



BREAKFAST RECIPES

Real Food Recipes for the Whole Family Kids are growing so fast so it's important to meet their high nutritional requirements. Malnutrition is all too prevalent in modern society so when creating the meal plans, we have focused on providing you with life giving, delicious, easy, family friendly recipes. We've taken the guesswork out of the equation, and present you with recipes which ensure that your kids are receiving the right proportion of micronutrients (vitamins and minerals) and macronutrients (protein, carbohydrates and fats), which will also ensure that you as parents are well nourished too!

What you'll find here is a beautiful selection of nourishing, nutrient dense foods in the form of recipes from us (unless otherwise stated) and some of my favourite recipe bloggers, who we can't thank enough for allowing us to share their gorgeous recipes. We've provided a link back to their websites and we urge you to go and explore all the wonderful recipes they have to offer you and your families.

Bon Appetit!

Alexx and Brenda x



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SPICED QUINOA PORRIDGE

Makes 2 servings

Quinoa porridge is choc-a-block full of goodness with just about all the ingredients containing powerhouse immune-boosting properties such as protein and zinc, iron and fibre, Vitamin C, lauric acid and so much more. And it's gluten-free!

The recipe makes enough for breakfast for two days. Just stash leftovers in the fridge and add more water to heat it up the next day.

Just a little note to please try to buy your quinoa from Australia if you can, as there's a sustainability problem in Peru, they can no longer afford to buy their own quinoa : (

What you need

- 1 cup quinoa
- 1 teaspoon coconut oil
- 1.5 cups water
- 1 cinnamon stick
- 1/2 teaspoon mixed spices like cardamom, nutmeg, cloves
- 1/4 teaspoon extra cardamom
- 1/4 cup chopped Turkish figs and Medjool dates
- 2 – 2.5 cups coconut milk
- 1/2 cup mixed nuts and coconut flakes, raw or roasted (I love pistachios with this dish)
- 2 tablespoons orange blossom water (optional) ground cinnamon
- vanilla powder or extract

Preparation

1. Soak the quinoa overnight in warm filtered water, a pinch of sea salt and a tablespoon of yogurt
2. Rinse very well in the morning to release all the bitter saponins and make the quinoa more nutritious and digestible
3. Warm the coconut oil in the saucepan, add the quinoa and toss for a couple of minutes
4. Add in the water and cinnamon sticks and bring to the boil, then lower the heat and simmer, with lid on for approx 10 minutes Add the coconut milk and orange blossom water, vanilla, dates and figs. Stir through and simmer on a very low heat for 5 minutes.
5. Serve with a sprinkling of cinnamon powder and the nut and coconut flake mix



SUPER SMOOTHIE

Serves 4

Smoothies are quick, easy and fun to make for the whole family. You can literally throw in a bit of this and a bit of that. But there are some constant main ingredients which provide a combination of nutrients which are going to keep your kids healthy and strong.

Within minutes you can blend up a healthy breakfast or snack which couldn't be further from the processed white bread or sugared-up cereals often consumed for breakfast. It's clean, delicious & nutritious!

What You Need

- 2 cups of milk, coconut water & flesh or almond milk (your preference)
- ½ large avocado (has a neutral taste but thickens up the smoothie to an ice-cream like consistency)
- 2 small frozen bananas, broken up
- 1 – 2 scoops of frozen raspberries or 2 cups of sliced mango (fresh or frozen)
- A good dollop or two of natural yogurt
- A heaped spoonful of nut butter
- A nice pinch of cinnamon
- A pinch of vanilla powder
- Throw in a couple tablespoons of grass fed gelatin powder if you have some



Preparation

1. Pop all these ingredients into the blender
 2. Blend & taste (the fruit, bananas and cinnamon usually provide enough sweetness for our family, but if you need a little extra, add a tablespoon of raw honey or some medjool dates)
 3. Pour and enjoy
- Tip: Overripe bananas, avocados & mangoes can be frozen and used in smoothies Check out these 6 health benefits you and your family will get from the wonderful nutritious ingredients:
 - Coconut - the water is low-calorie and high in electrolytes, the meat has healing properties because of it's high lauric acid content
 - Natural yogurt – is a high-quality protein, is rich in vitamins and minerals & is a wonderful natural probiotic
 - Nut butter – great source of protein, good fats and dietary fibre
 - Cinnamon – provides flavor and natural sweetness, digestion and good for blood sugar levels
 - Avocado – It's considered a superfood and contains good fats & has beautifying qualities
 - Raspberries – are low GI and jam-packed full of anti-oxidants





