





2020 BREAKY BAR RECIPES

Wellness
BY PULSE



CONTENTS

VEGAN BANANA PANCAKES	3
QUICK & EASY OMELETTE	4
GARLIC MUSHROOM FLATBREAD	5
CORN FRITTERS	6
HEARTY CHOCOLATE OAT SMOOTHIE	7
BERRY SMOOTHIE BOWL	8
VEGAN SWEET POTATO HASH	9
POACHED EGGS ON AVOCADO & FETA TOAST	10
CARAMELISED BANANA DARK CHOC OATMEAL	11
HEALTHY BREAKFAST TACOS	12
POWER BOWL	13
FISH TACOS	14
VEGETARIAN STUFFED MUSHROOMS	15
HEALTHY BANANA SPLIT	16
MENEMEN (TURKISH EGG SCRAMBLE)	17
VEGAN BREAKFAST BURRITO	18
MUSHROOM HASH WITH POACHED EGGS	19
PEANUT BUTTER OVERNIGHT OATS	20
CAULIFLOWER HASH BROWNS	21
BREAKY RICE BOWL	22
ALMOND BUTTER, YOGURT AND FRUIT PARFAIT	23

FOR MORE RECIPES, FREEBIES AND WELLNESS RESOURCES
HEAD OVER TO [PULSE.UOW.EDU.AU/WELLNESS-AND-SPORT/](https://pulse.uow.edu.au/wellness-and-sport/)
AND FOLLOW OUR SOCIALS TO STAY UP-TO-DATE WITH ALL
THE LATEST PULSE EVENTS   [UOW PULSE - YOUR UNILIFE](#)





VEGAN BANANA PANCAKES

(SUGAR FREE, EGGLESS, DAIRY FREE)



PREP: 5 MINS | TOTAL TIME: 15 MINS | SERVES: 2

INGREDIENTS

2 medium ripe bananas
1 tbsp. coconut oil melted
3/4 cup spelt flour
1/2 cup quick cook oats
1 tsp. vanilla extract

1/2 tsp. cinnamon
1/2 tsp. baking powder
1 cup oat milk
Coconut oil - for cooking

METHOD

1. In a medium bowl, mash the bananas well and whisk in coconut oil. Add in all dry ingredients and mix together. Whisk in the oat milk until the batter is well mixed.
2. Lightly coat a non-stick pan with coconut oil, heat over medium-high heat. Then working in batches, spoon about 3 tablespoons of pancake batter on the pan for each pancake. Leave room between pancakes so you can easily flip the pancakes.
3. Cook on one side, until there's bubbles on top, and the bottom is golden. Flip pancakes, and cook until golden brown on the bottom. Transfer to plates, top with fruit and syrup, and serve.

HEALTH BENEFITS

- Bananas are a respectable source of Vitamin C.
- Potassium in ripe bananas is good for your heart health.
- Bananas aid in digestion.
- Bananas help fight Anemia.



QUICK & EASY OMELETTE



PREP: 5 MINS | COOK: 5 MINS | SERVES: 1

INGREDIENTS

3 eggs (beaten)
1 tsp. sunflower oil
1 tsp. butter

Toppings of your choice: ham,
chopped tomatoes, spring onions,
herbs, feta, avocado

METHOD

1. Season the beaten eggs well with salt and pepper. Heat the oil and butter in a non-stick frying pan over a medium-low heat until the butter has melted and is foaming.
2. Pour the eggs into the pan, tilt the pan ever so slightly from one side to another to allow the eggs to swirl and cover the surface of the pan completely. Let the mixture cook for about 20 seconds then scrape a line through the middle with a spatula.
3. Tilt the pan again to allow it to fill back up with the runny egg. Repeat once or twice more until the egg is set.
4. At this point you can fill the omelette with whatever you like - scatter your filling over the top of the omelette and fold gently in half with a spatula.
5. Slide onto the plate and serve.

HEALTH BENEFITS

- High protein breakfast.
- Low calorie option.
- Helps to maintain blood pressure.
- Helps to lower the risk of cardiovascular disease.
- Egg whites contains essential vitamins A, B-12 and D.



