

EAT BREAKFAST

...THEN CONQUER THE DAY



DO YOU EAT BREAKFAST?

Everybody starts the day differently. During busy mornings it's easy to let breakfast slip to the bottom of our priority list, plus so many people just don't feel hungry when they wake. However, without breakfast we are effectively beginning our day running on empty.

So in order to give our body and brain 'fuel' and energy and to avoid fatigue and potential 'brain fog' induced by low blood-sugar levels, I believe it's important to start the day with a nutrient dense meal of some sort, whether substantial or something small.

Starting off the day with a meal also boosts your metabolism, improves productivity, allows you to space your food/energy intake and make better choices throughout the day, including zapping those night time snack cravings.

Experimenting with different breakfast foods is a fantastic way to tune into your bio-individual needs.

So my personal view? A balanced breakfast is the right way to start the day - but in the end the key is tune in to your own body's needs and to be mindful of eating well throughout the whole day, to stabilise blood sugar levels, hunger and weight.

Here are a few of my favourites breakfast recipes to get you fuelled for a great start to your day...

Heath & happiness

Romy xxxx

Gluten free **GF** Gluten free optional **GFO**
Dairy free **DF** Dairy free optional **DFO** Vegan **V**

* Obviously some of the recipes make a larger quantity than a 'standard' serving size, e.g., GF loaf, fruit compote, bliss balls etc. Please be guided by your wisdom and appetite to eat a sensible amount for 'you' and store the rest to enjoy another time, as per the recipe instructions.



APPLE, PEAR & RHUBARB FRUIT COMPOTE

What you need

6 red apples
3 green pears
1 bunch rhubarb
½ cup water
1 teaspoon cinnamon
1 tablespoon vanilla extract
1 tablespoon maple syrup
(can add more at end of cooking if
rhubarb is too tart in flavour)

What to do

- Peel, core and dice all the apples and pears and place in a medium size pot.
- Remove leaves and cut off white ends of rhubarb stalks and wash thoroughly. Slice stalks in to 1-inch-thick pieces, add to pot.
- Add water into pot and turn stove on medium heat.
- Add cinnamon, vanilla and maple syrup to pot and stir.
- Allow to come to gentle boil and simmer for up to 20 minutes or until pears and apples softened.
- Allow to cool and serve. Store in airtight container in fridge up to 1 week.
- Delicious served with crunchy nut and seed mix or granola, overnight oat (see next recipe), porridge, natural Greek yoghurt, or even on wholegrain toast (yep that's a thing!)

OVERNIGHT SOAKED CHIA & OAT PUDDING

What you need

½ cup whole oats
1 tablespoon chia seeds
1 tablespoon hemp seeds
1 cup plant based milk
(I like almond, oat or coconut milk)
1 - 2 tablespoons maple syrup
1 teaspoon vanilla extract

What to do

- Add the pudding ingredients into a mason jar or sealed container.
- Give a good shake and store in fridge overnight.
- In morning add on whichever toppings you enjoy.

Toppings

Choose from your favourite options including:

Nuts and seeds

e.g. crushed almonds, pistachios or macadamias and/or flax seeds, hemp seeds, pepitas or sunflower seeds, coconut flakes, drizzle of nut butter

Any fruit

our favourites are grated apples, blueberries, strawberries, raspberries, banana, kiwi fruit, mango

Homemade muesli or toasted granola



BANANA PROTEIN PANCAKES

What you need

1 ripe banana, mashed
1 egg
1 heaped tablespoon almond meal
½ teaspoon baking powder
¼ teaspoon cinnamon
1 tablespoon vanilla protein powder
(if desired but does change flavour slightly)
1 teaspoon coconut oil or butter

What to do

- Mix ingredients together in a small bowl until lightly combined.
- Heat a small frypan and spray with some coconut oil or teaspoon of pure butter.
- Make small sized pancakes.