GOLDEN MOUNTAIN BREAD RICOTTA WRAPS

This recipe allows for two wraps each for a family of four

What You Need

- 8 slices of Mountain Bread Raw Honey
- Fresh Ricotta
- Banana, peach or nectarine sliced
- Nut butter
- Cinnamon
- Butter or coconut oil or a mix of both for frying

Preparation

1. Lie Mountain Bread on kitchen counter
2. Spread honey and nut butter at the end of each slice
3. Next spread the ricotta cheese on top of the honey and nut butter Place slices of fruit on top
4. Sprinkle with cinnamon
5. Roll up, remembering to fold up the ends in as you go
6. Fry in a buttered and heated frying pan for approx 3 minutes each side, or until lightly golden.
7. Serve on a plate with a side of sliced fresh fruit

Tip: when spreading ingredients onto bread, leave space on the sides to allow for folding of bread so ingredients don't fall out when frying.

SAUSAGES WITH GREENS

What to do:

Simply fry your good quality sausages in a frypan in some ghee or coconut oil and set aside.

Add a bit of butter to the pan, a dash bone broth (or cube from the freezer), saute some chopped spinach and gently fry an egg on top

Serve with avocado and a side of raw vegetables and fermented vegetables





NOTELLA

What You Need

- 1 cup hazelnuts, activated
- 2 tablespoons cacao powder
- 1/4 cup pure maple syrup or brown rice syrup or raw honey
- 1 teaspoon vanilla extract or vanilla powder
- 1 teaspoon cinnamon
- 2 tablespoons coconut oil, melted or macadamia oil
- Coconut cream for a smoother texture (optional)

Preparation

1. Warm the nuts up in the oven then remove the skins by rubbing the nuts together in a tea towel. To be honest you can skip this step if you think your kids won't mind the taste or texture of the skin, but you may not want to risk it.
2. Place nuts in a food processor and blend until smooth. This can take a few minutes.
3. Add cacao powder, your sweetener, vanilla, cinnamon and oil Whizz up all ingredients. If you like it thick then you are done
4. If you like it a bit smoother add a little coconut cream, bit by bit, and whizz until desired consistency

Tips to enjoy Notella

- spread on sourdough toast for breakfast or a snack, you can add sliced bananas on top
- spread over apples or bananas
- mixed with natural yoghurt
- spread on spelt and buckwheat pancakes
- mixed with warm milk for a hot chocolate
- eaten straight out of the jar with spoon
- replace nut butter for Notella in the Mountain bread wrap recipe





OMELETTE ITALIANO

Serves 1

What You Need

- 2 eggs
- 2 tablespoons milk
- 1 teaspoon butter
- ½ cup mixed vegetables like tomato and mushroom, chopped
- 2 tablespoons fresh herbs, chopped
- 100g cooked bacon or ham or leftover bolognese
- ½ cup mozzarella cheese, grated

Preparation

1. In a bowl, whisk eggs and milk together
2. Heat butter in a frying pan over medium heat
3. Pour in egg mixture and tilt the pan so the eggs cover the entire base of the pan
4. Cook for 2 minutes or until the eggs look like they're setting
5. Sprinkle vegetables, herbs and meat and mozzarella in an even layer on top of the egg
6. Cook for one minute then gently remove the omelette using an egg flip utensil
7. Fold omelette in half and serve

SWEET POTATO AND APPLE HASH

Dice a small sweet potato, 1 apple (green or red), and 2 rashers of bacon (optional) Note: Feel free to add in onion and garlic, carrot or any other little bits and pieces to spice up your hash.

Lightly fry your sweet potato and apple in some coconut oil for a few minutes or until soft, season with sea salt and pepper, remove and set on plate, fry your egg to your desired hardness and serve with your hash.

Easy Peezy Enjoy!

Recipe by Jen Shaw from [Barefoot Kitchens](#)



HAM & EGG YUMMIES

Serves 4

Ingredients

- 2 slices ham, chopped
- 4–8 cherry tomatoes
- 100g roasted capsicums and/or zucchini
- 4 eggs
- Handful of grated cheese
- Parsley leaves

Preparation

1. Divide the ham, tomatoes and capsicum between four shallow ovenproof dishes. Crack over the egg (whisked or whole is up to you). Scatter with cheese and black pepper.
2. Preheat grill to medium and cook for 3–4 minutes until the egg is set. Serve with parsley and fresh bread or toast soldiers.

