



# HEALTHY BREAKFAST RECIPES

*With Mika*

# Smashed avocado with bacon

Serves 1



Prep: 5 mins  
Cook: 10 mins



Plant-based: No

## INGREDIENTS

2 rashers of smoked back bacon  
2 eggs  
1 avocado, de-stoned and peeled  
1/4 red pepper, de-seeded and finely chopped  
1 tsp sesame oil  
juice of 1 lime  
1 spring onion, trimmed and finely sliced  
2 crispbreads (e.g original Ryvita)  
1 tbsp corriander leaves  
1/2 red chilli, finely chopped - optional

## METHOD

Bring a saucepan of water to the boil and preheat your grill to maximum.

Place the bacon rashers on the grill pan or a baking tray and cook under the grill for 3 minutes on each side.

Carefully lower the eggs into the boiling water and boil for 6 mins. When the time is up, pour the hot water out of the pan and fill back up with cold water.

While the bacon and eggs are cooking, put the avocado flesh, red pepper, sesame oil, lime juice and spring onion in a bowl along with a generous pinch of salt and pepper.

Using the back of a fork, crush and mix the ingredients together until they are well combined.

Drain the excess fat from the cooked bacon on a piece of clean kitchen roll.

Lay the crispbreads on your plate, top with the bacon and then add the smashed avocado.

Peel the eggs and sit them on top or alongside. Scatter the whole thing with the chopped coriander and chopped chili, if using.



# Mushroom baked eggs with tomatoes

Serves 2



Prep: 5 mins  
Cook: 30 mins



Plant-based: No

## INGREDIENTS

- 2 large flat mushrooms (about 85g each), stalks removed and chopped
- rapeseed oil , for brushing
- ½ garlic clove , grated (optional)
- a few thyme leaves
- 2 tomatoes , halved
- 2 large eggs
- 2 handfuls rocket

## METHOD

Heat oven to 200C/180C fan/gas 6. Brush the mushrooms with a little oil and the garlic (if using).

Place the mushrooms in two very lightly greased gratin dishes, bottom-side up, and season lightly with pepper. Top with the chopped stalks and thyme, cover with foil and bake for 20 mins.

Remove the foil, add the tomatoes to the dishes and break an egg carefully onto each of the mushrooms.

Season and add a little more thyme, if you like. Return to the oven for 10-12 mins or until the eggs are set but the yolks are still runny. Top with the rocket and eat straight from the dishes.





Prep: 10 mins  
Cook: 20 mins



Plant-based: No

## INGREDIENTS

- 1/2 medium onion, diced
- 1/2 red bell pepper, seeded and diced
- 2 garlic cloves, finely chopped
- 1 tsp paprika
- 1/2 tsp cumin
- 0.25 tsp chili powder (optional)
- 1 (28-ounce) can whole peeled tomatoes
- 3 large eggs
- salt and pepper, to taste
- 1/2 small bunch fresh cilantro, chopped
- 1/2 small bunch fresh parsley, chopped

## METHOD

Heat olive oil in a large sauté pan on medium heat.

Add the chopped bell pepper and onion and cook for 5 minutes or until the onion becomes translucent.

Add garlic and spices and cook an additional minute.

Pour the can of tomatoes and juice into the pan and break down the tomatoes using a large spoon. Season with salt and pepper and bring the sauce to a simmer.

Use your large spoon to make small wells in the sauce and crack the eggs into each well.

Cover the pan and cook for 5-8 minutes, or until the eggs are done to your liking.

Garnish with chopped cilantro and parsley.



# Quick morning smoothie bowl

Serves 1



Plant-based: yes

## INGREDIENTS

- 2 cups frozen fruit - must be frozen
- 4-6 tablespoons dairy-free milk, use canned coconut milk for the most creamy version
- 1-2 tablespoons almond or peanut butter (optional)

### Optional toppings:

- Fresh fruit
- Dried fruit
- Nuts
- Hemp seeds
- Shredded coconut
- Granola

## METHOD

Put frozen fruit into a blender. Pulse to chop into small pieces, you almost want it shredded. Make sure you pulse and not blend so that it doesn't get stuck.

Add the milk and nut butter if using. Blend or pulse on low while stopping to move the mixture around.

Do not blend on high or the heat will melt the mixture.

Once it is the consistency of a thick frozen yogurt, pour into a bowl and serve topped with the toppings you want!



# 4-Ingredient fluffy vegan protein pancakes

Serves 1



Prep: 5 mins  
Cook: 5 mins



Plant-based: yes

## INGREDIENTS

- 1 cup all-purpose flour
- 1 1/2 scoops Arbonne vegan protein
- 1 tbsp baking powder
- 1/2 tsp sea salt
- 2 tbsp maple syrup, see notes
- 1 cup water, plus more as needed
- Fruit and coconut yoghurt for topping

## METHOD

Mix the flour, protein powder, baking powder and salt together in a bowl.

Add the maple syrup or sweetener of choice if using, then slowly add the water, mixing until “just mixed.” It should be a little lumpy and quite thick but still pourable. Add a little extra water if needed.

Allow the batter to rest while you heat a pan over low to medium heat. Use a little cooking spray or a good non-stick pan and scoop about 1/4 cup of the batter onto the pan for each pancake.