GARLIC MUSHROOM FLATBREAD

PREP: 15 MINS | COOK: 15 MINS | SERVES: 2



INGREDIENTS

FLATBREAD

2 cups self-raising flour
¾ cup warm water
1 tsp. salt
Oil for cooking

METHOD

FLATBREAD

1. Combine flour water and salt
2. Sprinkle work surface with flour and knead dough for a few minutes – it won't need much so don't over knead or it will be tough. Then wrap in cling wrap rest at room temperature for 15 minutes.
3. Dust bench top with flour, cut dough into 4 pieces, roll into balls then roll out to 0.3cm rounds
4. Heat 3 tbsp. of cooking oil in a non-stick pan over a medium high heat
5. Place 1 flatbread on the pan, cook for around 1 – ½ minutes – it should start to bubble up- then flip and do the same on the other side – pressing down on it as it puffs
6. Stack cooked bread and keep wrapped in a tea towel until ready to serve

TOPPING

1 tbsp. olive oil
1 cup mushrooms, washed & halved
½ tsp. kosher salt
¼ tsp. ground black pepper
2 tbsp. unsalted butter
Garlic to taste (½ - 1 tbs)
1 tbsp. chopped fresh parsley

TOPPING

1. In a large sauté pan, heat olive oil over medium-high heat. Add mushrooms and season with salt and pepper. Toss to coat all mushrooms with the oil and then spread them into a single layer.
2. Cook for four minutes on medium-high heat without stirring. Stir and cook for 2 more minutes without stirring.
3. Reduce heat to medium-low and add butter and garlic. Cook for 3-4 more minutes, stirring frequently, until mushrooms are fully cooked, butter is melted, and garlic is fragrant.
4. Remove from heat, stir in parsley and serve immediately on top of your flat bread.

HEALTH BENEFITS

- Mushrooms are a natural, non-animal source of vitamin D2 - Your body turns vitamin D2 into the active form of vitamin D, which it needs to absorb calcium and keep your bones healthy.
- By making your own flatbread, you avoid any preservatives and chemicals sometimes found in some store bought flatbreads.
- Healthy for the pocket - Making your own flat bread is incredibly cheap!



CORN FRITTERS



PREP: 5 MINS | COOK: 8 MINS | SERVES: 6

INGREDIENTS

1 tin (300g) drained sweetcorn
50g shredded cheddar cheese
1 tbsp. paprika
½ cup plain flour
2 tbsp. milk

1 egg
Pinch salt
Pinch pepper
Sour cream
Baby spinach

METHOD

1. In a medium bowl combine the sweetcorn, shredded cheddar cheese, paprika, plain flour, milk, egg and a pinch of salt and pepper. Stir well until combined.
2. In a large frying pan heat a drizzle of olive oil over medium- high heat (enough to cover the base of the pan). When the oil is hot, take a heaped teaspoon of mixture and add to the pan. Repeat until you have 6 fritters in the pan.
3. Cook for 3-4 mins each side, then transfer to paper towel so oil is absorbed.
4. Serve on a bed of baby spinach with a dollop of sour cream.

HEALTH BENEFITS

- Spinach is high in carotenoids which your body turns into vitamin A.
- It is also high in vitamin C which promotes skin health and immune function.
- High source of Iron, which is an essential mineral - helps create haemoglobin which brings oxygen to your body's tissue.
- Corn is rich in B12, folic acid and iron which helps reduce the risk of Anaemia.
- Corn is an energy enhancer, great way to start your morning!

Tip: You can try vegan options for dairy and eggs



HEARTY CHOCOLATE OAT SMOOTHIE



PREP: 5 MINS | SERVES: 1

INGREDIENTS

1 cup (non-dairy) milk
¼ cup rolled oats
2 tbsp. nut butter
1 tsp. flax seeds
1½ tbsp. unsweetened cocoa powder
¼ tsp. vanilla extract

1 large ripe banana (frozen works great)
Pinch of cinnamon
Pinch of sea salt
Handful of ice (optional)

METHOD

1. In an upright blender, combine the non-dairy milk, oats, almond butter, cocoa powder, flax seeds, vanilla, banana, salt, cinnamon and ice.
2. Place the lid on and bring the blender speed up to high.
3. Blend until the smoothie is totally smooth and frothy. Enjoy immediately.