Toppings

Choose from your favourite options including:

Maple syrup

Natural Greek yoghurt

Nuts and seeds

e.g. crushed almonds, pistachios or macadamias and/or flax seeds, hemp seeds, pepitas or sunflower seeds, coconut flakes, drizzle of nut butter

Any fruit

our favourites are grated apples, blueberries, strawberries, raspberries, banana, kiwi fruit, mango

LOADED TOAST WITH BEETROOT HUMMUS

What you need

2 slices of your favourite bread
(I recommend sourdough,
wholegrain, rye or gluten free)
Avocado
Cherry tomatoes
Spinach leaves
Beetroot hummus
Sprinkle of feta or goats' cheese
(optional)
Poached egg (optional)
Any seeds you like (optional)

To make beetroot hummus

1 can chickpeas, drained and rinsed
2 medium cooked beetroots (make your
own, or buy premade vacuum-packed
ones)
1 clove garlic
Juice and zest from 1 lemon
3 tablespoons tahini
3 tablespoons olive oil
¼ teaspoon salt
¼ teaspoon ground cumin

What to do

- Toast 2 slices of bread, spread with generous amount of beetroot hummus.
- Load up with your favourite toppings: I love sliced avocado, sliced cherry tomatoes, some spinach leaves, and some toasted seeds.
- Can also add some fetta or goats cheese or a poached egg.
- Add all hummus ingredients into a food processor and blitz until mixture is well blended and creamy.
- Its texture may be a little grainy.
- If you want to thin it out a little add some water until you like the consistency.
- Taste and adjust seasoning with salt, lemon juice or cumin to suit your taste preference.
- Can be stored in sealed container in fridge for 4 - 5 days.





ZUCCHINI & SWEET POTATO FRITTERS

What you need

1 zucchini, washed and grated
1 small sweet potato, peeled and
grated
1 spring onion, sliced finely
2 sprigs parsley, chopped finely
100g fetta (optional)
3 eggs, whisked
¾ cup gluten free plain flour
Salt and pepper
Olive oil

What to do

- Squeeze any excess water out of grated zucchini using a paper towel and place zucchini in mixing bowl.
- Add grated sweet potato, chopped spring onion, fetta and parsley in mixing bowl.
- Add whisked eggs and mix.
- Add flour and salt and pepper to taste and stir through until well combined.
- Heat a small frypan to medium heat, add a drizzle of olive oil.
- Once hot, spoon a few dollops of fritter mixture on the pan and cook for approximately 3 - 4 minutes on each side.

SAVOURY BREAKFAST BOWL

What you need

1 cup baby spinach leaves
¼ diced avocado
1 sliced fresh or sun-dried tomato
1 diced boiled egg
1 tablespoon cranberries or
goji berries
Optional

Top with 1 tablespoon of cottage
cheese or goats cheese
Sprinkle of your favourite nuts
or seeds e.g. crushed almonds,
sunflower, sesame, pepita and/or
hemp seeds

Dressing

Juice of ½ lemon
1 tablespoon olive oil
Sprinkle sea salt
½ teaspoon honey if sweeter dressing preferred

What to do

- Mix ingredients together in a small bowl.
- Garnish with nut or seed sprinkles.



HOT APPLE PIE PORRIDGE

What you need

1 small apple, peeled and grated or finely diced
Sprinkle of sultanas (optional)
¾ cup whole oats
1 tablespoon chia seeds
1 cup plant based milk (I like almond, oat or coconut milk)
1 tablespoon maple syrup
¼ teaspoon ground cinnamon

Toppings

Choose from your favourite options including:

Nuts and seeds

e.g. crushed almonds, pistachios or macadamias and/or flax seeds, hemp seeds,
Pepitas or sunflower seeds, coconut flakes, drizzle of nut butter

Any fruit

our favourites are grated apples, blueberries, strawberries, raspberries, banana, kiwi
fruit, mango

Homemade muesli or toasted granola

What to do

- Add all ingredients in to a small saucepan and stir through.
- Heat on a stovetop on medium heat.
- Allow to come to a slow simmer and stir until mixture becomes thick and creamy.
- Pour in to a bowl and add any toppings if you wish to load it up further.