Cook until bubbles start to appear and the edges of each pancake look dry and firm. Flip and cook for 1-2 more minutes. Enjoy right away with some fresh fruit and coconut yogurt!

Leftovers can be stored in the fridge or freezer and reheated as needed



# Overnight oats

Serves 1



Prep: 10 mins  
Cook: 0 mins



Plant-based: yes

## INGREDIENTS

- ¼ tsp ground cinnamon
- 50g rolled porridge oats
- 2 tbsp coconut yogurt
- 50g mixed berries
- drizzle of honey
- ½ tbsp nut butter

## METHOD

The night before serving, stir the cinnamon and 100ml water (or milk) into your oats with a pinch of salt.

The next day, loosen with a little more water (or milk) if needed. Top with the yogurt, berries, a drizzle of honey and the nut butter.



# Easy vegan breakfast skillet

Serves 1



Prep: 5 mins  
Cook: 10 mins



Plant-based: yes

## INGREDIENTS

- 1 cup sliced mushrooms
- 1 cup diced zucchini
- 1/2 cup onion, red or white
- 1/2 cup chopped green onion
- handful of fresh chopped cilantro
- 1/2 a red pepper, diced
- 1 sliced vegan sausage
- 1 tsp each garlic powder and chili powder
- 1/2 tsp cumin and paprika
- salt and pepper, to taste
- avocado and salsa, for topping

## METHOD

Add everything to a skillet and cook over medium-high heat (add a few splashes of water if it starts to stick to the pan) until the veggies are softened and nicely browned, about 6-7 minutes.

Season with salt and pepper, top with avocado, salsa, extra chopped green onion and fresh cilantro and hot sauce if desired and serve right away.



# Healthy Breakfast Burrito

Serves 2



Prep: 10 mins  
Cook: 20 mins



Plant-based: no

## INGREDIENTS

- 2 ounces red potatoes, cubed
- 1/4 cup diced yellow onion
- 1/4 cup diced red bell pepper
- 1 cup spinach, chopped
- 2 large eggs
- 4 egg whites or 1/2 cup of liquid egg whites from a carton
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Salt + Pepper to taste
- 2 large wholegrain tortillas

### OPTIONAL TOPPINGS:

- Shredded cheese
- Salsa
- Fresh cilantro
- Guacamole or avocado slices

## METHOD

In a large skillet sprayed with frylight cooking spray, sauté potatoes for about 3-5 and until they are softening.

Add in the onion and bell pepper to the skillet. Continue to cook for a minute or two and then add in spinach.

Once veggies are tender, add eggs, egg whites and seasonings.

Fill tortillas evenly with 1/4 of the egg mixture and any other toppings you prefer.

Fold in the sides of the tortilla over the filling and roll, tucking in the edges as you go.

Spray cleaned skillet with cooking spray and set the heat to medium. When the skillet is hot, add the burritos, seam side down.

Cook, covered, until the bottom of the burritos are golden brown, about 3 minutes. Flip the burritos over and continue cooking, covered, until golden, a few minutes more. Serve warm.



# Tofu Scramble

Serves 2



Prep: 10 mins  
Cook: 16 mins



Plant-based: yes

## INGREDIENTS

For the spice mix:

- 1 tablespoon nutritional yeast
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon black salt (also called kala namak) or regular salt
- 1/4 teaspoon turmeric
- A pinch of garlic powder

For the tofu scramble:

- 1/2 tablespoon oil (such as olive or vegetable)
- 3/4 cup button mushrooms,
- 1/2 red pepper, chopped
- 1/4 yellow onion chopped
- 1 clove of garlic, minced
- 1/4 454g block medium-firm tofu or firm tofu OR 1 349g block extra firm silken tofu
- 1 cup can black beans , drained and rinsed

## METHOD

Add all of the spice mix ingredients into a bowl and stir to combine.

Heat a large skillet over medium-high heat and add the olive oil. When hot, add the mushrooms, pepper, onion, and garlic and sauté for about 8 minutes until everything just starts to brown.

Add the tofu blocks and break it apart with your spoon until you get a nice scramble texture with lots of chunks. Stir in the spice mix and black beans.

Heat through for another 5 - 8 minutes until hot.

Enjoy!



# Vegan Protein Pancakes

makes 4-5  
pancakes



Prep: 5 mins  
Cook: 15 mins



Plant-based: yes

## INGREDIENTS

- 1 1/4 cup oat flour
- 2 scoops Arbonne protein
- 1 cup cashew milk (sub with any other plant-based milk except soy)
- 2 1/2 tbsp maple syrup
- 1 tsp apple cider vinegar
- 2 tsp baking powder
- 1/4 tsp baking soda
- pinch of salt
- 3-5 sprays of 'frylight' or a tbsp avocado oil

## METHOD

In a large bowl mix together oat flour, protein, baking powder, baking soda and salt. Add the rest of the ingredients and whisk well until smooth and no clumps remain.

Heat a frying pan over medium to high heat. When the pan is hot pour 1/4 cup of the batter into the middle of the pan.

Cook for about 1-2 minutes, then flip and cook on the other side until both sides are golden brown.

Repeat until all of the batter is gone. Enjoy with fresh fruits, coconut yogurt and maple syrup.