HEALTH BENEFITS

- The nutrients in smoothies are Bioavailable which means It's easy for the body to absorb.
- Cocoa helps reduce inflammation, improves blood flow, lowers blood pressure and helps to improve cholesterol and blood sugar.
- Bananas are a good source of vitamin C. They are high in potassium which is good for your heart health and blood pressure. Bananas can also aid in digestion and is a great source of energy, a perfect way to start your day.

Tip: You can add a tablespoon of your favourite protein powder for an added boost to your morning



BERRY SMOOTHIE BOWL



PREP: 5 MINS | SERVES: 1

INGREDIENTS

SMOOTHIE:

1 heaping cup frozen mixed berries of your choosing
1 small ripe banana, sliced (frozen works best)
1 - 3 tbsp. light coconut or almond milk
1 scoop plain or vanilla protein powder of your choice (optional)

TOPPINGS:

1 tbsp. unsweetened desiccated coconut
1 tbsp. chia seeds
1 tbsp. hemp seeds
Granola of your choice
Your choice of fruits

HEALTH BENEFITS

- Mixed berry smoothie bowls are loaded full of antioxidants and with it being in smoothie bode, these antioxidants are easily absorbed by the body
- Berry smoothie bowls are high in fibre, help fight inflammation, lower cholesterol, are good for your skin blood sugar.

METHOD

1. Add the frozen berries and banana to a blender and blend on low until small bits remain.
2. Add the coconut or almond milk and protein powder, and blend on low again, scraping down the sides until needed and the mixture reaches a soft serve consistency.
3. Scoop 1-2 serving bowls. Top with desired toppings.
4. Best when fresh, trough leftovers keep in the freezer for 1-2 weeks. Let thaw before enjoying your leftovers.

Tip: Make a large batch and keep in the freezer for upto 2 weeks



VEGAN SWEET POTATO HASH



PREP: 10 MINS | COOK: 15 MINS | SERVES: 4

INGREDIENTS

2 tbsp. coconut or olive oil
½ (60g) diced green capsicum
½ (60g) diced red capsicum
1 (27g) sliced and diced jalapeño
½ (61g) diced red onion
4 cloves minced garlic
½ (226g) sweet potato - 1cm dice

¾ cup (195g) canned black beans (rinsed)
2 tsp. paprika
¾ tsp. sea salt (to taste)
¼ tsp. ground black pepper
1 avocado (sliced)

METHOD

1. In a pan over medium high heat, heat 1 tablespoon of oil.
2. Add in the green capsicum, red capsicum, jalapeño and the red onion. Sauté and cook down for about 8 minutes until the red onions are translucent. Scoop the mixture aside in a small bowl. Add the other tablespoon of oil into the pan and heat up.
3. Add in the sweet potatoes and stir to combine. Reduce heat to medium and let the sweet potato crisp and cook through, for about 10-12 minutes. Stir occasionally, ensuring not to burn the sweet potatoes.
4. After sweet potatoes are cooked through, and back in the previously cooked capsicum mixture and the black beans. Add the paprika, sea salt and the black pepper over and stir to combine. Cook for about another 3 minutes to let the black beans heat through. Taste and adjust seasonings for taste, then remove from heat. Serve with slices of avocado and enjoy!



POACHED EGGS ON AVOCADO & FETA TOAST



PREP: 5 MINS | COOK: 5 MINS | SERVES: 1

INGREDIENTS

2 tbsp. white wine vinegar
2 large eggs
1 avocado
50g feta

1 tsp. chilli flakes
Juice ½ lemon
2 slices of sourdough

METHOD

1. Fill a large saucepan with water, add the vinegar and bring to a hard boil over a high heat. Once boiling, reduce the heat so the water is simmering, then use a spoon to swirl the water into a whirlpool. Crack in both eggs and cook for 2½ mins.
2. Meanwhile, in a small bowl, mash the avocado, feta, chilli flakes and lemon juice, and season well with black pepper. Toast the bread.
3. Pile the avocado and feta on the toast, then put a poached egg on top of each.

HEALTH BENEFITS

- Avocados are rich in nutrients.
- Avocados improve digestion.
- Eggs are linked to a reduced risk of heart disease.
- Eggs are high in quality protein, with all the essential amino acids in the right ratios.



