



BRAINSTORMING THE BEST BREAKFAST

Power your day 14 ways with Real Food Recipes.

(gluten, dairy and refined sugar free).



Kate Barnes
Holistic Health Coach
www.katebarnes.com.au

RECIPES AT A GLANCE

1. Berry Blast Smoothie
2. A Simple Introductory Green Smoothie
3. The Energiser Chocolate Smoothie
4. Dandelion Banana Pancakes
5. The Best Ever Paleo Pancakes or Pikelets
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21. Chocolate Peanut Butter Smoothie **NEW**
22. Mango Coconut Smoothie Bowl **NEW**
23. Mushrooms with Cinnamon and Garlic **NEW**

Plus more ideas to boost your energy all morning.



6 REASONS BREAKFAST IS IMPORTANT.

Most of us know a good breakfast is more than cereal, juice and toast. However, despite knowing it, it's the most common breakfast and a 'go to' and for good reason. It's convenient. And it's one many of us grew up on, including myself. The breakfast we had as kids creates strong emotional ties to that breakfast, making new, healthier choices even harder to make and maintain.

Yet for a vital, healthy body breakfast needs to be much more than weetbix and vegemite toast. This 'food' just doesn't give our bodies the immune building, energising and cell loving kickstart they need, (despite big corporations telling us otherwise) - especially in today's world.

Today, our bodies are exposed to many more toxins and stressors than ever before. It's even more important to be fueling them well whenever we can. Breakfast is a perfect place to begin. It is the most important meal of the day, especially for our active children.

Every morning we get the chance to energise, fuel and repair our bodies or not. It's our choice. And when we know why and how, the choice is much easier to make.

In this short e-book I share why we need a good breakfast, how to make it happen, habits that can sabotage our best efforts and some easy recipes and ideas to start adding in or to build on straight away. Plus, quick and easy ways to make breakfast count when time is scarce and we're on the go.

'I love sleep because it's like a time machine to breakfast'
Unknown

WHY WE NEED A GOOD NUTRITIOUS BREAKFAST

1. Stabilises blood sugars i.e. the fuel our cells need for energy and that gives us energy. The breakfast we have will affect mood and hunger too.
2. Supports a healthy metabolism and therefore is important for weight management.
3. Helps us to focus on tasks and be more productive.
4. Floods our bodies with the nutrients necessary for a healthy immunity, strong digestive system, a functioning brain and much more.
5. Good energy. Gives us stable, steady energy throughout the morning or until we are hungry again ideally around lunchtime. As mentioned above.
6. Ayurvedic wisdom tells us our 'digestive fire' is strongest between 6am – 2pm. It's between these times it's best to fuel up for better absorption and nourishment of our food.

HABITS TO EXPERIMENT WITH TO JUMPSTART YOUR HEALTH AND ENERGY

- Prepare for your morning the night before e.g. preparing lunches, school bags and/or a nutritious breakfast e.g. prepare smoothie ingredients or a pancake mix the night before. Cook muffins or egg pies the day or night before.
- Get into bed earlier. Wake up fresher and earlier the next day.
- Add in real foods e.g. a smoothie, eggs, or chia pudding i.e. something before a morning coffee or walking out the door and nourish your good bugs, your microbiome too. (More on this in 'Focus on 3 types of foods').
- Hop out of bed 15 minutes earlier (that's all). You'll feel more in control and the morning will go much more smoothly.
- Take it one step further and hop out of bed 30 minutes earlier to enjoy a short meditation or journalling. Notice how well your day goes when you do this. Give it a try.

To start, try one or two new habits to experiment with, make it a habit, part of your lifestyle and then add-in the next or something else.





HABITS TO BREAK UP WITH AND THAT ARE SABOTAGING A GOOD BREAKFAST, YOUR ENERGY AND YOUR HEALTH

- Waking up with coffee as a first 'food', swap this for an alkalising, warm lemon and/or ginger tea. Especially a milky coffee. It fills you up, taking the edge off your appetite so you're less likely to feel like a healthy breakfast.
- Walking out the door after toast, cereal or juice for breakfast. Swap this for any one of the recipes shared in this book.
- Hitting the snooze button and not allowing yourself time to make a good, energising, nourishing breakfast.
- Skipping breakfast completely. Start the day with eating something and get your digestive (and elimination) system moving. It could be something as simple and light as a smoothie e.g. try 'A Simple Introductory Green Smoothie' or a 'Vanilla Chia Porridge'. Easy to prepare and kind on your digestion. Both recipes are in this ebook or any one of the others you'll find in here.

‘Skip ropes, not breakfast’, Unknown

AVOID THE STATISTICS

Studies show, that people who skip breakfast tend to crave more carbohydrates later in the day than people who don't. For example, those who skip breakfast consume:

1. 40% more sweets
2. 55% more soft drinks
3. 45% fewer vegetables and
4. 30% less fruit

THE ONE THING THAT WILL MAKE YOUR NEW CHOICES HAPPEN

There is one thing that has helped me and helps my clients – it's support.

Starting with the people you're living with or your immediate family, kids, hubbies the whole team. It might seem obvious, but it's not always easy to get those that are close to you, involved.

Try the best you can to get them involved and making similar choices. It will save you time, accelerate results and make the whole process easier and more enjoyable.

Oh and one more thing...

Being organised and planning ahead as suggested above also really helps. New habits take time but before we know it they quickly become 'just a way of life' and... our lifestyle! Stick with it.



