

⌚ 5 - 10 minutes

🍽️ 1 Serving

## Triple Berry + Banana Yogurt Bowl

### Ingredients:

- 1 ripe banana
- Strawberries
- Raspberries
- Blackberries
- Greek yoghurt
- Sliced almonds

### Directions:

1. Slice banana and strawberries.
2. Add all fruits into a bowl of Greek yoghurt and serve!

⌚ 5 - 10 minutes

🍽️ 2 Servings

## Strawberry Quinoa Breakfast Bowl

### Ingredients:

- Homemade strawberry milk
- 1/4 cup hemp sees
- 3/4 cup water
- 1 cup strawberries
- 1 tbsp maple syrup
- 2 cups cooked quinoa
- 4 strawberries
- 1/4 blueberries
- 2 tbsp sliced almonds

### Directions:

1. Add the 4 milk ingredients into a high-powered blender.
2. Blend on high until smooth and creamy (just like the consistency of milk!)
3. Next, place cooked quinoa in a bowl.
4. Then, pour homemade strawberry milk over and garnish with strawberries, blueberries and almonds. Add other fruits of your choice and serve!



⌚ 5 minutes

🍽️ 4 Servings



## Banana Mango Oat Smoothie

### Ingredients:

- 2 (150g) bananas, sliced
- 1 (300g) mango, peeled and cubed
- 1 cup (135g) plain low-fat yoghurt
- 2 cups (500ml) low-fat milk
- 1/2 cup (50g) Quaker Quick Cook Oats

### Directions:

1. Blend banana, mango, yoghurt, milk and oats in a blender and blend till smooth.
2. Pour into individual glasses, top the smoothie with cubed mango and serve!



⌚ 15 - 20 minutes

🍽️ 1 Serving

## Yoghurt Chia Pudding

Credits: bon appétit

### Ingredients:

- 2 cups plain whole-milk yoghurt
- 1 1/2 tbsp chia seeds
- 1 tbsp agave syrup
- Cocoa nibs
- Sunflower seeds
- Toasted coconut

### Directions:

1. The night before, mix yoghurt, chia seeds and agave syrup in a large bowl.
2. Then, cover and chill for at least 12 hours.
3. In the morning, serve and drizzle with agave.
4. Top with cocoa nibs, sunflower seeds and toasted coconut and serve!



⌚ 20 minutes

🍽️ 2 Servings

## Dates with Rice Pudding

Credits: CUKZY

### Ingredients:

- 4 cups cooked rice
- 4 cups milk
- 6 tbsp white sugar
- 1 lb dates, pitted and chopped

### Optional Ingredient:

- Chocolate chips

### Directions:

1. Place cooked rice into a food processor or blender, and process until coarse.
2. Transfer to a saucepan. Stir in milk, sugar and dates.
3. Simmer over low heat.
4. Stir occasionally until dates are tender for about 20 minutes and serve!

⌚ 15 minutes

🍽️ 2 Servings

## Peanut Butter Banana Crunch Chia Seed Pudding

### Ingredients:

- 1/2 cup peanut butter
- 1/2 cup Greek yoghurt
- 1 cup almond milk (or normal milk)
- 1 teaspoon vanilla extract
- 2 tbsp honey
- 1/2 cup chia seeds

### Directions:

1. The night before, mix peanut butter and Greek yoghurt together until smooth in a medium bowl.
2. Add in milk, vanilla extract, honey and chia seeds. Mix until well combined.
3. Pour the mixture into an airtight container and refrigerate for 4 hours.
4. In the morning, spoon the pudding into a serving dish and top with sliced banana, peanuts, crunchy granola and serve!



⌚ 15 minutes

🍽️ 3 Servings (2 muffins each)

## Muffin Tin Customizable Veggie Egg Cups

Credits: **TASTY**

### Ingredients:

- ▢ Fresh spinach, chopped
- ▢ Tomato, diced
- ▢ Onion, finely diced
- ▢ Bell pepper, finely diced
- ▢ Broccoli, cut into small florets
- ▢ Cheddar cheese
- ▢ Eggs

### Directions:

1. Preheat oven to 350°F (180°C).
2. In a greased muffin tin, place varied combinations of fillings into each muffin cup and season with salt and pepper.
3. In a measuring cup, beat the eggs till smooth and add salt and pepper to season.
4. Bake at 350°F (180°C) for 20 minutes until set and serve!

⌚ 15 minutes

🍽️ 2 Servings

## Cheese Toast

Credits: **#HHWT**

### Ingredients:

- ▢ 4 slices of bread
- ▢ Cheddar cheese/pepper jack cheese
- ▢ Butter

### Optional ingredients:

- ▢ Meat/protein
- ▢ Vegetables
- ▢ Sauces
- ▢ Spices

### Directions:

1. Butter one side of each slice of bread and place them on a heated pan.
2. Place cheese and other fillings and cover with a slice of bread.
3. Leave on pan till bread is nice and toasted and flip over to toast the other side of the bread.
4. When done, cut as desired and serve!