Recipe by Wendy Blume from [Veggie Smugglers](#).

YUMMY YOGHURT PARFAIT

Serves 4

Ingredients

- 2 cups (250g) frozen or fresh berries
- 500g natural yoghurt
- 1 cup (130g) Brenda's Bircher Muesli or home-made granola
- ½ cup raw honey

Preparation

1. Lightly crush the berries with a fork. Fold through the yoghurt.
2. Divide the bircher muesli between 4 glasses. Top each with some raw honey to taste.
3. To serve, spoon over the yoghurt mixture, top with the extra raspberries and spoon over remaining honey.

Tip: If kids don't like the taste of natural yoghurt, blend the yoghurt with some raw honey or maple syrup for added sweetness before serving.



BRENDA'S BIRCHER MUESLI

Makes enough to last for days, feel free to halve the recipe

Ingredients

- 5 x cups of rolled oats
- 2 x cups of milk or coconut water or a combination of both
- A couple handfuls of almonds
- A couple handfuls of sunflower seeds
- 2 tablespoons of chia seeds
- A couple handfuls of sultanas
- 2 x cups of natural yoghurt
- Juice of one orange
- 1x grated apple
- A good shake of cinnamon
- A good pinch of vanilla powder



Preparation

1. Mix all of the above together, cover and leave pop into the fridge overnight.
2. In the morning, serve with extra milk and/or yoghurt, fresh seasonal fruit and a swirl of raw honey or pure maple syrup.

Why it's so good:

Fresh fruit is a fabulous source of fibre and has been shown to reduce the risk of cancer and other diseases. In this recipe I use grated apple, which is packed with vitamins like A, B1, B2 and C, as well as minerals like calcium, potassium, iodine, iron and phosphorous.

Oats can be powerful in lowering cholesterol and, therefore, fighting heart disease. Oats contain insoluble fibre which lowers blood sugar and control diabetes.

Nuts and seeds are rich in omega-3 fatty acids, which are associated with numerous health benefits including the development of the nervous system and reducing bad cholesterol. They are also a great source of protein which is important for building and repairing muscles

Yoghurt provides good bacteria for the digestive tract, is a good source of protein and is loaded with vitamins like calcium, vitamin B-2, B-12, potassium, and magnesium





FABULOUS FRENCH TOAST

Serves 2

Ingredients

- 2 eggs
- ½ cup milk or cream (or alternative dairy free option coconut milk or almond milk)
- 1 teaspoon vanilla powder or extract
- 1 teaspoon ground cinnamon
- A pinch of nutmeg
- 4 slices good quality sourdough
- 2 tablespoons coconut oil

Preparation

1. Place eggs, milk, cream/milk, vanilla, cinnamon and nutmeg in a large bowl and whisk to combine
2. Soak the bread on both sides for a few seconds in the egg mixture
3. Heat half the coconut oil in a large frying pan over medium heat. and when hot, place bread slices into frying pan and cook both sides until golden brown
4. Once slices have been cooked, repeat process
5. Serve immediately with raw honey, sliced banana and vanilla yoghurt.

VANILLA YOGHURT

- 1 cup natural yoghurt
- 1 teaspoon vanilla extract or vanilla powder
- 1 teaspoon cinnamon
- honey to taste (optional)

Place ingredients in small bowl and stir until combined. Refrigerate until required.





EGGY RICE WITH BACON BITS

So, the night before for the chicken dinner you cooked loads of rice. That's why this morning, you're going to use it for a super quick breakfast.

Dice 4 rashers of bacon and pop in big frying pan and brown (if vegetarian just dice a mushroom and use instead - or do this for variety another time!)

Place 1/2 -1 cup age of child depending of leftover cooked rice in the pan once bacon is brown.

Place 1 tsp dulse flakes in the pan and stir through.

Add 1 egg per child into the rice and scramble it around until everything warmed and cooked.

Chop handful parsley very finely (omit if very fussy kids and perhaps do one of two leaves to start with and build up).

Serve in bowls.



