

5 Quick Breaky Ideas

1. **Life changing bread toasted with avo** - high fibre, protein and nutrient dense PLUS super filling. Really great for your gut health. Recipe under the 'files' section.
2. **Dinner for breakfast** - chuck left over veggies from dinner in a pan and cook with an egg or add tuna or smoked salmon with vegan cheese.
3. **Chia pudding** - Takes 10 mins to make but then you have it for 4-5 days. Scoop some out of the jar into a bowl with peanut butter or mixed seeds or a trail mix and coconut yogurt and raspberries. To make the pudding soak 1/4 cup chia seeds with 1 cup of water and spices like cinnamon and nutmeg. Stir a few times over 10 minutes to prevent clumps. Then add milk like oat or soy etc to make it more creamy. You can choose a thicker or thinner pudding by adding more or less milk.
4. **Granola** - So quick to make your own. In a bowl put a cup of flaked coconut, a cup of /mixed seeds eg pepitas and sunflower seeds, a nice drizzle of maple syrup, spices and melted coconut oil - enough so you can mix it without being too wet. Spread out on a tray and cook in the oven for 5-10mins. You can double this to make a large jar that will last a week or 2. Eat with coconut yoghurt or your choice of milk.
5. **High protein pancakes** - simply mix 1 banana, 1 cup of rolled oats, 1/4 cup milk, 2 teaspoons of baking flour, 1 teaspoon of vanilla extract. Blend together in a processor. Make double so you can have a few days worth.