



BREAKFAST RECIPES

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KARL'S YUMMY GRANOLA

Granola is a quick and easy breakfast option and so simple to make. Most off-the-shelf granolas are really high in sugar and additives, so why not make your own?

PREP TIME 5 to 10 minutes

COOKING TIME 25 minutes

SERVES 10

400g jumbo oats

75g mixed seeds

75g honey

75g coconut oil¹

75g mixed nuts

75g desiccated coconut

50g dried apricots, finely
chopped

1 Preheat the oven to 180°C/350°F/gas mark 4 and line a large baking tray with greaseproof paper. This ensures that the ingredients don't stick to the tray.

2 Mix the oats and seeds with the honey and coconut oil, spread out evenly on the baking tray and place in the middle of the oven.

3 After 10 minutes, remove from the oven and sprinkle over the mixed nuts, being careful not to touch any of the hot surfaces. Using a large spoon or spatula, stir the mixture on the tray. Return to the oven and bake for another 10 minutes.

4 Then, in the same way, remove from the oven again, add the desiccated coconut, stir again, and return to the oven to bake for another 5 minutes.

5 Allow to cool (for about 30 minutes) and then add the chopped apricots.

6 Granola can be used in lots of ways. As a cereal with milk (dairy, nut, soya), sprinkled on yoghurt with berries or dry as a snack (but don't go mad – while it's a lot healthier than a bag of crisps, it's still high in calories! A normal serving would be ½ a small mug, which contains approximately 200 calories.)

7 Keeps very well in a sealed container for three to four weeks.

COCONUT OIL

Even though it's solid at room temperature, coconut oil is actually a liquid and you'll notice the measurement on the jar is in ml. To translate the gram measurement to ml add 10 per cent. In other words 100g of coconut oil is 110ml. The measurement in this recipe – 75g – is 82ml (but you can round to 80 or 85; it doesn't have to be exact). If you come across the ml measurement for coconut oil in a recipe and want to convert to grams then just deduct 10 per cent – so 100ml is about 90g.





PORRIDGE, TWO WAYS

I am porridge's biggest fan! It's delicious, full of slow-release energy, super-healthy and cheap too. My simple porridge trick is to soak the oats overnight – they not only cook quicker in the morning, but the porridge tastes even better too. You can put a variety of toppings on it – I give you two suggestions here, chia and strawberries or banana and blueberries.

1 Place the porridge oats, water and milk in a small saucepan over a high heat. Bring to the boil. (Alternatively, soak the oats overnight in 160ml water or milk and heat through to serve.)

2 Reduce the heat to medium, stir and simmer for 4 to 5 minutes, stirring occasionally, until the oats have absorbed the fluid and it has thickened. Now that the oats are cooked you can change the consistency of the porridge by adding more milk and stirring it in. Personally I love thick porridge, but you can adjust the consistency to your liking really easily.

3 Divide between two bowls and sprinkle with the chia seeds and strawberries or the sliced bananas and blueberries.

PREP AND COOKING

TIME 10 minutes

SERVES 2

75g jumbo porridge oats
160ml water
160ml milk (dairy, nut, soya – whichever you prefer)

VERSION 1

2 tsp chia seeds
8 to 10 fresh strawberries, hulled and sliced

VERSION 2

1 banana, sliced
125g punnet fresh blueberries



SUPER-SIMPLE OVERNIGHT OATS

This is my version of one of the trendiest breakfast options around. Delicious, quick to make, loaded with slow-release carbohydrates and gut bacteria, this is the perfect go-to option if you are in a hurry in the morning

1 Wash four glass jars (ones with capacity of about 200ml) and their lids in hot water and dry thoroughly.

2 Combine the yoghurt, coconut milk and vanilla extract in a small bowl.

3 Layer the oats, chia seeds and blueberries in the four jars.

4 Divide the yoghurt mixture evenly between the four jars, pouring it over the dry ingredients.

5 Sprinkle a few fresh blueberries or raspberries on top of the mixture in each jar and screw on the lids.

6 Chill overnight in the fridge. Just before eating, sprinkle 1 tablespoon of the granola into each jar.

7 These overnight oats will keep for up to three days in the fridge, so you can eat whenever it suits you!

8 If this mixture makes the oats too thick for you, just add more milk to get them to your desired consistency. And, of course, the longer you leave the oats, the more of the liquid they will absorb, so add more milk to loosen if needed. You'll quickly discover how to make your overnight oats just right for you!