SUPER SPEEDY CHOCOLATE BREAKFAST SHAKE

What You'll Need

- 1/2 cup frozen organic berries or 1/2 a frozen banana (can be fresh, but frozen gives it a nice thick and cold vibe that's luscious. cut fresh and freeze in portions.)
- 1.5 teaspoons raw cacao powder
- 1 teaspoon honey, maple or rice syrup (you might need 2 teaspoons if you're weaning a child used to sweeter drinks, so start there and gradually decrease sweetness)
- 150ml your milk of choice. whole or nut milks are best and raw if you can get it, is tops! 50ml coconut cream
- 1 pasture raised egg, whole (optional depending on your comfort level with raw egg. You can use 1/2 avocado instead, no issue)
- 2 teaspoons chia seeds
- 1/2 teaspoon cinnamon (optional, but great for slowing the sugars down from banana / maple / honey during the morning)
- 'power through a massive day' options – add a half avocado and a tablespoon of coconut oil, melted.

What To Do:

1. Stick it all in a big jug and whiz it with a stick blender or dump it all in your vitamix / thermomix and do the same.
2. You're done. A filling breakfast, packed with nutrients to nourish the brain and whole body. If you fancy a delicious, malty chocolate drink to replace milo while we're on the subject of healthier alternatives, have a look at this recipe here from my archives called "I can't believe it's not Milo".
3. Share this with that one busy 'up and go' family you know. Inspire someone to make just one little change. You and I are the people who are going to make a difference. For some reason, tonight more than ever, I truly believe we are able to 'shape the world with our shopping baskets and home efforts'. You will not be hungry until 2pm. Guaranteed.



ZESTY CHILLI BEANS

Makes a big pot – dinner for four and leftovers!

This recipe can be made with home cooked or canned beans and makes a delicious vegetarian dinner and several breakfasts and lunches.

Ingredients

- Extra virgin olive oil
- 2 onions, diced
- 1 carrot, diced
- 1 red capsicum, diced
- 2 celery stalks, diced
- 2 cloves of garlic, chopped
- Dried chilli flakes to your liking (optional)
- 2 tsp each of cumin and oregano
- 2 tins (or 4 cups of home cooked) beans of your choice – Navy, Cannellini, Red Kidney or a mixture all work well.
- 800g of fresh tomatoes, diced
- 1 T tomato paste
- 2 bay leaves
- 1 T coconut sugar (if required)
- 1-2 T tamari sauce
- 2 T Apple cider vinegar
- 1 tsp salt
- Fresh coriander and lime to serve



Preparation

1. Add the oil to a large pot, then tip in the onions, carrot, capsicum, garlic, celery and cook, stirring for around 5 minutes.
2. Add the spices and continue to cook for a further five minutes adding some water if it begins to stick.
3. Stir in the beans, chopped tomatoes, tomato paste and bay leaves, you might need to add a little water or vegetable stock so the beans are just covered.
4. Turn heat to low and simmer for around 1 hour.
5. Taste your beans and if you feel they need a little sweetness, add the coconut sugar or maple syrup then add the tamari and ACV. Stir well.
6. Serve sprinkled with fresh coriander and a squeeze of lime .

How to serve your beans – we like ours:

- With tortillas made from Masa Harina (corn) that are simple to make, gluten free and a great excuse to bust out the tortilla press
- On hot toast spread thick with avocado
- On top good quality corn chips with plenty of guacamole for healthy nachos
- In lettuce cups with some grated tasty cheese
- Placed in a heated ramekin with an egg broken on top and then baked for about ten minutes for a quick baked eggs – this is unbelievably delicious – especially when you have sour dough toast to dip in it!

Recipe by Kristin Cosgrove at [Mamacino](#).





SPELT AND BUCKWHEAT PANCAKES

Serves 6-8 medium pancakes

Enjoy these pancakes for breakfast and pop into kids lunch boxes with a spread of raw honey and/or for savoury lunch pancakes. You can cook up the whole batch or save the wet ingredients in the fridge to cook up later.