6 IDEAS TO HELP

1. Give them choices, especially children e.g. a smoothie or porridge, eggs or pancakes etc. They still choose their own breakfast, (it's just healthy either way – win, win).
2. Presentation is key. For younger members of the family, turn porridge into a parfait in a cup, decorate with edible flours, colourful fruits like berries or food cut into fun shapes etc.
3. Pop some music on and lift the vibe! It helps take the focus away from food too.
4. Upgrade the pantry and freezer. Use up all the boxed cereals and 'junk food' and then stop buying it. Only have the 'good stuff' in the house.
5. Share resources, research or information with older family members or housemates that you know they'll resonate with and will help them to see your point of view.
6. Remind yourself of the incredible gift of wellbeing you are giving yourself and your family. Breakfast may not seem like a big deal. It is. It makes up for approximately a third of what we eat.
Every breakfast counts.

QUESTIONS.

'I physically can't tolerate breakfast. How can I start having it?'

This can happen if your digestion or metabolism slows down or if you haven't had breakfast for a while. It can feel heavy in the tummy or you're just not hungry.

If this is you, start introducing a light meal e.g. a smoothie such as the green smoothie or berry blast smoothie in this book or a smaller breakfast. As long it's something with good, wholesome food that helps kick-start your metabolism and keeps energy levels stable.

'I Fast. Is breakfast really necessary?'

For some people fasting can be an important part of wellbeing.. However, if it's right for you depends on a few things e.g. your age, what exercise you're doing, the state of your wellbeing or if you're pregnant or breast feeding. Children and pregnant or breastfeeding women definitely need breakfast and shouldn't fast. Listen to your body and notice how it responds to the choices you make. And definitely consult with your health practitioner to work out what's right for you?

TIP: Go at your own speed, time is on your side.

Start with introducing one or two new recipe ideas or foods each week, notice how you feel?

How the kids' mood is or energy levels are at the end of the day? And keep 'upgrading' until your new nourishing breakfast is 'just a way of life'.

‘Breakfast like a King, Lunch like a Prince, Dine like a Pauper’

Adelle Davis, American Nutritionist and Writer



WHAT MAKES A GOOD BREAKFAST

A breakfast with a variety of nutrients that automatically fuels and maintains your microbiome (bugs) and cellular health. And ideally, this breakfast comes along with a variety of colour and taste.

THE BASICS. TO SIMPLIFY LET'S FOCUS ON 3 TYPES OF FOOD.

The 3 macronutrients, fat, protein and carbohydrate. Macro means large i.e. macronutrients are nutrients our bodies need in large amounts.

For example some great breakfast basics to begin adding in are listed below. Try to include at least one food from each of category, especially Fats;

1. Carbohydrates e.g. focusing on whole seeds and vegetables

- Quinoa
- Oats
- Buckwheat kernels
- Sweet potato
- Fresh greens such as spinach, chard, kale, bok choy and cabbage
- All seasonal vegetables

2. Protein e.g. grass fed and organic animal products, pulses

- Eggs
- Bacon
- Salmon
- Fetta
- Beans or pulses Soaked / Activated
- Nuts & seeds e.g. almonds, cashews, brazil, walnut, sunflower, pepitas (or pumpkin seeds)
- Chia seeds
- Sesame seeds
- Nut butters
- Bone stock
- Gelatin

3. Fats

- Avocado
- Anchovies
- Nuts & seeds
- Coconut oil and butter
- Coconut milk
- Coconut flakes
- Eggs
- Wild Salmon
- Sardines
- Chia seeds
- Sesame seeds / Tahini
- Ghee

4. More fiber, micro nutrients and phytonutrients (ideally organic or home grown)

- Tomatoes
- Organic berries
- Fresh garden greens
- Fresh herbs
- Fermented foods such as kimchi, sauerkraut and miso
- Seaweeds
- Psyllium
- Spices e.g. cinnamon, vanilla, chilli, cumin, pepper
- Himalayan salt or celtic sea salt
- Cacao

While these are the most popular foods to choose from, there are many, many more to try.

Start with one or two new foods or choices and slowly keep adding them into your breakfast menu repertoire.

5 WAYS TO MAKE THE MOST OF YOUR BREAKFAST RECIPES

1. Use these recipes for anytime of day. The magic with many of them is their versatility. They're more than breakfast recipes. Try them as snacks or for lunch too.
2. Double or triple the quantity and use for leftovers or freeze what's not used (and can be frozen).
3. They are all gluten free and if dairy is used it can easily be substituted for your favourite form of dairy or milk and most of the recipes are nut free apart from one or two.
4. Incorporate variety. Then we're enjoying as many different nutrients, from as many different sources as possible. Eating the same thing over and over limits our potential to fully nourish ourselves and our microbiome and to as feel as energised as possible.
5. Keep thinking laterally, really anything goes. Western cultures are the only culture in the world that has refined cereals for breakfast!

‘Cooking with love provides food for the soul’



The Recipes



Berry Blast Smoothie

PREPARATION: 5 minutes, **SERVES:** 1 large smoothie



What

- 1 banana, peeled & chopped
- 1/2 cup organic berries
- 1 cup nut or coconut milk
- 1 tsp coconut oil
- 1 Tbsp chia seeds
- 1 raw egg (optional)
- 1 Tbsp grass fed gelatin

How

1. Place all ingredients into a high-powered blender
2. Blend on high until smooth.

A Simple Introductory Green Smoothie

PREPARATION: 5 minutes, **SERVES:** 1 large smoothie

What

- A handful of melon, pineapple or berries (or sweet fruit in season)
- 1 banana (optional)
- 2 big handfuls of spinach leaves (or other greens e.g. kale, chard or bok choy)
- 1 tsp of coconut oil or MCT oil
- 1 Tbsp chia seeds
- 1 cup of ice or water or coconut water kefir or plain coconut water



How

1. Place all ingredients into a high-powered blender.
2. Blend on high until smooth.

Notes

- While simple is best, for the well initiated green smoothie goer, up the goodness and nourishment by adding any one or all of the following; beetroot, carrot, cucumber, avocado, a good quality greens powder, herbs e.g. parsley, basil or coriander.
- For extra sustenance add in; ¼ cup soaked almonds, 1 tsp psyllium husk, 1 raw egg, 1 Tbsp grass fed gelatin powder or bone stock.
- Or for more phytonutrients and flavour e.g. ½ tsp cinnamon powder, ¼ tsp vanilla, wedge of lemon, ginger, turmeric, cayenne pepper or whatever you want really! Just make sure it tastes good and you enjoy.