PREP TIME 5 minutes

SERVES 4

200ml Greek yoghurt
200ml coconut milk
(see last note below)
1 tsp vanilla extract
200g jumbo porridge oats
8 tbsp chia seeds
125g blueberries or
raspberries, plus extra
for sprinkling
4 tbsp granola (hopefully
homemade using the
recipe on [page xx](#); if
not, please use a
low-sugar version)

SCRAMBLED EGGS WITH CHORIZO AND SPINACH

This recipe has everything! Eggs are full of protein, spinach is an amazing source of vitamins and minerals, and the chorizo will add some healthy fat, as well as making this recipe super-tasty. I add a generous amount of black pepper to give it a nice kick. As the chorizo is naturally salty, you probably won't need any additional salt to season.

PREP TIME 5 minutes

COOKING TIME 5 minutes

SERVES 1

75g chorizo, diced into
1cm chunks

2 large free-range eggs,
beaten

a large handful of baby
spinach leaves

freshly ground black
pepper²

1 Using a non-stick pan fry the chorizo over a low heat. You won't need to add any fat as the fat in the chorizo will melt down and help to fry the lean part. Fry until the chorizo pieces are crisp.

2 Remove the pan from the heat. Push the cooked chorizo to one side of the pan and, using a few sheets of kitchen paper, blot away the fat that's rendered out and put it in the bin (you don't want to pour it down the sink as it may solidify and block your drain!).

3 Add the beaten eggs and allow to cook, agitating and stirring them a little, before adding the spinach and the chorizo. I like my scrambled eggs well cooked so I make sure they're solid before adding the spinach. If you like them softer, you can add the spinach while they're still a little runny.

4 Stir the mixture until the spinach softens and wilts – this will happen very quickly, in a minute or two. Season with black pepper.

5 These scrambled eggs are delicious on their own or with a slice of wholemeal or sourdough bread.





RAINBOW OMELETTE

Omelettes are a great way of getting a healthy meal into your day. They are quick to make and you can fill them with whatever you want. Ideally, make them full of colour, as colourful vegetables are full of minerals, vitamins and antioxidants. Omelettes are also a great source of protein. This is one of my favourites.

PREP TIME 5 minutes

COOKING TIME 5 minutes

SERVES 2

1 tbsp rapeseed oil
1 red pepper, chopped
1 jalapeño pepper, finely
chopped (if you like hot
food, you can add more
than one!)
½ small red onion, peeled
and finely chopped
6 cherry tomatoes,
quartered
4 eggs
sea salt and freshly
ground black pepper

1 Put a non-stick pan onto a medium heat and pour the oil into the pan.

2 When the oil is hot, put the chopped peppers and onion into the pan and leave to cook, stirring occasionally. Add in the tomatoes when the other vegetables are already nice and soft.

3 Meanwhile, crack the eggs into a bowl, add seasoning to taste and beat lightly with a fork.

4 When the tomatoes have broken down slightly, add the beaten eggs to the pan and stir through lightly.

5 Allow to cook for about 6 minutes or until the eggs have set to your taste.

6 You can adapt this simple omelette recipe to incorporate your favourite veg for a healthy breakfast any time of year. It's good for lunch or a quick supper too, and you can bump up the nutritional value if you add a little salad on the side!

BAKED EGGS WITH TABASCO AND TOMATO SALSA

Baked eggs are a really simple twist for breakfast; they are quick to cook, full of protein and a delicious way to start off your day. Don't be put off by the baking – it couldn't be easier!