Ingredients

- 1 cup buckwheat flour
- 1 cup spelt flour
- 2 tbsp coconut or rapadura sugar
- 2 tsp aluminium-free baking powder
- 2 eggs, beaten
- 2 cups milk
- 4 tbsp melted butter
- Coconut oil or butter for cooking

Preparation

1. Mix the flour, sugar and baking powder
2. Add the eggs, milk and melted butter, stirring the mixture until smooth Preheat a frying pan and grease with coconut oil or butter
3. Ladle in the batter and cook for a minute or two each side until golden brown

Topping tips

- Canadian maple syrup, banana & cinnamon Mango, desiccated coconut and yoghurt
- Berry coulis or fresh berries & cream
- Or as my son likes them avocado, baby spinach, cherry tomato and goats cheese

5 quick health benefits:

1. **Butter** – great source of Vitamin E, A and K, and is a source of quick energy
2. **Eggs** – great source of protein and vitamin B-12 required for normal brain function.
3. **Buckwheat flour** – a gluten free alternative to white flour. It is higher in essential vitamins and minerals, and high in fibre and protein.
4. **Coconut sugar** – is a wonderful alternative to white processed sugar. It has a low GI and is full of vitamins, minerals and amino acids (but it is still sugar, so use sparingly).
5. **Almond milk** – great for those who are lactose intolerant. It is high in vitamins and contains protein and good fats.



BREAKFAST SORBET

This is a Thermomix recipe but can be done in a high-speed blender too.

Ingredients

- 40g raw almonds/macadamias/cashews
- 30g rolled oats or quinoa flakes
- 25g seeds - pepitas, sunflower, linseeds, chia seeds
- 30g tahini
- 30g sultanas
- 250g ice
- 250g frozen mixed berries
- 250g frozen bananas, chopped in 1 inch pieces
- 40g pure maple syrup or raw honey (or to taste)
- 50g yoghurt or coconut cream (optional)
- 30g chopped nuts (I like pecans)



Preparation

1. Toss raw almonds/macadamias/cashews, rolled oats or quinoa flakes, seeds, tahini, sultanas, ice into your Thermomix bowl (weighing them if you want to be particular!), and grind on speed 9 for about 30 seconds.
2. Next add the berries and grind them up on speed 9 for about 15 seconds.
3. Then add the remaining ingredients and mix on speed 9 for about 2 minutes, using spatula, mixing until creamy.
4. For extra yumminess, add some extra sultanas and/or chopped nuts and stir on speed 3 until mixed in, or sprinkle them on top.

Notes

For a smoother version, grind up the dry ingredients first (seeds, nuts, oats/ quinoa) until fine; add ice and grind; add frozen berries and grind; then add remaining ingredients.

P.S. Freeze any leftovers in a sealed container or ice cube trays. When you're ready to use it, thaw for a few minutes and remix in Thermomix or blender to whip it up again.

Recipe by Jo Whitton from [Quirky Cooking](#).



SOFT BOILED EGGS

Ingredients

- 2 eggs
- water

Preparation

1. Fill a saucepan with enough water to cover the eggs and bring to a boil
2. Use a spoon to gently lower the eggs into the water being careful not to crack the egg
3. Cook uncovered for approx. 4 and a half minutes for medium sized eggs then use a slotted spoon to gently remove them from the water and run them under cold water immediately
4. Peel and serve with leftover roasted cauliflower and sautéed greens or crispy bacon, asparagus and avocado





BANANA CINNAMON PANCAKES

Boost the nutrition of pancakes by adding in some extra protein/good fats/healthy carbs in the form of 'seed-meal' to your pancakes for extra nutrition. Adding in some ripe banana (plus cinnamon!) proves to be a great way to reduce the amount of sweetener required, whilst boosting that all important tryptophan which helps to keep their spirits up for the day!

To save time, you can even make this mixture the night before, ready to be turned into these tasty little delights in the morning.

Ingredients

- 1/2 cup sunflower seeds
- 1/4 cup chia seeds
- 2 tablespoons raw honey
- 1 cup spelt flour
- 1 cup buckwheat flour
- 1-2 cups milk (we do 1 cup because we like a nice thick pancake)
- 1 tablespoon cinnamon
- 2 teaspoons baking powder
- 2 eggs, lightly beaten
- 2-3 medium ripe bananas, mashed

Preparation

1. Process seeds in a food processor until they resemble fine crumbs
2. In a bowl mix the mix the seeds, flour, baking powder and cinnamon In a separate bowl mix honey, milk, eggs and bananas
3. Add wet ingredients to the dry ingredients
4. Pop a medium frypan on medium heat and melt some butter or coconut oil (I like using a mix of both)
5. Ladle in the pancake mixture and flip once sizzling
6. Serve on it's own, in lunchboxes or with some whipped cream and berries. Yum!
7. Feel free to adapt these meals to any age, stage and issues around certain foods in your family. Don't remove things just because 'our kids won't eat that' vibes. What if they do this time?