The Energiser Chocolate Smoothie

PREPARATION: 5 minutes, **SERVES:** 1

What

- Half a cup of frozen or fresh organic berries
- 1 cup of fermented coconut water, coconut water or filtered water
- 1 Tbsp of collagen hydrolysate gelatin powder as a protein base
- 2 organic, pasture fed egg yolks
- 1 Tbsp of coconut or MCT oil
- 1 Tbsp of raw cacao powder
- 1 Tbsp chia seeds
- 1 tsp vanilla powder

How

1. Add all the ingredients to a high speed blender.
2. Blend and enjoy!



Notes

- Replace the chia seeds with 1 Tbsp of a nut butter and/or organic ghee for more good fats and protein.
- Add in 1 tsp of gubinge powder (a.k.a. kakadu plum or billy goat plum) for an immunity boost of Vitamin C.

• Inspired by Kelly Brogan MD, KB Smoothie <http://kellybroganmd.com>

Best Ever Paleo Pancakes or Pikelets

PREPARATION: 5 minutes, **COOKING:** 15 – 20 minutes, **SERVES:** 4-6



What

- ½ cup coconut flour
- 2 cups arrowroot flour
- ½ cup almond meal (or mill your own using a large ½ cup of almonds) for nut free see below
- 2 tsp baking powder (aluminium free)
- ½ tsp sea salt
- 1 cup milk of choice (e.g. coconut or almond milk preferably homemade)
- 6 Eggs
- 2 Tbsp almond butter (see post for nut-free substitution details)
- 1 Tbsp raw, unfiltered honey (optional)
- 1 tsp apple cider vinegar or plain vinegar

How

1. If making your own almond meal, add the almonds into the blender and mill on high for about 30 – 40 seconds.
2. Add all the remaining ingredients into the blender and mix thoroughly until a smooth consistency.
3. Allow the batter sit and thicken for 5 minutes and place the pan on a low – medium heat.
4. Once the pan is heated, melt a teaspoon of butter, ghee or coconut oil on the pan.
5. Pour a small spoon-full of batter into a round pancake in the pan. Repeat for 3-4 pancakes, depending on the size of your pan. Alternatively make smaller pancakes or pikelet size pancakes that can be easily used in lunch boxes (if your school allows nuts) or for snacks.
6. Let the pancakes cook for 1-2 minutes, until set and small bubbles begin to appear and they are lightly browned on the bottom.
7. When cooked transfer to a plate and keep warm in the oven.
8. Keep cooking until all of the batter is gone.
9. Serve with butter, natural yoghurt, fresh fruit and pure maple syrup or honey.

Note

For a nut free version, try replacing the almonds and butter with a sunflower meal and butter.

Dandelion Banana Pancakes

PREPARATION: 10 minutes, **SERVES:** 4-5



What

- 4 Bananas
- 1 cup arrowroot flour
- 4 eggs
- ½ tsp bi carb soda
- Tsp vanilla powder or essence
- Organic natural yoghurt, honey, maple syrup to serve (optional)

How

1. Blend all ingredients.
2. Cook in a medium to hot pan in coconut oil, butter or ghee.
3. Serve on their own or with a little maple syrup, raw honey and or yoghurt.