CARAMELISED BANANA & DARK CHOC OATMEAL



COOK: 10 MINS | SERVES: 1

INGREDIENTS

1 cup (237ml) water
½ cup rolled oats
Olive oil (spray)

½ medium banana (sliced)
1 tbsp. dark chocolate chips

*Tip: This can be
dairy free/vegan!*

METHOD

1. In a small saucepan, bring water to the boil.
2. Stir oats and reduce the heat to low. Simmer until oats have absorbed all of the liquid (3-5 minutes).
3. While the oats are cooking, evenly spray a non-stick pan with olive oil. Add the sliced bananas in a single layer and cook over a medium heat (until caramelised) approx. 3 minutes per side.
4. Spoon the oatmeal into a bowl and top with caramelised bananas and chocolate chips.

HEALTH BENEFITS

- High in fibre: Bananas are loaded with both soluble and insoluble fibre which slows down digestion and keep you feeling fuller for longer.
- Heart Health: As bananas are high in fibre so they can lower the risk of both cardiovascular disease and coronary heart disease.
- Powerhouse of nutrients: Bananas are loaded with essential vitamins and minerals such as potassium, calcium, magnesium, manganese, iron, folate, niacin, riboflavin and B6. These all contribute to the proper functioning of the body and keeping you healthy.



HEALTHY BREAKFAST TACOS



PREP: 5 MINS | COOK: 10 MINS | SERVES: 4

INGREDIENTS

4 corn tortillas
4 eggs
1 cup black beans
(canned and rinsed)

1 cup grape tomatoes (halved)
¼ cup fresh coriander leaves
½ avocado (sliced)

METHOD

1. Heat the tortillas over a medium heat in a pan (to desired amount) then set aside.
2. Whisk the eggs then pour into a pan and cook over medium heat (breaking up as you go). Once these have scrambled, place an even amount in each tortilla.
3. Heat the black beans over a medium heat until tender and season with salt and pepper. Once tender, transfer an even amount to the tortillas.
4. Place an even amount of avocado and sliced tomatoes in the tortillas.
5. Top with the chopped coriander and a side of fresh lime if desired!

COOKING TIPS

- If you feel like breakfast for dinner - double this recipe.
- You can also pierce the tortillas with a fork and place them in the oven until warm and easy to fold (2 mins on fan forcer 180 degrees).
- If you like a bit of spice - top with sriracha.
- Switch it up with new veggies- capsicum and zucchini work well!
- Add some extra protein e.g. mince/chicken if you want to have them for dinner!



POWER BOWL



PREP: 5 MINS | COOK: 5 MINS | SERVES: 1

BEEF OPTION

1 x 200g scotch fillet steak (2cm thick)

1. Heat a barbecue grill until hot (or a large frying pan over high heat).
2. Rub the steak with a little oil and season. Place steak on the hot grill and grill for 3-4 minutes, then turn over and grill for a further 3-4 minutes for medium steak. Transfer to a plate, cover loosely with foil and leave to rest for 5 minutes.
3. Once rested add to salad.

SALAD

1 small cos lettuce (washed)
1 baby beetroot peeled and finely sliced
½ carrot (peel, cut into thin strips)
½ cucumber (diced)
½ tomato (thinly sliced)

1. Combine mayo ingredients in a bowl. Cover and place in the fridge until ready to use.
2. Shred the cos lettuce and divide between four shallow bowls. Divide the remaining salad ingredients and herbs between each bowl.
3. Add beef or cauliflower and drizzle over mayo. Enjoy!

VEGAN OPTION

½ large cauliflower, sliced lengthwise through the core into 2 steaks
½ cup olive oil
1 tbsp. paprika

1. Preheat the oven to 200°C.
2. Mix paprika and olive oil in a bowl - add cauliflower to coat.
3. Place on an oven tray lined with baking paper and bake for 15 minutes.
4. Give chance to cool and add to salad.

MAYO

½ cup mayonnaise (or vegan option)
1 tbsp. rice vinegar
1 tsp. sesame oil
2 tsp. sesame seeds (toasted)



FISH TACOS



PREP: 5 MINS | COOK: 5 MINS | SERVES: 1

INGREDIENTS

3 tbsp. olive oil
1 lime- juiced
1 tsp. paprika
2 tsp. chilli powder
½ tsp. ground cumin
½ tsp. cayenne pepper
1 ½ lb. cod (or any flaky white fish)
½ tbsp. Vegetable oil.
Kosher salt
Freshly ground black pepper
8 corn tortillas