STOVETOP GRANOLA

Ingredients

- 1 teaspoon coconut oil
- 1 cup coconut flakes
- 1/4 cup your favourite mixed nuts/seeds
- 1 teaspoon cinnamon
- 1 teaspoon raw honey, pure maple syrup or rice malt syrup (optional)
- Pinch of allspice (optional)

Preparation

1. Heat a frying pan and add coconut flakes, nuts/seeds, cinnamon, allspice and dry roast them for a few minutes until slightly golden brown
2. Add coconut oil and stir for 1 minute Add sweetener and stir for 1 minute.
3. Serve on its own or with yoghurt or with your choice of milk and mixed berries



BREAKFAST ICE CREAM

Serves 2-4 depending on big and little people.

What You'll Need

- 2 large frozen bananas (peel them before you freeze them and put into a container)
- 2 cups frozen fresh blueberries (or organic frozen)
- 1 small frozen avocado (peel before freezing)
- 100ml coconut cream that has been in the fridge
- 1 heaped tsp ground cinnamon
- 1/4 cup cashews (do pumpkin seeds for nut free)
- 1 tbsp linseeds
- 1 heaped tablespoon (optional) of a Republica Breakfast mix (use a mix / blend / natural protein powder you have if you're not in Australia)
- OPTIONAL: 1 tbsp maple, honey or rice malt syrup - You may need this to start with if weening high sugar / refined kids off them. Something familiar like that sweetness can really help to start with.

What To Do

1. Blend your cashews and linseeds for 5 seconds (speed 7 Thermomix / MyCook)
2. Add everything else into your blender and blend on high for 10 seconds.
3. Scrape down the sides.
4. Repeat 3 more times until super smooth, thick and creamy. Serve in bowls and top with whatever you've got going in the kitchen in the nuts, seeds, berry department
5. I topped with a sprinkling of bee pollen, linseed, cashews, slivered almonds and blueberries but it all depends on what's in your pantry.





SIMPLE CHOCOLATE QUINOA PORRIDGE

This quantity serves me plus 3 year old so double or triple for large families.

What you'll need

- 1 cup already cooked quinoa, ready to go! Red or White, no matter – the red quinoa will give you a nuttier taste if that's something you love. I like putting this on the night before when I'm doing dinner, and that way it's ready in the fridge. No psych up required.
- 3 heaped tablespoons of additive free coconut cream (Honest to Goodness, Ayam and Banaban)
- 2 teaspoons maple syrup or raw honey (use 2-3 drops of stevia if sugar free)
- 1.5 teaspoons of Raw cocoa powder (depending on your chocolatey desires)
- 2 teaspoons chia seeds (optional, but I love the crunchy little things, and packed with awesomeness)
- 50ml coconut milk or nut milk (optional. if you like a liquidy porridge, it could be nice to pour a little of the milk over the top to finish, once in the bowl)
- 1 table spoon coconut flakes / shredded coconut
- 2 pinches cinnamon

What to do

Put the quinoa, coconut cream, maple syrup, cocoa powder and chia seeds in a saucepan and stir and heat for about 2 minutes until well combined and hot. Plop into 2 bowls and top with your coconut flakes and cinnamon et voila! How easy...

Enjoy breakfast... or a midnight snack!



HIGH ENERGY MANGO MACADAMIA SMOOTHIE

Ingredients

- 500g frozen mango, chopped
- 100g raw macadamia nuts
- 100g coconut cream
- 50g coconut oil
- 700-800g natural coconut water, or water, or mixture
- 1/2 to 1 avocado (frozen for a thicker smoothie)
- 1 egg (optional)
- 1 lime, flesh only (can zest before peeling)
- 1/2 a vanilla bean, or 1/4 tsp vanilla powder

Instructions

Place all ingredients into the Thermomix bowl (or a powerful blender) and blend 2 mins/speed 10. Sprinkle smoothies with some chopped macadamias and lime zest if you like before serving.

Variations

- **Green Mango-Macadamia Smoothie** - add 60g baby spinach leaves
- **Blueberry-Banana Smoothie** - swap macadamias for almonds, mango for 300g frozen banana, add 1 pitted date and 100-200g frozen blueberries, reduce coconut water/water to 500g, add 200g ice. Add 60g spinach leaves for a green version. Garnish with some chopped blueberries.

Recipe by Jo Whitton, [Quirky Cooking](#)