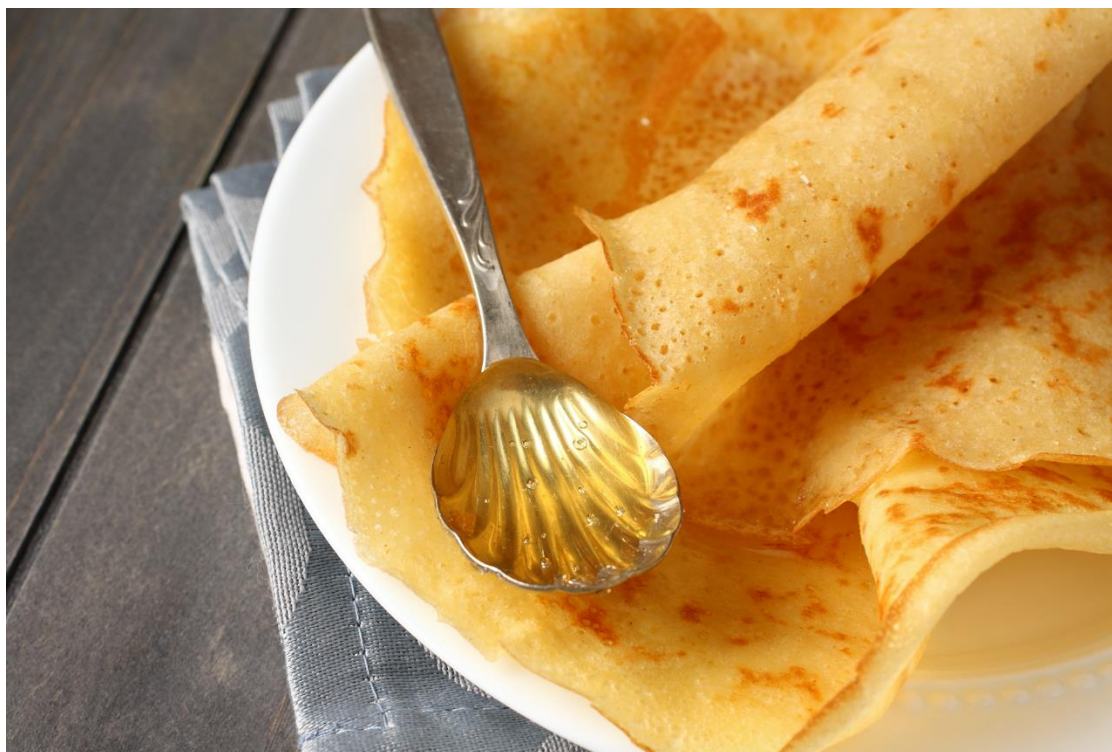
Note

Leave out the banana, bicarb & vanilla and just add 500ml water to make a crepe and fill with your favourite toppings.

Recipe courtesy Rachel Turner from Dandelion Eco Store <https://dandelionecestore.com.au>

A Simple Sweet or Savoury Breakfast Crepe

PREPARATION: 5 minutes, **COOKING:** 10 minutes, **SERVES:** 4



What

- 1 cup buckwheat flour
- $\frac{3}{4}$ tsp himalayan or celtic sea salt
- 2 organic eggs
- 1 Tbsp melted butter
- $\frac{1}{4}$ - $\frac{1}{2}$ cup water (to thin the mix to desired consistency)
- Toppings e.g. sauteed mushrooms and chives with parmesan or poached egg, olive oil and wilted greens or berries and yoghurt, lemon and a drizzle of hooney

How

1. Mix all the dry ingredients in together.
2. Add in $\frac{1}{4}$ cup of water plus the melted butter.
3. Let stand for 5 minutes and add enough water to thin the mix so it's enough to 'run' off the spoon.
4. Pour batter into the pan to the desired size and cook until a golden brown or your preferred colour
5. Enjoy with your favourite crepe topping.

A Classic Porridge with a Delicious Twist

PREPARATION: 5 minutes, **COOKING:** 15 – 30 minutes (depending on the grain you cook with), **SERVES:** 4



For serving

What

- 2 cups of an organic grain of your choice e.g. quinoa, buckwheat, millet, amaranth or whole oat groats (seed) soaked overnight in filtered water and a teaspoon of apple cider vinegar or whey.
- 2 cups of filtered water or bone stock
- 2 eggs whisked
- 1 Tbsp of healthy fats e.g. organic butter, coconut oil or fresh cream
- 1 – 2 tsp of cinnamon
- 1 Tbsp of raw, unfiltered honey (optional)
- pinch of himalayan or celtic sea salt
- Top with seasonal fruit or toppings of choice organic sheep, goats milk or coconut yoghurt, Nut milk or milk of choice (optional)

How

1. Place the soaked grains into a saucepan with the cup of liquid.
2. Bring to the boil then simmer until cooked through and the porridge is at the preferred consistency e.g. quinoa takes about 12 – 15 minutes, buckwheat approx. 15 minutes, oat groats approx. 30 minutes.
3. When the grain is cooked through turn off the heat and stir in the eggs, fats, cinnamon and honey if using. Mix well.
4. Serve into bowls and top with your favourite toppings, yoghurt and seasonal fruit.

Notes

- If you've got fussy eaters, or kids who don't like eggs, don't worry, they will not know there is egg in their porridge. It blends in perfectly and adds a delicious creamy texture.
- Make it a savoury porridge using a bone stock in place of water (or a mix of both).
- Add a small handful of freshly chopped greens and herbs in at the end of the cooking to wilt and stir in.
- Add chopped nuts e.g. almonds, cashews, brazil nuts, walnuts and seeds e.g. sunflower or pepitas to serve.
- Add 1 tsp of vanilla at the same time as the cinnamon.
- In place of honey grate 1 apple and stir into the porridge with the other ingredients and when cooking has finished.

Vanilla Chiaful Seed Porridge

PREPARATION: 1-5 minutes, **FRIDGE TIME:** approx. 4 hours or overnight, **SERVES:** 4



What

- 2 cups almond milk (coconut milk, coconut water or milk of choice)
- 1 Tbsp raw honey or brown rice malt syrup
- ½ cup chia seeds
- ½ tsp vanilla seeds or scraped from the pod or extract.
- ½ tsp finely grated lemon zest (optional)
- fresh seasonal fruit and chopped nuts to serve

How

1. In a glass jar that will hold up to 3 cups or more, add all the ingredients, put the lid on and shake well to combine all ingredients. Or use a bowl to add all the ingredients and mix well.
2. Refrigerate until very thick and pudding-like, at least 4 hours or overnight, shaking or stirring occasionally.
3. Serve with your favourite toppings eg fresh seasonal fruit or berries, bananas, almonds, dates, goji berries etc.

Note

For a chocolate porridge (or snack) leave out the lemon zest and add 1 Tbsp of cacao powder. Use cacao nibs and / or goji berries for extra nutrition and yumminess.

A Breakfast Apple Crumble!

PREPARATION: 10 minutes, **BAKING:** 40 minutes, **SERVES:** 8 (or lots for leftovers and snacks)



What

- 5 organic granny smith apples quartered and sliced with skin on
- 2 cups activated almonds (nut free options in the notes)
- 2 cups shredded coconut
- 1 cup sunflower seeds
- ½ cup extra virgin cold pressed Coconut oil melted
- 1/3 cup raw honey
- 1 tsp cinnamon

How

1. Preheat oven to 180 degrees celsius.
2. Layer the apples into the ovenproof dish.
3. Add the almonds to a food processor and roughly chop or use a sharp knife.
4. Add the sunflower seeds and shredded coconut and blitz for 3-5 seconds.
5. Gently melt the coconut oil, then mix together with the honey and cinnamon.
6. Combine with the dry mix.
7. Spread the mix over the apples and bake in the oven for approximately 40 minutes until top is golden.
8. Serve with organic yoghurt or cream.

