

CHIA-NILLA CUSTARD



**BREAKFAST
RECIPES**

 **SERVES:** 3-4

 **PREP TIME:** 5 minutes (Set for 1 hour)

 **COOK TIME:** 5 minutes

 **CONTAINS:** eggs

Ingredients

- 70 g chia seeds (⅓ cup) white or black
- 250 mls coconut water (1 cup)
- 250 mls coconut milk (1 cup)
- 2 organic free-range eggs
- 1 tablespoon coconut oil duck fat, tallow or other good quality fat
- ½ teaspoon vanilla powder 1 vanilla bean, split, seeds removed
- 1 teaspoon cinnamon
- 1 pinch Himalayan salt sea salt
- mixed berries to serve
- activated almonds chopped, to serve



**Great as a snack
too!**

Per Serving

CALORIES: [173]
CARBS: [4g]
FATS: [13g]
PROTIEN: [7g]

Method

1. Combine the chia seeds with the coconut water and stir well, then set aside.
2. Pour coconut milk into a saucepan and heat to a simmer.
3. Add the eggs, coconut oil, vanilla, cinnamon and salt and whisk through for 2 minutes over low heat until the mixture thickens slightly to form a custard and coats the back of a spoon.
4. Pour the egg and coconut milk mixture into the bowl with the chia and coconut water, stir well and pour the mixture between 3 or 4 ramekins.
5. Place the ramekins in the fridge and allow to sit for an hour, or overnight until set.
6. Serve with some berries and chopped almonds.

Note: This recipe will need to be prepared an hour ahead or the night before.

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BACON & EGGS WITH SLOW-ROASTED CHERRY TOMATOES AND AVOCADO



BREAKFAST RECIPES

 SERVES: 2

 PREP TIME: 10 minutes

 COOK TIME: 40 minutes

 CONTAINS: eggs

Ingredients

- 6 cherry tomatoes cut into halves
- ½ teaspoon dried oregano
- 1 garlic cloves crushed
- 4 tablespoons coconut oil duck fat, tallow or other good quality fat melted
- sea salt Himalayan salt
- freshly ground black pepper
- 4 free-range bacon rashers
- 4 organic free-range eggs
- ½ ripe avocados cut into 2 cm cubes
- 1 teaspoon lemon juice
- 1 tablespoon extra virgin olive oil
- flat-leaf parsley to serve
- 2 tablespoons cultured vegetables of your choice



A balanced meal!

Per Serving

CALORIES: [614]

CARBS: [10g]

FATS: [58g]

PROTIEN: [19g]

Method

- Preheat the oven to 120°C (250°F / Gas ½).
- Line a baking tray with baking paper and arrange the cherry tomatoes, cut-side up, on the prepared tray. Sprinkle on the oregano and garlic and drizzle 1 tablespoon of the coconut oil or fat over the top.
- Season with salt and pepper.
- Bake in the oven for 30 - 35 minutes, or until the tomatoes have shrunk slightly but still appear juicy.
- Heat 1 tablespoon of the coconut oil or fat in a non-stick frying pan over medium heat, then add the bacon and cook for 2 - 3 minutes on each side until golden. If you like your bacon very crispy, cook for longer.
- Remove from the pan and keep warm. Wipe the pan clean and reheat over medium heat with the remaining coconut oil or fat. Crack in the eggs and fry for 2 minutes until the egg white is set, or the eggs are cooked to your liking.
- Place the avocado in a small bowl and pour in the lemon juice and olive oil. Gently toss and set aside.

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SCRAMBLED EGGS WITH AVO AND CRISPY PANCETTA



BREAKFAST RECIPES



SERVES: 1



PREP TIME: -



COOK TIME: 20 minutes



CONTAINS: -

Ingredients

- 3 free-range eggs
- 3 - 6 slice pancetta
- 1/2 avocados
- avocado oil or olive oil



High source of protein to start the day!

