

4 healthy BREAKFAST RECIPES

that support women's health & weight management



VEGGIE EGGS

Serves 1

2 eggs, plus 1 egg white

1 tbs milk of choice

1 cup chopped/grated veggies of choice (e.g., sweet potato, tomato, broccoli)

15g feta cheese, crumbled

1/4 avocado, to serve

1 Whisk the eggs and milk together in a medium sized bowl. Spray a medium non-stick frying pan with oil and heat over medium heat. Add veggies and cook, stirring, for 4-5 minutes or until tender.

2 Add the egg mixture. Using a wooden spoon, push the egg mixture from the edges of pan to the centre. Continue until eggs are almost set. Sprinkle with feta and season to taste. Serve with avocado and a sprinkle of hemp seeds and/or herbs if you wish (optional).

Per serve 24.0g protein 22.4g fat (6.0g saturated fat) 14.0g carb 7.2g dietary fibre 1531kJ (366 Cals)



STRAWBERRY CHEESECAKE OVERNIGHT OATS

Serves 2

- 1 cup frozen strawberries (or other berries)
- 1 cup cottage cheese
- 2/3 cup milk of choice
- 2/3 cup rolled oats
- 1 tbs chia seeds
- Greek yoghurt and fresh sliced strawberries, to serve

1 Place strawberries, cottage cheese and milk in a blender or processor and blend until smooth.

2 Combine oats and chia seeds. Add strawberry mixture and stir until combined. Cover and refrigerate until thick.

3 Layer oats in serving jars with fresh strawberries. Top with Greek yoghurt and extra berries if you wish.

Per serve 27.0g protein 9.5g fat (2.9g saturated fat) 36.3g carb 9.4g dietary fibre 1523kJ (364 Cals)



ANTIOXIDANT POWER SMOOTHIE

Serves 1

65g (1/2 cup) frozen blueberries

½ banana, sliced, frozen

35g (1 scoop) protein powder

1 tbs LSA

2 tsp hemp seeds

250ml chilled water

25g baby spinach leaves

1 Blend blueberries, banana, protein powder, LSA, hemp seeds and water in a blender until thick and creamy. Add spinach and blend until well combined. Serve.

Per serve 33.6g protein 10.7g fat (1.2g saturated fat) 16.6g carb 7.1g dietary fibre 1305kJ (312 Cals)



VEGAN BREAKFAST BRUSCHETTA

Serves 1

1 cup rinsed and drained canned legumes (e.g., cannellini beans or chickpeas)

1 Roma tomato, finely diced

1 tbs chopped fresh herbs (e.g., basil, parsley or thyme)

Squeeze of lemon juice

2 small (35g each) slices wholegrain bread, toasted

1 Place beans in a medium bowl and lightly crush with a fork, keeping some texture. Add tomato, herbs and squeeze of lemon juice. Season to taste and stir to combine.

2 Serve bean mixture on toasted bread.

Per serve 20.0g protein 3.8g fat (0.8g saturated fat) 59.7g carb 18.2g dietary fibre 1658kJ (397 Cals)