Notes

- To change it up I sometimes do a mix of pepitas, coconut flakes, sunflower seeds, sesame seeds and almonds.
- When in season you can also add in rhubarb or pear to the apples too.

Recipe courtesy Rachel Turner from Dandelion Eco Store <https://dandelionecestore.com.au>

Savoury Breakfast Muffins

PREPARATION: 10 minutes, **BAKING:** 20 minutes or until golden, **SERVES:** 6-8



What

- 1 cup almond meal or use sunflower seed meal for nut free or a cheaper alternative
- 1 tsp gluten free baking powder
- ½ tsp celtic sea salt or himalayan salt
- ½ tsp freshly cracked pepper
- ¼ cup organic yoghurt
- 2 Tbsp butter, melted, plus extra for greasing
- 3 organic eggs
- ½ cup cooked and finely, chopped preservative free ham or 2 – 3 rashers of bacon
- 1 small onion finely chopped and sauteed (optional)
- ¾ – 1 cup grated parmesan or organic cheddar cheese
- ½ cup, approximately 10cm length, grated zucchini with moisture squeezed out using a tea towel or muslin cloth.

How

1. Preheat the oven to 175 degrees celsius (345 degrees Fahrenheit) and grease an 8 hole muffin tin.
2. Combine all the ingredients together into 1 bowl and mix thoroughly.
3. Spoon evenly into the muffin tin.
4. Bake for 20 minutes or until golden.
5. Cool in the tin for 10 minutes then turn out onto a wire rack to cool fully.
6. Serve warm with organic butter.

Notes

- Use whole almonds or sunflower seeds and mill in a high speed blender to make your own meal.
- For nut free, replace the almond meal with sunflower seed meal. Or do a mix of both almond and sunflower seed meal.

Little Pots of Power

PREPARATION: 2 minutes, **BAKING:** 25-30 minutes, **SERVES:** 4



What

- ½ cup almond meal
- ¼ cup desiccated coconut
- 4 bananas
- 4 eggs
- 4 tbsp. chia seeds
- 2 tsp. cinnamon
- 1 tsp. baking powder
- Raspberries or blueberries, organic full fat sheep or goat yoghurt, extra honey to serve – whatever you enjoy

How

1. Put oven onto 170 degrees.
2. In a bowl, mash the banana until it forms a paste or mix in a blender.
3. Whisk the egg and mix all ingredients together into a bowl or blender and mix thoroughly until all well mixed. The consistency will be quite thick.
4. Pour the mix into ramekins, oven proof pots or even muffin case or tins and bake for 25 – 30 minutes or until a knife inserted in the middle comes out clean.
5. Enjoy straight out of the ramekin or pot or turn upside down onto a plate and decorate with berries, organic yoghurt or honey.

Power Packed Baked Beans

PREPARATION: 15-20 minutes, **COOKING:** approximately 1 hour if using raw beans, **SERVES:** 4



What

- 1 medium onion, peeled and finely chopped
- 3 rashers of nitrate free bacon finely sliced
- 3 garlic cloves finely chopped
- 1 handful fresh herbs e.g. basil, oregano and / or italian parsley roughly chopped
- 1 heaped Tbsp coconut oil or ghee
- 2 cups raw navy beans, soaked overnight and well drained or 4 cans of beans (BPA free)
- 2 Tbsp dulce flakes (optional)
- 1 Tbsp black strap molasses (optional)
- 1 Tbsp maple syrup or brown rice malt syrup (optional)
- 750g vegetable stock, bone stock or water
- 3 Tbsp tamari
- ½ tsp seed mustard
- 1 cup passata (tomato puree)
- 1 Tbsp tomato paste
- Good pinch himalayan or celtic sea salt.
- Pinch of chilli flakes (optional)

How

1. Place coconut oil or ghee in a pot and gently heat.
2. Add onion, bacon and garlic, and sauté on a low heat for about 5 minutes until softened.
3. Add beans and remaining ingredients and gently bring to the boil then either cook on stove top or transfer to the oven.
4. Simmer on stove top or cook on low in the oven at 160 degrees for approximately 2 hours or until beans are cooked through.
5. Check regularly to stir and add more liquid if need be.
6. Check for taste and serve with poached egg, quinoa, fresh herbs or gluten free toast.

Notes

- The recipe can be doubled in quantity. Pre-cooked beans can be used, which will shorten the cooking time to 15 minutes. If you do this, use less stock e.g. about 250g or 1 cup.
- If you don't have navy beans, kidney or adzuki beans can work just as well.

Salmon, feta and greens tart

PREPARATION: 15 minutes, **COOKING:** 30 minutes, **SERVES:** 4



What

- ½ head cauliflower
- ½ cup almond meal
- 1 egg
- Small handful parsley, roughly chopped
- 1 Tbsp parmesan
- ¼ tsp himalayan or celtic sea salt
- Tsp. black pepper
- 1 packet wild smoked salmon
- 100g goat's cheese
- Handful of fresh rocket or garden greens
- 1 bunch seasonal asparagus or green beans
- Lemon wedges, capers and / or fermented vegetables to serve

How

1. Pre heat oven to 170°C.
2. In a food processor or blender combine cauliflower, almond meal, egg, parmesan and pulse until dough like consistency.
3. Add the parsley and season well and gently blend to mix thoroughly.
4. Press mixture into four 15 cm round ramekins lined with baking paper or greased.
5. Bake for 25-30 minutes until golden and firm to touch.
6. Top with rocket, salmon, asparagus or green beans, goat's cheese and capers sprinkled over the top (if using).
7. Serve with lemon wedges, capers or a spoonful of fermented vegetables.