⌚ 5 - 10 minutes

🍽️ 1 Serving

## Quinoaatmeal with Apple and Toasted Walnuts

Credits: bon appétit

### Ingredients:

- 1/4 cup red quinoa
- 1/4 steel-cut oats
- 1/2 cup almond milk
- 1 pinch kosher salt
- 1 pinch ground cinnamon
- 1 tbsp chopped walnuts
- 1/2 apple, shredded or sliced

### Directions:

1. The night before, rinse quinoa thoroughly and drain.
2. Combine oats and quinoa in a saucepan with 1 cup of boiling water and let sit.
3. In the morning, bring oats and quinoa to a boil.
4. Stir in almond milk, salt, cinnamon and reduce heat to low.
5. Cook, stir occasionally for about 8 - 10 minutes until quinoa grains are tender.
6. Preheat oven to 350°F and toast walnuts for about 4 minutes until fragrant and slightly darkened in colour.
7. Top quinoaatmeal with apple, walnut and more cinnamon and drizzle with almond milk and serve!



⌚ 15 minutes

🍽️ 2 Servings

## Overnight Chocolate Peanut Butter Quinoa Breakfast Parfait

### Ingredients:

- 4 tbsp black chia seeds
- 2 tbsp raw cacao powder (unsweetened cocoa powder)
- 1 cup non-dairy milk of choice
- 3 tbsp creamy peanut butter
- 1 tbsp maple syrup
- 2 - 3 tbsp water
- 1 cup cooked quinoa

### Optional Ingredients:

- Chocolate chips
- 1 scoop vegan protein powder

### Directions:

1. The night before, whisk together the chia seeds, protein powder, cacao powder and milk.
2. Place in two separate bowls or mason jars that you want to serve in and refrigerate overnight.
3. In the morning, mix together the peanut butter, maple syrup and water until smooth.
4. Add a scoop of the mixture on top of the chia pudding and smooth to even.
5. Add 1/2 cup quinoa atop the peanut butter and garnish with chocolate chips.



⌚ 20 minutes

🍽️ 1 Serving

## Hard-boiled Eggs and Avocado Toast

### Ingredients:

- 2 slices bread
- 1/2 ripe avocado
- Freshly squeezed lemon juice
- 1 hard-boil egg
- Salt and pepper
- Extra virgin olive oil

### Optional Ingredients:

- Chocolate chips

### Directions:

1. Place eggs in a saucepan and add water to cover by about two inches.
2. Bring the water to a boil and cover with a lid. cooked for 30 seconds.
3. After 30 seconds, turn off the heat and let the eggs sit for 10 - 12 minutes.
4. Then, transfer eggs to an ice bath to stop the cooking process.
5. While the eggs are cooking, toast the bread and smash the avocado on each slice of toast.
5. When the eggs are done, gently peel the eggshell off and slice into coins.
6. Place on top of the avocado and toast and serve!

⌚ 20 minutes

🍽️ 4 Servings

## Spinach and Mushroom Quinoa Breakfast Bowl

Credits:



### Ingredients:

- 12 oz sliced mushrooms
- 2 cups baby spinach
- 1 tbsp vegetable oil
- 4 large eggs
- 2 cups cooked quinoa
- Balsamic vinegar glaze
- Salt and pepper

### Directions:

1. Prepare balsamic vinegar glaze by heating 1 cup balsamic vinegar in a saucepan over medium heat and let it reduce to half and thicken
2. Heat oil in a large skillet pan over medium-high heat and add sliced mushrooms and season with salt and black pepper.
3. Cook for 5-7 minutes until the liquid has evaporated and then add spinach.
4. Cook spinach and mushrooms for 2 more minutes. Stirring occasionally.
5. In the skillet, divide spinach mushroom mixture into 4 equal round parts. Add an egg into each end of the skillet, cover with a lid and cook for 2-3 minutes. Season the egg with salt and pepper.
5. Remove the "nest" from the skillet and transfer onto a plate.
5. Serve with cooked quinoa and drizzle with balsamic vinegar glaze.

⌚ 15 - 20 minutes     🍽️ 4 (2 pancakes each)

## Easy Fluffy Pancakes

Credits: *inspired taste*

COOK +  
INSPIRE

### Ingredients:

- 1/2 cup all-purpose flour
- 2 tbsp granulated/brown sugar
- 1 baking powder
- 3/4 teaspoon kosher salt (or 1/2 teaspoon table salt)
- 1/4 cup milk
- 4 tbsp unsalted butter + more
- 1 egg
- 1 teaspoon vanilla extract

### Directions:

1. Whisk dry ingredients (all-purpose flour, sugar, baking powder) together.
2. Warm milk using a microwave and add egg, melted butter and vanilla extract to warm milk mixture.
3. Combine the dry and wet ingredients and use a fork to stir until fully combined. Do not overmix the batter!
4. Heat a skillet over medium heat and lightly brush with butter.
5. Using a 1/4 measuring cup, spoon batter onto the skillet and gently spread into a circle.
6. Flip over when the edges look dry and bubbles appear and pop on the top surface. Each side cooks for around 1 - 2 minutes.
7. Serve with maple syrup, butter and berries!

