

the health hub.

MEAL PREP PROGRAM

Breakfast





Recipes

Paleo frittata

Chocolate coconut granola

Super simple chia pudding

Green smoothie packs

Overnight chia oats



Paleo Frittata

INGREDIENTS

- 10 eggs
- 1 cup almond milk
- 1 tsp Himalayan salt
- 1 tsp cumin powder
- 1 tsp turmeric powder
- 1 red capsicum
- 1 brown onion
- 1 medium sweet potato
- 1 big handful of spinach
- Ground pepper to taste

DIRECTIONS

1. Preheat your slow cooker.
2. In a large bowl whisk together eggs, milk, salt and spices.
3. Chop your capsicum, onion and sweet potato into bite-sized chunks and add to egg mixture with spinach. Stir until all combined.
4. Line your slow cooker by inserting a piece of baking paper to stop the egg from sticking to the sides.
5. Pour mixture into the slow cooker insert. Cover with lid and cook for 2 1/5 hours on high or 5 hours on low.
6. Once cooked and cooled slightly, remove baking paper from the insert and slice frittata into serves to store in the fridge for up to three days.

TIPS

- Use this recipe to utilise left over vegetables at the end of the week. You could use absolutely any vegetable and swap out the spinach for kale or silverbeet if you have that on hand.
- Feel free to mix it up with the spices, paprika is another favourite in my home.
- You can slice and freeze this if you want it to store for longer.
- Pastured organic eggs are highly recommended as they aren't treated with antibiotics or hormones and are able to roam free and eat their natural diet, which means we get even more nutrient goodness from them and the chooks aren't living in distress!



Chocolate Coconut Granola

INGREDIENTS

- 1 cup walnuts, roughly chopped
- 1 cup almonds, roughly chopped
- 1 cup shredded or desiccated coconut
- 1/4 cup plain buckwheat
- 3 tbs raw cacao powder
- 1/4 cup coconut oil
- 1 /4 cup honey or sweetener of choice
- 3 tbs goji berries

DIRECTIONS

1. Preheat your oven to 100 degrees and line two trays with baking paper.
2. Mix all dry ingredients together in a bowl (except goji berries) before adding the wet ingredients and mixing again. Spread over the tray, making sure there is space so the nuts don't overlap.
3. Bake for 35 minutes, stirring halfway through. Break up once cooked.
4. Let cool on the bench for 30 minutes, sprinkle goji berries over the top and scoop into a jar or airtight container.

TIPS

- This is a super versatile recipe. You can have this in a bowl with some almond milk, top your chia pudding with it, have some as a snack during the day or sprinkle over some banana nice-cream for a treat.
- Feel free to try different nuts and seeds to mix it up occasionally. You could also omit the cacao and add 1 tsp cinnamon for a completely different granola flavour.
- We used honey for this recipe, but you could also try pure maple syrup, coconut sugar or any other natural sweetener.



Super Simple Chia Pudding

INGREDIENTS

- 1/2 cup chia seeds
- 1/4 tsp cinnamon powder
- 2 cups almond or coconut milk
- 1/2 tsp vanilla extract
- 1/4 cup honey or sweetener of choice

DIRECTIONS

1. Mix all ingredients in a glass jar or container, shake with the lid on and then store in the fridge for the chia seeds to absorb the liquid.
2. Shake again 5 minutes after combining so the flavour gets all the way through.
3. This mixture will last up to 5 days in your fridge.

TIPS

- Chia seeds are a great source of fibre, omega 3 and protein.
- Chia can absorb up to 12 times its weight in liquid which is why it becomes this incredible pudding when you add almond milk.
- Being so rich in fibre, this is a great breakfast to help regulate your bowel movements.
- You can buy chia in white or black seeds, get whatever you can, both are incredible for you!



Green Smoothie Packs

INGREDIENTS

- 1 ripe banana
- 1 handful spinach
- 1/2 - 1 pitted medjool date
- 1 tbs coconut milk
- 1 cup almond milk
- 1 tbs raw cacao powder

DIRECTIONS

1. *Decide how many packs you want to make up, you can make enough for 1 week or 1 month, depending on your freezer space! The listed ingredients is enough for one pack.*
2. *Peel your banana and break chunks into a small zip lock bag. Add remaining ingredients (except milk and cacao), seal the bag and place in the freezer until you're ready for your smoothie.*
3. *When ready to blend, add the smoothie pack ingredients to your blender with almond milk and raw cacao powder and blend until smooth!*

TIPS

- This is a super versatile recipe. You can have this in a bowl with some almond milk, top your chia pudding with it, have some as a snack during the day or sprinkle over some banana nice-cream for a treat.
- Feel free to try different nuts and seeds to mix it up occasionally. You could also omit the cacao and add 1 tsp cinnamon for a completely different granola flavour.
- We used honey for this recipe, but you could also try pure maple syrup, coconut sugar or any other natural sweetener.



Overnight Chia Oats

INGREDIENTS

- 1/2 cup oats
- 2 tbs chia seeds
- 1/2 teaspoon cinnamon powder
- 1 cup almond milk
- 1-2 teaspoons of pure maple syrup or honey

DIRECTIONS

1. Choose your quantity of jars or containers you want to prepare and set them out with the lids off. The listed ingredients will make one serving.
2. Pour the dry ingredients - oats, chia seeds and cinnamon into the jar. If you're not eating these the next day, store the excess in the pantry with the lids on.

The night before eating ...

1. Pour in 1 cup of almond milk and sweetener of your choice, close lid and shake well to combine all the ingredients.
2. Store in the fridge overnight and in the morning add your desired toppings.

TIPS

- You can add some dried fruits like figs, dates or cranberries to the dry mixture.
- Suggested toppings - your favourite nuts and seeds, shredded coconut, cacao nibs, fresh fruit and berries, nut butter and probiotic coconut yogurt.
- Oats are a great source of fibre and help to lower cholesterol levels. They are incredibly high in manganese. They are a much healthier option to packaged breakfast cereals!