Simple Egg Pies

PREPARATION: 5 minutes, **BAKING:** 15 minutes, **SERVES:** 4



What

- 8 eggs (more if you need leftovers. Use approx. 2 eggs per person i.e. 2 pies each)
- 4 rashers of bacon cut in half or enough to line / case each muffin hole (or for a simpler version see notes below)
- ¼ cup cheese of choice e.g. parmesan or goat feta
- Pinch of himalayan or celtic sea salt
- 1 tsp of dulce flakes (optional and see below for a few more ideas)
- 1 tsp fresh lemon thyme

How

1. Preheat the oven to 180 degrees celcius
2. Line each muffin hole with the bacon
3. Mix all the ingredients together.
4. Pour the mix into the muffin holes & top with the fresh thyme and bake in the oven for about 15 - 20 minutes or until cooked through and just turning golden brown.

Notes

- Saute ½ an onion and/or bacon chopped finely and add this into the egg mix before pouring into the muffin tin.
- Grease the muffin holes with butter or coconut oil and leave out the bacon as the 'casing'
- Add chopped tomato or avocado on top of the mix before baking.

Amped Avocado and Chocolate Mousse

PREPARATION: 5 minutes, **SERVES:** 2



What

- 1 Tsp coconut oil
- 1 heaped Tbsp cacao powder
- ½ tsp vanilla powder or extract
- 2 medium sized ripe avocados
- 2 small ripe bananas or 1 large ripe banana
- ½ cup coconut water or kefir (or filtered water)
- 1 Tbsp organic gelatin powder (or use your favourite protein powder)
- a pinch of himalayan or celtic sea salt
- 1 Tbsp psyllium husk
- 1 organic egg (optional)
- 1 tsp raw, unfiltered honey to sweeten if need be.
- organic berries e.g. blueberries, raspberries or strawberries, coconut flakes or activated buckwheat groats to serve (whatever you enjoy).

How

1. Add all the ingredients you're using into a high speed blender.
2. Blend on high for 30 seconds to a minute until a smooth consistency is reached.
3. Taste. Add more liquid / water and / or honey if needed.
4. Spoon into a bowl or glass to serve.
5. Add your favourite toppings e.g. blueberries, coconut flakes or activated buckwheat.

Notes

- For something more detoxing add 1 tsp coconut charcoal if available. Warning: it won't look pretty, but it will still taste fantastic, especially after you add your favourite toppings.
- In place of honey use 2 pitted medjool dates.
- In place of water or coconut water use coconut milk for a creamier and richer taste and more healthy fats.

One Pan Bacon and Cherry Tomato Breakfast

PREPARATION: 5 minutes, **COOKING:** 5 minutes, **SERVES:** 4



What

- 1 Tbsp organic ghee or butter
- 4 strips of pasture fed, preferably organic bacon or turkey bacon
- ½ an onion roughly chopped (optional)
- 1 cup of cherry tomatoes
- 250g fresh bocconcini (if dairy tolerant or leave out or replace with 2 avocados chopped and served at the end of cooking)
- 1 handful of kale roughly chopped
- 1 handful of fresh basil leaves
- 4 eggs (optional)
- olive oil

How

1. Add the butter or ghee to a large pan on a medium heat and melt to cover the base of the pan.
2. Add the bacon, tomatoes, onion and eggs (if using) to the pan.
3. Cook on a medium to high heat for approx. 5 minutes and until the bacon has browned and cooked and eggs are cooked to your liking.
4. Add the kale and bocconcini (if using) cook for another minute or so or until the kale is wilted and cheese is soft and beginning to melt.
5. Gently stir in the basil leaves and serve asap.
6. Serve with a drizzle of olive oil over the top.

Notes

- Serve with a tablespoon of fermented vegetable on the side and / or fresh basil leaves scattered over the top.

Kitchari

PREPARATION: 5-10 minutes, **COOKING:** 30-40 minutes, **SERVES:** 4



What

- 2 tsp ghee (or butter)
- 1.5 tsp coriander seeds or powder
- 1.5 tsp fennel seeds (or powder)
- 1 tsp cumin seeds (or powder)
- 2 tsp turmeric powder
- 1 tsp cumin powder
- 1/5 tsp himalayan or celtic sea salt
- 1 Tbsp dulse flakes (optional)
- 1.5 cups split yellow mung (moong) dal (preferably soaked overnight)
- 1/2 cup basmati rice (preferably soaked overnight)
- 4 cardamom pods
- 1 cinnamon stick
- 5cm knob of fresh ginger root finely grated
- 3cm knob of fresh turmeric root finely grated (optional)
- 1 cup filtered water (use 2 cups if grains are unsoaked)
- 2 cups bone stock or vegetable stock (or if unavailable use filtered water)
- 1/4 cup freshly squeezed lemon juice
- fresh coriander leaves to serve

Kitchari

How

1. If using seeds rather than powder, toast the fennel, coriander and cumin seeds over medium-low heat until gently browned and aromatic, about 2 – 3 minutes.
2. Place in a mortar and pestle to grind or blend on high in a high speed blender to mill into a powder. If using powders ignore this step.
3. Melt ghee or butter in a large pot.
4. Add the milled spices, turmeric, cumin powders and salt. Mix and stir gently for a minute or two.
5. Add the mix of split yellow dahl and rice until well mixed.
6. Then add cardamom pods, cinnamon stick, dulse if using, minced fresh ginger and turmeric (if using).
7. Add the water, lemon juice and stock to the kitchari and mix well. Cover the pot with a lid and bring the liquid to a boil.
8. Then reduce to a simmer and cook for 30 – 40 minutes or until the water is absorbed and the kitchari mix is tender to taste, similar to porridge.
9. Serve with a good handful of fresh coriander on each plate. Enjoy!