TROPICAL FROZEN SMOOTHIE BOWL

What you need

1 small chopped frozen banana
½ cup frozen diced mango
½ cup frozen raspberries
1 heaped tablespoon hemp seeds
¼ cup almond milk

What to do

- Blend all smoothie bowl ingredients in a food processor until smooth and creamy consistency.
- Transfer in to a bowl.
- Add your favourite toppings.

Toppings

Choose from your favourite options including:

Sprinkle of homemade muesli or toasted granola

Sprinkle of rolled oats

Sprinkle of your favourite nuts or seeds

e.g. crushed almonds, sunflower seeds, pepita seeds, hemp seeds, coconut flakes
or nut butter

Any fruit

our favourites are blueberries, strawberries, raspberries, banana, kiwi fruit, mango



CAPRESE BREAKFAST OMELETTE

What you need

1 small tomato or handful cherry
tomatoes
Handful spinach leaves
3 leaves fresh basil
¼ cup mozzarella or preferred cheese
2 eggs
Pinch salt and pepper
Olive oil

What to do

- Prepare tomatoes by washing and dicing, then wash and pat dry spinach leaves and basil and slice finely. Set aside.
- Grate mozzarella or preferred cheese. Set aside.
- In a small bowl whisk eggs with salt and pepper.
- Spray olive oil into medium size fry pan and turn on low-medium heat.
- Once heated pour eggs into the pan and sprinkle the tomatoes, spinach, basil and cheese on one half.
- When eggs partially set, fold empty half over to cover the side with the toppings.
- Cook until set, flipping if needed.
- Remove and garnish with extra basil leaves if desired.

GREEN MACHINE POWER SMOOTHIE

What you need

1 cup almond or oat milk,
or coconut water
Generous handful spinach leaves
½ Lebanese cucumber
½ - 1 frozen diced banana
1 Medjool date
1 tablespoon almond butter
1 tablespoon flaxseeds
1 tablespoon chia seeds
1 tablespoon hemp seeds
Ice

What to do

- Whiz all ingredients in a Nutribullet, food processor or blender and blend until smooth and creamy.





CHOCOLATE FIX SMOOTHIE

What you need

1 cup almond or oat milk,
or coconut water
1 frozen diced banana
1 Medjool date
1 - 2 tbsp cacao powder
1 teaspoon cinnamon
1 tablespoon tahini paste
1 tablespoon flaxseeds
1 tablespoon chia seeds
1 tablespoon hemp seeds
Ice

What to do

- Whiz all ingredients in a Nutribullet, food processor or blender and blend until smooth and creamy.

BERRYLICIOUS SMOOTHIE

What you need

1 cup almond or oat milk,
or coconut water
½ frozen diced banana
1 Medjool date
1 cup frozen berries - any combo
of blueberries, raspberries or
strawberries
1 tablespoon goji berries
1 tablespoon flaxseeds
1 tablespoon chia seeds
1 tablespoon hemp seeds
Ice

What to do

- Whiz all ingredients in a Nutribullet, food processor or blender and blend until smooth and creamy.





GLUTEN FREE DATE & COCONUT LOAF

Dry ingredients

2 cups almond meal
5 pitted dates, diced
½ cup shredded coconut
½ cup ground flaxseed
½ cup white chia seeds
¼ cup pepitas
¼ cup sunflower seeds
1½ teaspoons baking powder
1 teaspoon cinnamon

Wet ingredients

2 tablespoons organic coconut oil
½ cup almond milk
3 eggs
2 tablespoons maple syrup

What to do

- Preheat oven to 160°C fan forced.
- Line a small-medium size loaf tin with baking paper, or spray with oil and coat with extra almond meal to prevent sticking.
- Combine all the dry ingredients in a large mixing bowl.
- Whisk all the wet ingredients in a measuring jug.
- Add the wet ingredients in to the dry combining until all folded through.
- Transfer batter in to prepared loaf tin.
- Bake for approx. 40 minutes or until top is golden brown and a skewer comes out dry.
- Allow to cool on bench top.
- Slice once completely cooled and store in fridge or freezer.
- Great toasted and enjoyed with any of your favourite toppings.