PREP TIME 2 minutes

COOKING TIME 15 minutes

SERVES 1

½ tsp rapeseed oil

2 eggs

1 tomato, chopped

1 spring onion, chopped

1 tsp chopped coriander

a dash of Tabasco

sea salt and freshly

ground black pepper

1 Preheat the oven to 180°C/350°F/gas mark 4.

Oil a small ovenproof dish using the rapeseed oil.

2 Break the eggs into the dish. Put into the centre of the preheated oven and bake for 12 to 15 minutes, until the egg whites are just set.

3 Meanwhile, make the salsa by mixing the chopped tomato, spring onion and coriander with the Tabasco in a small bowl. Season to taste.

4 Remove the eggs from the oven. You can serve them in the dish they've been cooked in. Delicious with the lovely fresh salsa and some toast!

(See recipe image on [page xx](#))

AVOCADO TOASTIE

Avocado toasties have become a breakfast favourite – and for very good reason! They're quick, easy, filling and super-nutritious. This is a great go-to breakfast if you have a busy morning ahead. My take on the avocado toastie has a hint of hot sauce because I like a bit of heat in my food.

PREP TIME 5 minutes

SERVES 1

2 slices of wholegrain bread

1 medium-sized avocado, peeled, halved and stoned

1 tsp olive oil

juice of ½ small lime

a few dashes of Tabasco or hot sauce

1 Put the bread on to toast.

2 Using a fork, mash the avocado flesh in a bowl with the olive oil, the lime juice and a couple of splashes of the Tabasco or hot sauce. If you like spicy foods, you can add more.

3 Spread the avocado mix on the toast while it's still hot.

4 To make this a weekend brunch dish, you could add a poached egg on top of one of your toasties!

AVOCADOS

Avocados are delicious but can be tricky to buy, often being either rock hard or starting to go off – and it's not always obvious which it is from the outside. When buying, make sure the skin is evenly coloured with no darker patches. Very gently squeeze them to see if there's a little give. If there is too much give, chances are that the avocado is starting to go off. If avocados are hard you can still buy them. Just place them in a brown paper bag with a ripening banana, leave on a shelf in the kitchen and they will be perfectly ripe in a couple of days! If you are using just half the avocado cut through the length around the stone, which will remain with one side or the other. Use the side without the stone and keep the half with the stone in the fridge.

SUPER-QUICK AND NUTRITIOUS SMOOTHIES

Sometimes there is very little time in the morning to prepare breakfast, so popping a few lovely fresh ingredients into a blender is a great way of getting a filling nutritional hit in very little time. In fact, the first smoothie here is a perfect option for preparing the night before and grabbing from the fridge as you run out the door!

PREP TIME 6 minutes
SERVES 1

200g pineapple, peeled and roughly chopped
medium red pepper
½ small avocado, peeled, halved and stoned
a handful of spinach leaves, washed
a handful of kale leaves, with stalks, washed
juice of 1 large juicy orange
juice of ½ lime
1 tbsp water, to loosen mixture (optional)

TANGY GREEN SMOOTHIE

- 1 Put all the dry ingredients into a blender or NutriBullet. Pour the juices on top.
- 2 Cover and blitz for about 20 seconds until everything is well combined. You will end up with a vibrant green smoothie that tastes lovely and fruity!
- 3 You can substitute in any fruit that you have in your fridge for the pineapple. You can also add the tablespoon of water, or more if needed, to loosen the consistency if you find it is too thick.
- 4 This smoothie will usually last for two days in the fridge.

CREAMY APPLE AND PEAR SMOOTHIE

PREP TIME 5 minutes
SERVES 1

- 1 Throw the apple and pear whole into your blender or NutriBullet (remove stalks but there's no need to remove the core – it's all good fibrous stuff!). Then put in the rest of the dry ingredients.
- 2 Pour over the milk and drizzle with the honey.
- 3 Cover and blitz for about 20 seconds until everything is well combined.
- 4 This smoothie will usually last for two days in the fridge.

1 small, unpeeled apple
1 unpeeled pear, ideally soft
a handful of shredded kale, with stalks
2 tbsp jumbo porridge oats
3 thin slices of fresh ginger, diced
300ml milk (dairy, nut or soya)
½ tsp honey