Notes

- This can be prepared the day before and re-heated when you want to have it with a small amount of water or stock.
- It will keep in the fridge for a day to enjoy as a snack or any other meal.
- For a creamier flavour and extra healthy fats use replace 1 cup stock with 1 cup coconut milk.
- Add your favourite veggies when the water is added e.g. pumpkin or sweet potato or add broccoli, cauliflower 5 or 10 minutes before cooking finishes.
- When cooking is finished stir in a good handful of your favourite dark leafy greens e.g. kale, spinach or english spinach.

Inspired by John Douillard <https://lifespas.com/>

A Herb Infused Omelette

PREPARATION: 2-3 minutes, **COOKING:** 5-10 minutes, **SERVES:** 4



What

- 1 Tbsp butter (ghee or coconut oil if dairy intolerant)
- 8 eggs (2 per person)
- ½ cup parmesan cheese (optional)
- ¼ cup fresh herbs e.g. fresh italian parsley or basil
- 1 tsp dulse flakes (optional)
- ¼ cup organic cream or coconut cream
- A good pinch of himalayan or celtic sea salt
- Pepper to taste (optional)
- Fresh herbs, sprouts and / or fermented vegetables to serve

How

1. Add the butter to the pan and melt on a low heat to cover the base of the pan. (This is important as it will stop the eggs from sticking to the pan).
2. Crack and whisk eggs in a bowl until the mixture is consistent.
3. Add the salt and pepper, cream and dulse flakes if using and whisk the mix more until it's well mixed.
4. Gently pour the batter mix into the pan with the melted butter.
5. Sprinkle the parmesan cheese if using and fresh herbs evenly over one half of the omelette / egg mix (the other half will fold over this once it's cooked).
6. Place the lid on the mix and leave to cook for 5 – 10 minutes. The omelette is ready to flip over when the egg is no longer 'runny' and is firm.
7. When it's cooked, place the spatula under the half of the omelette without the cheese and herbs and gently 'loosen' half of it and then flip over to create the omelette.
8. Slice into serving sizes in the pan and serve. Enjoy!

Notes

- Other ingredients you could add into the middle of your omelette include tomato, spinach, fetta or cooked bacon, mushrooms or onion.
- For a middle eastern flavour add ½ tsp of cumin or chilli flakes for extra spice.
- If you don't have time for letting the eggs set and flipping into an omelette, skip this step and stir the eggs to cook more quickly and make scrambled eggs instead!

Gluten Free French Toast

PREPARATION: 10-15 minutes, **COOKING:** 5-10 minutes, **SERVES:** 4

What

- 8 slices of gluten free bread. Either a good quality bought bread with few ingredients or try this [apple and cinnamon breakfast loaf](#) or this [best banana bread recipe](#) for a sweeter version.
- Preferred toppings to serve with e.g. natural yoghurt e.g. goats, sheep or coconut, organic berries, banana, honey, chopped nuts etc.



Batter

- 2 eggs
- $\frac{3}{4}$ – 1 cup milk of choice e.g. coconut or almond milk
- 1 tsp vanilla extract
- 2 Tbsp fresh cream (optional)
- pinch of good quality sea salt
- 1 – 2 Tbsp of organic butter for cooking the toast

How

1. Preheat the oven to 150 degrees celsius.
2. Add all the ingredients, except the bread and butter, into a bowl and mix thoroughly.
3. Add 1 Tbsp of butter to a large pan and melt the butter.
4. Dip the bread into the egg mixture until covered in the mix and started to soak into the bread.
5. Add 3 or 4 pieces of the soaked bread to the pan and cook on each side until lightly browned e.g. 3 – 4 minutes.
6. When cooked keep warm in the oven and cook the remaining slices of bread.
7. Serve french toast with fresh organic berries, favourite natural yoghurt and a drizzle of honey or your own favourite toppings.

Buckwheat Breakfast (or snack) Parfait

PREPARATION: 10 minutes, **SERVES:** 4

What

- 1 cup of soaked buckwheat (overnight in water + 1 tsp of apple cider vinegar or 1 tsp of himalayan or celtic sea salt)
- ½ cup of milk of choice or natural yoghurt or for added goodness and taste use dairy Kefir
- 1 tsp of vanilla extract or ½ tsp vanilla powder
- 2 dates or ½ Tbsp of Coconut Nectar or raw unfiltered honey
- 1 Tbsp of chia seeds (optional)
- 1 egg (optional)
- Sea Salt

Toppings

- Organic berries or seasonal fruit to serve
- 1 tbsp activated nuts, roughly chopped or home made muesli to serve (optional)



How

1. Rinse the soaked buckwheat well.
2. Combine all of the above ingredients (except the toppings) in a high speed blender and blend for approx. 45 seconds or until a smooth, creamy texture is reached.
3. Serve in a bowl or in a glass. Using the glass, place the buckwheat mix in first, topped with fresh natural yoghurt or cream and topped again with fresh fruit e.g. blueberries or raspberries, diced banana, and/or coconut flakes and chopped almonds or other nuts – whatever you enjoy.

Notes

1. Make this recipe your own and add your favourite ingredients e.g. pepitas, cacao powder, coconut oil, green banana flour, psyllium, goji berries, organic gelatin powder, maca, 1 tbsp of Raw Cacao Powder, or dessicated coconut or a pinch of cinnamon and/or
2. Add raspberries into the blended mixture for a pretty pink or blueberries for a rich dark purple (the kids will love it even more)!
3. Soak ¼ cup sunflower seeds or other seeds with the buckwheat overnight. Enjoy!