NO BAKE ENERGY OAT BITES

What you need

1 cup rolled oats
½ cup peanut or almond butter (or a
seed butter if unable to use nuts)
¼ cup honey (or maple syrup)
¼ cup shredded coconut
¼ cup dark chocolate chips (or milk)
2 tablespoons of flaxseed or chia seeds
1 teaspoon vanilla
Pinch of salt

What to do

- Mix everything together.
- Roll in to balls.
- Enjoy! (best kept in fridge).



ON-THE-GO LEMON LIME BLISS BALLS

What you need

400g pitted dates
(Medjool are best to use but if using dried packaged ones from supermarket its best to soak for 10 minutes first covered in boiling water to soften. Then strain water out prior to using).

1 cup raw cashews

1 cup raw almonds

$\frac{3}{4}$ cup shredded coconut

$\frac{1}{3}$ cup white chia seeds

$\frac{1}{2}$ cup sunflower seeds

Zest of 1 lemon

Juice of 1 lemon

Extra coconut for coating

What to do

- Place all of the ingredients in a food processor and blend until the mixture is well combined and sticks together.
- In a shallow tray sprinkle desiccated/flaked coconut around the tray.
- Using your hands roll tablespoons of the mixture in to balls then roll around in the coconut.
- Place balls in a container.
- Place in fridge or even better freeze until eaten.

ON-THE-GO CHOC-DATE BLISS BALLS

What you need

500g pitted dates
(Medjool are best to use but if using dried packaged ones from supermarket its best to soak for 10 minutes first covered in boiling water to soften. Then strain water out prior to using).

1 cup raw cashews

1 cup natural almonds

1 cup almond meal

½ cup shredded coconut

2 tablespoons cacao powder

1 tablespoon chia seeds

1 tablespoon flaxseeds

1 teaspoon ground cinnamon

1 tablespoon vanilla extract

Extra coconut for coating

What to do

- Place all of the ingredients in a food processor and blend until the mixture is well combined and sticks together.
- In a shallow tray sprinkle desiccated/flaked coconut and/or white chia seeds around the tray.
- Using your hands roll tablespoons of the mixture in to balls then roll around in the coconut/chia mix.
- Place balls in a container.
- Place in fridge or even better freeze until eaten.





BLUEBERRY & CHIA SEED JAM

What you need

4 punnets blueberries

1 cup water

Juice of 1 lemon

1 tablespoon vanilla extract

2 tablespoons maple syrup

2 tablespoons chia seeds

What to do

- Wash blueberries and pour in to medium size pot.
- Add water into pot and turn stove on medium heat.
- Add lemon juice, vanilla, maple syrup and chia seeds to pot and stir.
- Allow to come to gentle boil and simmer for up to 20 minutes with lid off until berries have completely broken down and mixture has thickened.
- Allow to cool and store in mason jar in the fridge.
- Delicious served with crunchy nut and seed mix or granola, overnight oats, porridge, natural Greek yoghurt, or even on wholegrain toast.

WARMING LEMON, GINGER & HONEY WATER

What you need

1 litre warm water (I add ⅓ boiling water to ⅔ cold water)
1 sliced lemon
1 tablespoon sliced or grated ginger
2 large tablespoons raw honey (optional)

What to do

- Shake and let it steep its goodness through the day. If you get through the first litre top up with more water.

Great to make in the morning to set you up for a hydrated day... this power packed healing natural 'tea' to get lots of water in to you and give you that extra zing through your day.

Lemon

promotes hydration, aids digestion, source of Vit C, reduces inflammation, boosts immunity.

Ginger

detoxifies, improves digestion, boosts immunity, keeps your metabolism fired up all day.

Raw honey

antioxidant, antibacterial properties, reduces inflammation, aids digestion.

Water

the human body comprises more than 60% water so there are multiple benefits to drinking adequate water for all of our bodily functions including temperature regulation, digestive health, mental health, exercise performance.





eat well

nourish your body

fuel your mind

“ I believe we can each
be an active participant
in creating our own
optimal health. We just
need to go back to
basics and start with
the simplest steps. ”

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