1 avocado, diced
Lime wedges, for serving
Sour cream for serving
For the corn slaw:
¼ cup mayonnaise (or vegan option)
1 lime (juiced)
2 tbsp. freshly chopped coriander
1 tbsp. honey
1 cups shredded purple cabbage
1 cup corn Kernels
1 jalapeño, minced

*Vegan tip: Replace
with pulled jackfruit
or faux fish*

METHOD

1. In a medium shallow bowl, whisk together olive oil, lime juice, paprika, chili powder, cumin, and cayenne.
2. Add cod, tossing until evenly coated. Let marinate 15 minutes.
3. Meanwhile, make slaw: In a large bowl, whisk together mayonnaise, lime juice, cilantro, and honey. Stir in cabbage, corn, and jalapeño. Season with salt and pepper.
4. In a large non-stick skillet over medium-high heat, heat vegetable oil. Remove cod from marinade and season both sides of each filet with salt and pepper. Add fish flesh side-down. Cook until opaque and cooked through, 3 to 5 minutes per side. Let rest 5 minutes before flaking with a fork.
5. Assemble tacos: Serve fish over grilled tortillas with corn slaw and avocado. Squeeze lime juice on top and garnish with sour cream.



VEGETARIAN STUFFED MUSHROOMS



PREP: 10 MINS | COOK: 20 MINS | SERVES: 2

INGREDIENTS

- | | |
|-------------------------------|------------------------------|
| 4 large white mushrooms | 1 cup panko crumbs |
| 1 red capsicum (thinly diced) | ½ cup grated parmesan cheese |
| 1 brown onion (finely diced) | Salt and pepper to taste |
| 1 tbs dried oregano | 1 cup baby spinach |
| ½ cup fresh parsley | |

METHOD

1. Preheat the oven to 180°C.
2. Prepare the mushrooms: Clean the mushrooms and gently remove the stems. Place the mushroom stem side down on a baking sheet and bake until the liquid leaks out then place the mushrooms stem side down on some paper towels to soak up any additional liquid. Chop up the mushroom stems into small pieces. Chop the onions, capsicums and parsley.
3. The filling: Heat a drizzle of olive oil in a medium frying pan- add the mushroom stems, red capsicum and brown onion into the frying pan and sauté (5 minutes). Add the oregano, salt and pepper then transfer to a bowl and let cool.
4. Once mixture is cool - add the panko crumbs, parsley and parmesan cheese - mix well.
5. Stuff the mushrooms: Place the mushroom stem side up on the baking sheet and fill with stuffing.
6. Bake for 15 minutes - serve warm on a bed of baby spinach

HEALTH BENEFITS

Starting your day with mushrooms is a great way to boost your energy levels. These little bursts of flavour are full of vitamin B- riboflavin (B2), folate (B9), thiamine (B1), pantothenic acid (B5) and niacin (B3) all help the body utilise energy from food we consume and produce red blood cells which carry oxygen throughout the body.



HEALTHY BANANA SPLIT



PREP: 5 MINS | SERVES: 2

INGREDIENTS

2 bananas
1 cup cottage cheese (or fat free/
greek yogurt)
2 tbsp. all fruit strawberry jam
8-10 strawberries (sliced)

8-10 blackberries
1 tsp. granola (or toasted oats)
1 tsp. chopped nuts (almonds,
peanuts or cashews)

METHOD

1. Peel 1 banana and cut in half lengthways.
2. Place banana halves in a shallow bowl.
3. Add berries to the bottom of the bowl (between the banana slices).
4. Top with cottage cheese or Greek yogurt, sprinkle with remaining berries, granola and chopped nuts.
5. Repeat with remaining banana and ingredients.
6. Top with a drizzle of honey or agave.
7. Release your inner child and ENJOY!

*Tip: You can go
crazy with the
toppings you add!*



MENEMEN

(TURKISH EGG SCRAMBLE)

PREP: 5 MINS | COOK: 10 MINS | SERVES: 4

INGREDIENTS

Olive oil
20g butter
1 brown onion (finely diced)
1 green capsicum (chopped)
1 can of diced tomatoes
1 tbsp. aleppo pepper or paprika and cayenne

Salt and pepper for seasoning
4 x large eggs

Garnish: Finish this dish off with some freshly chopped parsley and chives- in a less traditional way, feel free to add some sliced avo! Don't forget your crunchy bread!