Chocolate Peanut Butter Smoothie Bowl

PREPARATION: 5 minutes, **SERVES:** 2



What

- 2 large or 4 mediums sized frozen bananas
- 200g frozen coconut (or coconut cream – unfrozen)
- 2 Tbsp nut butter
- 2 Tbsp cacao powder
- 2 Tbsp organic collagen hydrolysate gelatin powder (or quality protein powder)
- 1 Tbsp MCT oil or coconut oil
- 1 Tbsp organic cream (optional)
- 1/3 cup dairy kefir or water kefir (optional)
- 2 Tbsp chia seeds (optional)
- 1 tsp psyllium husk
- 1 tsp vanilla powder
- 1 fresh raw egg (optional)
- ¼ milk of choice if liquid needed

Topping options;

- 1/4 cup organic blueberries
- Coconut flakes
- Home made crunchy granola
- Peanut butter to drizzle
- Cacao nibs
- Chia seeds

How

1. Add all the ingredients except the toppings into a high speed blender. Blend until smooth and well combined and to your desired consistency. Add more liquid if need be.
2. Pour into a bowl and add all the toppings as desired. Enjoy!



Mango Coconut Smoothie Bowl

PREPARATION: 5 minutes, **SERVES:** 2

What

- 2 mediums sized frozen Mangoes (or unfrozen)
- 200g frozen coconut (or coconut cream - unfrozen)
- 2 Tbsp organic collagen hydrolysate gelatin powder (or quality protein powder)
- 1 Tbsp MCT oil or coconut oil
- 1 Tbsp organic cream (optional)
- 1/3 cup dairy kefir or water kefir (optional)
- 2 Tbsp chia seeds (optional)
- 1 tsp psyllium husk
- 1 fresh raw egg (optional)
- ¼ milk of choice if liquid needed

Topping options;

- ¼ cup organic blueberries
- Coconut flakes
- [Passionfruit](#)
- [Home made crunchy granola](#)
- Chia seeds

How

1. Add all the ingredients except the toppings into a high speed blender. Blend until smooth and well combined and to your desired consistency. Add more liquid if need be.
2. Pour into a bowl and add all the toppings as desired. Enjoy!

Mushrooms with Cinnamon and Garlic

PREPARATION: 20 minutes, **SERVES:** 6

What

- approximately 1.5 kg swiss brown mushrooms or a combination of shiitake and oyster mushrooms, sliced
- 3 Tbsp olive oil
- 2 Tbsp thyme chopped finely
- 8 garlic cloves, chopped finely or crushed
- $\frac{3}{4}$ cup flat leaf parsley, chopped
- 6 cinnamon sticks
- 1 tsp himalayan or celtic sea salt
- freshly ground black pepper to taste
- $\frac{1}{4}$ cup lemon juice



How

1. Put a large frying pan on a medium heat and gently heat the olive oil for a minute or so.
2. Add the cinnamon sticks, thyme and sliced mushrooms and leave to cook for about 5 mins without disturbing them.
3. Give the pan a good shake and add the garlic, salt and pepper and combine all ingredients, leaving to cook for 2 - 3 minutes.
4. At the end of cooking add in the lemon juice and parsley, gently combine.
5. Serve still warm on it's own or with slices of good quality haloumi or an egg or two.

Other serving suggestions

Stir through freshly prepared french or brown lentils for a heartier meal.

OTHER IDEAS

French Toast (gluten free)

Dhal with organic yoghurt and fresh herbs

Leftovers

Eggs allways, served with sides such as mushrooms, wilted greens, avocado, haloumi, fetta or fermented vegetables such as kimchi or sauerkraut.

SUMMARY

- Choose one new choice and stay with it, share it and celebrate!
- Take it gradually, one new choice at a time or at your own speed.
- Try to get your family and partners involved and on board.
- Always include the 3 macronutrients, especially fats.
- Prepare food and meals ahead of time.
- Keep the pantry and fridge well stocked so good choices are easier.
- If you're finding it difficult to make new choices, consider what else is out of balance in your life? What is really sabotaging your best efforts?
- For more support with a bunch of like-minded others and to get some questions answered join me in my private facebook group, 'Enriched Living' at <https://www.facebook.com/groups/EnrichedLiving/> OR
- If you're ready to elevate your wellbeing and learn all about what healthy really is, learn more with me on my 1:1 or group coaching programs at www.katebarnes.com.au or email me at hello@katebarnes.com.au





About Kate

After working as an executive in professional services, Kate started her global business as a Certified Holistic Health Coach. She has a Bachelor of Science and a Post Graduate Diploma in Business.

Kate has taken her extensive experience to develop a comprehensive coaching philosophy that will transform your health – for life - literally. ‘Being healthy is your natural state’ is Kate’s ethos. Simple, life changing & fun’.

“Eating nourishing foods,
making empowered choices,
not only changes the mind but
your body too. Prevention is
the cure. Our health is in our
own hands - it’s our choice.”

Kate Barnes

How you can work with Kate:

- one on one coaching
- her signature online e-courses, ‘A gentle cleanse with Kate’ her leading nutrition and detoxification programs for busy women. And ‘Our Happy Children’ her ground breaking nutrition and education program for lifelong healthy families
- Enriched Living membership with regular webinars and workshops
- cooking demonstrations
- pantry overhauls and
- guest speaking

Kate loves sharing her message of taking our health back into our own hands, and that prevention really is the cure, increasing awareness about the best nutritional choices and clearing the many confusing messages, she motivates and inspires people to take action and live their best lives.



BRAINSTORMING THE BEST BREAKFAST

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