

## Food4Kids: Breakfast Suggestions

A few suggestions for speedy breakfast solutions to inspire you, make life simple and engage your kids in healthy eating.

# Cereal-based Recipes





## Crunchy Nut & Seed Granola

Contributed by [Amelia Freer](#) FdSc, Dip ION, author of “*Cook. Nourish. Glow.*”

Prep time: 10 mins

Cook time: 1 - 1½ hours

Serves: 20

### Ingredients:

- 200g dates
- 100g figs
- 50g dried mulberries, raisins or prunes
- 100g chia seeds
- 200g almonds
- 100g cashews
- 100g macadamia nuts

### Optional:

- 50g desiccated coconut
- 1 tablespoon vanilla extract
- 1 tablespoon sea salt

### Method:

1. Soak the dried fruit overnight in 200ml water. Then blend with their soaking water, and add the chia seeds.
2. Soak the nuts in salted water overnight, then discard the water and pulse the nuts in a food processor.

3. Combine the chopped nuts and dried fruit mixture with your hands, and add the desiccated coconut, vanilla extract and salt.
4. Spread the mixture out thinly on to one or two oven trays and cook for 1 - 1½ hours, until it is dry and crispy, at 120°C / 100°C fan.
5. When cool, break the granola up into chunks and store in an airtight container. Serve with nut milk (see below) or coconut yoghurt and fresh berries.

## A few alternative flavours to try adding into the mix:

- Banana and passion fruit
- Fig and raspberry
- Pear and grape



## Warming Quinoa Porridge

Contributed by Amelia Freer FdSc, Dip ION, author of *“Cook. Nourish. Glow.”*

Prep time: 6 mins

Cook time: 20mins

Serves: 1

### Ingredients:

- 50g quinoa flakes, washed (these flakes can be bought from some supermarkets or health food shops)
- 250ml filtered water
- 250ml coconut or almond milk
- Pinch of vanilla powder or 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 1/2 cup coconut flakes
- Fruit of choice to top (I like to use poached pear or fresh peach, stoned and cut into slices)

### Method:

1. Put the quinoa flakes into a pan and cover with the water. Bring to the boil, then reduce the heat and simmer for 15 minutes, or until the quinoa has turned translucent.
2. Stir in the milk, vanilla and cinnamon and cook for a further 5 minutes until creamy.
3. Sprinkle with the coconut flakes and serve in bowls with poached pears or fresh peach slices on top.

## Porridge/oatmeal-based Recipes





## Breakfast Pots

Contributed by Amelia Freer FdSc, Dip ION, author of *“Cook. Nourish. Glow.”*

Time: 10 mins

Serves: 1

### Ingredients:

- ½ cup (gluten free) oats per person
- 2 heaped tbsp milled chia seeds
- Almond or coconut milk
- Zest and juice of 1 orange
- Organic blueberries (or other fruit of choice)
- Coyo coconut yoghurt (or natural yoghurt if you aren't avoiding dairy)
- Pumpkin and sunflower seeds to sprinkle on top
- Fresh mint

### Method:

**Note:** Prep the day before.

1. Soak the oats and chia seed in the milk, orange juice and zest for 3-4 hours or overnight.
2. Spoon the mixture into a glass/glasses per person.
3. Add 2 tbsp coconut/natural yoghurt on top.
4. Then sprinkle the blueberries on top.

5. Add a few seeds to garnish and some fresh chopped mint.
6. The breakfast pots last in the fridge for three days if covered.

**Note:** You can make this breakfast without using oats and just soaking the chia seeds to make a “porridge”.



## Speedy Bircher Muesli

Prep time: 10 mins

Serves: 2

### Ingredients:

- 50g oats
- 50ml cloudy apple juice or milk (Organic, A2, almond, coconut or oat)
- 4tbsp natural bio/live yogurt or coconut yoghurt (e.g. CoYo)
- 1/2 tsp cinnamon
- 1 green apple, grated with skin
- 1 tbsp pumpkin seeds
- 1 tbsp chia seeds
- 1 tbsp flaked almonds or coconut flakes
- 1 handful fresh berries or a few slices of fruit

### Method:

**Note:** This muesli is prepared the night before so the oats have time to soften.

1. Mix the oats, apple juice, yoghurt, grated apple, seeds, cinnamon and flaked almonds/coconut together. Cover and leave in the fridge overnight.
2. Remove the muesli from the fridge when you get up in the morning and allow to come up to room temperature. Add fresh

berries or sliced fruit of your choice and  
enjoy!

# Fruit-based & Smoothie Recipes





# Protein Power Berry & Cinnamon Smoothie

Time: 10 mins

Serves: 2

## Ingredients:

- 1<sup>1</sup>/<sub>4</sub> cup milk (Organic, A2, Almond, Coconut or Oat)
- 1 punnet (100g) blueberries
- 1 serving natural or vanilla flavoured protein powder (avoid whey if dairy intolerant)
- 1/2 tsp natural vanilla essence
- 1/4 tsp ground cinnamon
- 1/4 cup oats
- 1-2 dates, pitted and soaked (overnight if possible)

## Method:

Add ingredients to a blender in the order they appear above and blend well.