METHOD

1. Sauté the veggies: In a medium frying pan add a drizzle of olive oil. When the oil has heated, add in the onion and capsicum - stir for 3-4 minutes.
2. Add tomatoes and seasonings: Add in the tomatoes, butter, aleppo pepper, plus a generous pinch of salt and black pepper, and stir for a bit until the tomatoes are nice and hot.
3. Add the eggs: Crack the eggs directly onto the tomato mixture and let them cook for about a minute or so. Then use a spoon to break up the yolks and briefly stir the eggs into the tomato mixture. (Only partially stirring in the eggs, so that they are nice and swirly on top.) Continue cooking until the eggs reach your desired level of doneness. Traditionally the eggs are cooked until just barely set, yet still soft, about 3 to 4 minutes total.
4. Serve: Serve immediately with your desired garnishes, along with a few slices of toasted bread to scoop up the menemen, and dive in!



HEALTH BENEFITS

- **Tomato's:** The fluid fibre in tomatoes can help to boost digestive health. Combining tomatoes with olive oil like in this recipe can boost the production of pro-collagen, a molecule that gives skin its structure and keeps it firm and youthful. The olive oil boosts its absorption from your digestive system into your bloodstream.
- **Capsicum:** These fun vegetables have detoxifying properties - they help to clear out congested mucus membranes in the nose and lungs- eliminating toxins through sweating. Green capsicums especially have high levels of silicon which helps support the healthy growth of hair and nails.



VEGAN BREAKFAST BURRITO



PREP: 20 MINS | COOK: 20 MINS | SERVES: 4

INGREDIENTS

4 whole-wheat wraps
1 green capsicum
8 cherry tomatoes - halved
1 avocado
Fresh spinach
Salsa

Scrambled Chickpeas:
1 can chickpeas - drained and rinsed
¼ tsp. Garlic powder
½ tsp. ground cumin
¼ tsp. chilli powder
¼ tsp. smoked paprika
1 pinch turmeric

Seitan "Bacon":
100g Seitan
1/2 tsp. chilli powder
1/4 tsp. smoked paprika
1/4 tsp. ground cumin
Salt and pepper

METHOD

1. Preheat the oven to 180°C. Slice the green capsicum into strips and place on a flat baking tray along with the cherry tomatoes. Roast for 20-25 minutes until soft and slightly charred.
2. While these are roasting, mash the chickpeas using the back of a fork. Once mashed, mix through all spices so everything is evenly coated.
3. Use a vegetable peeler to slice the seitan into very thin strips then mix with all the spices and toss so all pieces are coated.
4. Heat 1 tbsp. olive oil in a large frying pan. Place the chickpeas on one side and the seitan on the other- cook for 5 to 10 minutes until completely hot all the way through. Stir/ toss both sides frequently.
5. Assemble the burritos with the seitan, chickpeas, some roasted capsicum and tomatoes, fresh spinach, avocado and salsa- serve and enjoy.

Tip: You can pre-make your burritos before uni and work and then heat them up with a microwave or toaster



MUSHROOM HASH WITH POACHED EGGS



PREP: 10 MINS | COOK: 17 MINS | SERVES: 4

INGREDIENTS

2 large onions, halved and sliced	1½ tbsp. rapeseed oil
500g closed cup mushrooms (quartered)	1 tsp. smoked paprika
1 tbsp. fresh thyme leaves (plus extra for garnish)	4 tsp. omega seed mix
	4 large eggs

METHOD

1. Heat oil in a large non-stick frying pan and fry the onions for a few mins.
2. Cover the pan and leave the onions to cook in their own steam for 5 mins.
3. Tip in the mushrooms with the thyme and cook, stirring frequently, for 5 mins until softened. Add the tomatoes and paprika, cover the pan and cook for 5 mins until pulpy. Stir through the seed mix.
4. Poach the eggs in lightly simmering water. Serve on top of half the hash with a sprinkling of fresh thyme and some black pepper. Chill the remaining hash to warm in a pan and eat with freshly poached eggs on another day.