Per Serving

CALORIES: [527]
CARBS: [10g]
FATS: [42g]
PROTIEN: [33g]

Method

- Preheat the oven to 200°C. Put a saucepan of water on the stove, put a glass bowl on top and bring it to boil.
- Place the pancetta slices on baking paper on a baking tray. Pop them in the oven and bake for 10 minutes or until the slices are nice and crispy, then remove from the heat.
- Crack the eggs (add a couple extra if your hungry) and gently whisk with a fork. (If you whisk too vigorously, air gets into the egg whites.)
- Pour the eggs into the glass bowl and stir with a wooden spoon until the eggs are light and fluffy. When they're cooked the way you like them, take them off the heat.
- Scoop the avocado flesh from its skin and serve it alongside the cooked pancetta and eggs on the plate.

Notes

In this recipe we use a bain-marie – a bowl over hot water – to cook the eggs, but there's another way to cook your eggs. Simply grab a frying pan and put it over a low heat. Throw in your eggs and gently fold/stir using a wooden spoon until they're cooked the way you like them.

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HAM, EGG AND MAYO LETTUCE WRAPS



 SERVES: 2

 PREP TIME: 15 minutes

 COOK TIME: -

 CONTAINS: -

Ingredients

- organic free-range eggs hard boiled, chopped
- 2 tablespoons mayonnaise (to make your own, see recipe below)
- sea salt Himalayan salt
- 2 large baby cos lettuce leaves
- 4 slices ham thinly sliced
- 1 carrots grated
- 1 Lebanese cucumbers sliced
- 1 beetroot peeled and grated (wear gloves!)

Mayonnaise

- 1 organic free-range eggs
- 2 organic free-range egg yolk
- 1 teaspoon Dijon mustard
- 1/2 teaspoon sea salt Himalayan salt fine
- 1 tablespoon raw apple cider vinegar
- tablespoon lemon juice
- 50 mls extra virgin olive oil or macadamia oil



A complete meal wrapped in one!

Per Serving

CALORIES: [#]
CARBS: [#g]
FATS: [#g]
PROTIEN: [#g]

Method

- Mix the egg and 2 tablespoons of the mayonnaise until well combined; season with salt and pepper.
- Place two sheets of baking paper on a workbench or chopping board and put a lettuce leaf on each sheet. Equally divide the ham, carrot, cucumber, beetroot and egg mayo between the lettuce leaves, then roll up, wrap tightly and cut in half.

Mayonnaise

To make your own mayonnaise, place the egg, egg yolks, mustard, salt, vinegar and lemon juice in a food processor and process for 1-2 minutes, or until nice and smooth. With the motor running, slowly pour in the oil and process until it has emulsified and become thick and creamy.

Season with a little more salt if needed.

Notes

Leftover mayo can be stored in an airtight container in the fridge for up to 4 days.

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PEBBLES AND BAM BAM SUPER SCRAM



BREAKFAST RECIPES

 SERVES: 1 - 2

 PREP TIME: 10 minutes

 COOK TIME: 3 - 4 minutes

 CONTAINS: -

Ingredients

- 2 organic free-range eggs
- 40 g ham finely chopped
- 2 teaspoons chia seeds
- pinch dulse flakes
- 1 teaspoon coconut oil
duck fat, tallow or other
good quality fat
- 1 tablespoon dinosaur
sauce plus extra to serve



**Rich in protein
and good fats!**

Per Serving

CALORIES: [206]
CARBS: [5g]
FATS: [13g]
PROTIEN: [16g]

Method

- Break the eggs into a bowl and whisk. Stir in the broth, ham, chia seeds and dulse flakes.
- Heat the coconut oil in a frying pan over medium heat. Pour the egg mixture into the pan. Stir it gently with a wooden spoon - lifting and pushing the egg mixture from the outside to the centre until the eggs are almost set (about 2 minutes).
- Remove from the heat and gently fold the mixture a couple of times.
- Allow the eggs to stand for about 1 minute, as the residual heat will finish the cooking.
- Serve with dinosaur sauce.

Notes

As this recipe contains egg whites please wait until 12 months to include it in your child's diet.

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