



6 Super Healthy Breakfasts To Set You Up For Your Day

These recipes are an easy way to get good nutrition first thing in the morning when you might be in a hurry and tempted to either skip breakfast or eat processed cereals which often are high in sugar.

With a few additions to your weekly shopping list you can eat fresh, whole food that is packed with nutrients which will not only feed and fuel your body but your soul too - you will feel good about the self-care you are giving yourself and start your day with positive thoughts and feelings – a double win!



Banana Pancakes

This protein packed breakfast only has 3 ingredients! It is quick and easy and will keep you full for ages. There is no flour in this recipe so it is suitable for gluten-free diets too.

You will need:

1 ripe banana
2 eggs
Half a teaspoon of cinnamon
Fruit and yoghurt and just a little maple syrup to serve



How to make them:

Mash the ripe bananas until they are as smooth as possible.

Beat the eggs and add the cinnamon.

Add the egg mixture to the mashed banana and mix with a fork until smooth.

Heat a little oil in a frying pan.

Pour a quarter of the mixture into the pan and cook for a couple of minutes each side until nicely browned. (Make small ones as they are easier to flip over.)

Serve with strawberries and blueberries for an extra boost of vitamin c and a spoonful of Greek yoghurt for beneficial pro-biotics and more protein.

Coconut Porridge

Another filling way to start your day, this porridge is slightly different to the average bowl due to the use of coconut milk which gives it a lovely creamy texture and a tropical taste. Full of whole grains and fibre, porridge releases energy slowly so you feel fuller for longer and it helps to keep your blood sugar levels stable, to help you avoid craving a sugary, unhealthy mid-morning snack.

You will need:

- 1 cup of rolled oats
- 1 cup of coconut milk
- 1 cup of water
- Nuts and seeds
- Dried cranberries and/or other fruit
- Honey or maple syrup (but just a little!)



How to make it:

Put the oats, coconut milk and water into a pan and bring to the boil.

Simmer gently for 5 minutes.

Add more coconut milk to make it smoother and creamier if required.

Top with nuts and dried fruit and a tiny drizzle of maple syrup.

Overnight Oats

Another oat-based breakfast with all the same benefits as cooked porridge but without the need for any cooking, this recipe is perfect if you know you will be in a hurry in the morning and need to grab something and go.

You will need:

A mason jar or a jam jar with a lid

Porridge oats

Coconut or almond milk (or regular milk if you prefer)

A splash of apple juice

Grated apple, raspberries, nuts, seeds as required for the topping



How to make it:

Half fill the jam jar with porridge oats (I found regular oats worked better than chunkier jumbo oats).

Fill nearly to the top with coconut milk.

Add a splash of apple juice and stir. Screw on the lid and give a final shake to mix everything and put in the fridge overnight.

In the morning add the grated apple and other fruit and nuts.

Eat straight from the jar to save washing up!

Note: You might need to play around with the ratio of liquid to oats to get the consistency right.

Eggs and Avocado on Toast

Eggs, the ultimate healthy convenience food, for protein, essential vitamins and iodine, and avocados for fibre, healthy fats and a wide range of vitamins, minerals and anti-oxidants, this is a complete super-meal prepared in just a few minutes.

You will need:

- 2 medium eggs
- 1 ripe avocado
- A squeeze of lemon juice
- A sprinkle of chilli flakes
- 2 slices of sourdough bread



How to make it:

Poach your eggs the way you usually do (I find 5 minutes gives the consistency I like).

Toast the sourdough bread.

Halve and de-stone the avocados and mash with some lemon juice, a few chilli flakes and some salt and pepper as required.

Spread the avocado mixture over the sourdough, top with an egg and serve immediately.

Green Smoothie

Green smoothies are a big thing in the US and they are growing in popularity here too. Packed with vitamins, minerals, antioxidants and phytonutrients, a green smoothie is a quick and easy way to start your day in a healthy way. You will get an extra portion of oh-so-good-for-you leafy greens which will give your immune system a real boost and you can add different fruits, seeds and butters (my favourite is almond butter) for extra vitamins for extra flavour and nutrients.

You can use any kitchen blender to make your smoothie (I use a Nutribullet which is powerful and easy to use and easy to clean too) and I recommend the website www.simplegreensmoothies.com for recipes, tips and inspiration.

You will need:

2 cups of leafy greens (I like spinach best)
2 cups of liquid (I like coconut milk)
3 cups of ripe fruit – my favourite combination is banana, pear, cucumber and avocado (you can use frozen fruit)



How to make it:

Blend the greens and the liquid first until smooth and with as few bits as possible.

Add the fruits and blend again (I always use a banana as it gives a good consistency and helps to fill you up).

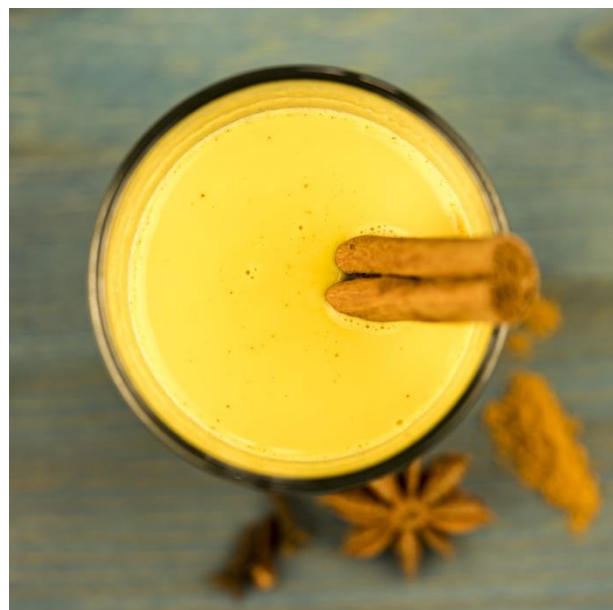
Add more milk or water if the consistency is too thick (the avocado makes it lovely and creamy) and drink immediately.

Turmeric Milk

Turmeric Milk is the healthy hot drink of the moment. If you are trying to cut down on your caffeine intake this makes a good alternative to a coffee shot first thing in the morning. Turmeric has long been used in India for flavouring food and for its healing properties. Its benefits are now being scientifically recognised to help with many illnesses and diseases. It has anti-viral and anti-bacterial properties and boosts the immune system. It is soothing for the digestive system and helps to detoxify the blood and the liver. And it tastes good too.

You will need:

- 1 cup of almond milk (or dairy if you prefer)
- 1 teaspoon of coconut oil
- 1 teaspoon of honey
- Half a teaspoon of ground turmeric
- 1 cinnamon stick or half a teaspoon of ground cinnamon
- Pinch of black pepper (this helps to activate the turmeric apparently)
- A little grated fresh ginger (optional)



How to make it:

Place all the ingredients into a small saucepan, whisk to mix everything well and bring briefly to the boil.

Reduce the heat and simmer for up to 10 minutes.

Strain.

Pour into a cup and sprinkle with cinnamon powder to serve.

(Note: Turmeric is powerful stuff and in large quantities can have a neutralising effect on prescribed medicines. Therefore, if you take any medications, you should speak to your doctor first before embarking on enriching your diet with it. You should also know that Turmeric will stain so please take care not to spill it.)