DIY OMEGA SEED MIX

- Combine 3 tbsp. of sesame, sunflower and pumpkin seeds then store in a jar for an added boost to your morning meals.
- **Sesame seeds** contain calcium, iron, magnesium, phosphorus, copper and manganese and are a notable amount of protein, thiamin and vitamin B6.
- **Sunflower seeds** are high in vitamin E, a natural, healing antioxidant that nourishes the cells in your body and protects your skin against sun damage. These seeds also contain plenty of B6, B5 and folate, in addition to the minerals phosphorus, zinc, copper, manganese and selenium.
- **Pumpkin seeds** are a great source of protein and magnesium, and also contain some zinc and copper. Similar to sesame seeds, pumpkin seeds are very high in omega 6 fat so they should be eaten balanced with foods high in omega 3 fat.



PEANUT BUTTER OVERNIGHT OATS



PREP: 5 MINUTES + OVERNIGHT SOAKING | SERVES: 1

INGREDIENTS

80g frozen raspberries
50g rolled porridge oats
1 tsp. maple syrup

1 tbsp. peanut butter
150ml water

METHOD

1. Stir the frozen raspberries into your oats with 150ml water and a pinch of salt, then cover and chill in the fridge overnight
2. The next morning, mix in the maple syrup, then top the oats with the peanut butter and you're good to go!

HEALTH BENEFITS

- Raspberries contain a high amount of powerful antioxidants that may support the body in decreasing the oxidative damage from free radicals and fight inflammation.

Tip: Pop it in a cute jar to make it easy to grab on-the-go and make your morning feel a little more fun!



CAULIFLOWER HASH BROWNS

PREP: 15 MINS | COOK: 15 MINS | SERVES: 4

INGREDIENTS

½ medium head of cauliflower
1 large egg
½ cup finely chopped onion
1 cup shredded cheddar

3 tbsp. corn-starch
Kosher salt (to taste)
Freshly ground black pepper
1 tbsp. extra-virgin olive oil.

METHOD

1. Grate cauliflower on a box grater until shredded. Transfer to a medium bowl and add egg, onion, cheddar and corn-starch. Season with salt and pepper.
2. In a large skillet over medium-high heat, heat oil. Add spoonfuls of cauliflower mixture and shape into a patty. Cook until brown and crispy, 5 minutes, then flip and cook 5 minutes more. Repeat with remaining cauliflower mixture.

HEALTH BENEFITS

– Cauliflower is a low-carb alternative that is high in fibre, good source of antioxidants and rich in sulforaphane and a great source of B and C vitamins!

Tip: Serve on a bed of fresh spinach with a dollop of sour-cream!



BREAKY RICE BOWL



PREP: 5 MINS | COOK: 5 MINS | SERVES: 1

INGREDIENTS

1 tsp. macadamia oil
¾ cup sliced vegetables (broccoli, beans, carrot, zucchini)
½ x 125 tub 90 second microwavable brown rice
1 tsp. salt reduced tamari
1 pan-fried egg (or poached egg to serve)
1 tsp. hot chilli sauce

METHOD

1. Heat oil in a large non-stick pan over medium- high heat.
2. Cook veggies, stirring 2-3 minutes or until tender.
3. Add rice and tamari and cook- stirring for 1-2 minutes or until heated through.
4. Serve rice topped with egg- Drizzle over sauce and enjoy!

HEALTH TIP

- Begin to transition to brown rice. This whole grain is full of fibre that helps to lower cholesterol and helps to move waste through the digestive tracts. It promotes fullness and can help prevent the formation of blood clots.

Tip: Get your serves of veggies in for the day with this delicious and nutritious dish!



ALMOND BUTTER, YOGURT AND FRUIT PARFAIT



PREP: 10 MINS | COOK: 10 MINS | SERVES: 1

INGREDIENTS

¾ cup plain non-fat greek Yogurt
2 tbsp. almond butter
1 tbsp. honey

¼ cup halved grapes
3 strawberries (quartered)
2 tbsp. chopped roasted almonds

METHOD

1. Whisk together the yogurt, almond butter and honey in a medium bowl until smooth.
2. Layer with the grapes, strawberries and roasted almonds.
3. Refrigerate until you're ready to eat. You can make multiple pots for an on the go breaky.

HEALTH BENEFITS

- Adding greek yogurt to your daily routine can provide protein, calcium, iodine and potassium while helping you feel full for few calories! It also provides healthy bacteria for the digestive tract which can affect the entire body.

Tip: Get creative with your favourite fruits, nuts and other tasty sessions