia Seeds
- 1 tbsp Ground Flax Seed
- 2 tsps Hemp Seeds
- 1 tbsp Raw Honey