# Protein Power Gingerbread Smoothie

Time: 10 mins

Serves: 2

## Ingredients:

- 1<sup>1</sup>/<sub>4</sub> cup milk (Organic, A2, Almond, Coconut or Oat)
- 1 banana (peeled and frozen)
- 1 tbsp molasses
- 1<sup>1</sup>/<sub>4</sub> tsp ginger powder
- 1<sup>1</sup>/<sub>4</sub> tsp cinnamon
- 1 tbsp oats
- 1 tbsp shredded coconut
- 1 serving protein powder (avoid whey if dairy intolerant)

## Method:

Add ingredients to a blender and blend till smooth and creamy.



# Protein Power Strawberry Milkshake Smoothie

Time: 10 mins

Serves: 2

## Ingredients:

- $\frac{3}{4}$  cup coconut water
- 8 frozen or fresh strawberries
- 1 banana, peeled and frozen
- $\frac{1}{2}$  tsp honey
- Pinch of nutmeg
- Pinch of cinnamon
- 1 tbsp almond butter
- 1 serving protein powder (avoid whey if dairy intolerant)

## Method:

Add ingredients to a blender and blend till smooth and creamy.



## Warm Winter Fruit Bowl

Prep time: 10 mins

Cook time: 15 mins

Serves: 2

### Ingredients:

- 100g frozen mixed berries
- 50g raw mixed nuts (chopped) - optional
- $\frac{1}{4}$  tsp cinnamon
- $\frac{1}{2}$  tsp natural vanilla essence
- Warm milk (Organic, A2, Almond, Coconut or Oat)
- A dollop of coconut yoghurt (e.g. CoYo) or natural bio/live yoghurt (if not dairy intolerant)
- Sprinkle of chia seeds

### Optional:

- Drizzle of honey

### Method:

1. Bake the berry & nut blend in a low oven ( $150^{\circ}\text{C}$ ) till warmed.
2. Pour over warm milk and finish with a dollop of yoghurt, a drizzle of honey and a sprinkle of chia seeds.



## Nutty Apple Slices

Inspired by [WeKnowHowToDoIt.com](http://WeKnowHowToDoIt.com)

Time: 5 mins

Serves: 2

### Ingredients:

- 1 large green or red apple (cored)
- 2 tbsp almond or cashew nut butter
- Coconut/almond flakes
- Mixed seeds

### Method:

1. Simply slice the apple into rounds, smear each round with nut butter and top with coconut or almond flakes, mixed seeds, some dried cranberries or toasted pistachios, pecans or almonds.

**Note:** These are delicious with pretty-much any fruit, nuts or seeds.



## Banana Nut Wraps

Inspired by Weelicious

Time: 5 mins

Serves: 4

### Ingredients:

- 2 peeled bananas
- $\frac{1}{4}$  cup almond or cashew nut butter
- 2 gluten-free or buckwheat wraps

### Method:

1. Gently warm the wraps in the oven or in a frying pan over a low heat.
2. Spread 2 tbsp of nut butter evenly over one surface.
3. Lie the banana near the edge of the tortilla and roll it up.
4. Slice it into 2 cm rounds and serve in a funky design on the plate!

# Egg-based Recipes





## Egg 'Muffins'

Contributed by Amelia Freer FdSc, Dip ION, author of  
*"Cook. Nourish. Glow."*

Prep time: 15 mins

Cook time: 10-20 mins

Serves: 4-6

### Try These Filling Ideas:

- Sundried tomato, chilli & paprika
- Beetroot & feta
- Roasted squash and Sage
- Avocado, Spinach, chives & basil
- Roasted peppers, paprika & parsley

### Method:

1. Grease the muffin tray holes with coconut butter (or olive oil).
2. Choose your fillings and put a small teaspoon in the bottom of each muffin tray then spoon over the whisked egg until they are just filled.
3. Bake in the oven on a medium heat, roughly 150°C for 10 mins or until they are cooked through.
4. They are fluffy and light and a lovely way to feed a busy breakfast bunch AND they are great hot, warm or cold. Play around with the fillings, use leftovers and make sure you add in flavour.



## Coconut Pancakes

Prep time: 5 mins

Cook time: 5 mins

Serves: 1

### Ingredients:

- 2 eggs
- 1tbsp Coconut flour
- Coconut oil for cooking

### Optional:

- 1 tbsp desiccated coconut

### Method:

1. Beat the eggs
2. Add the coconut flour and mix thoroughly (the coconut flour may form lumps, but the mixture will cook properly).
3. Heat the coconut oil in a pan (medium heat) and add the egg mixture either in two separate 'pancakes' or one large 'pancake'. Cook until browned on the first side, turn over and cook the second side.
4. Serve with coconut cream, mixed seeds, a drizzle of maple syrup (if desired), sliced banana or berries or stewed apple.



## Summer Vegetable Frittata

Contributed by [Amelia Freer](#) FdSc, Dip ION, author of *“Cook. Nourish. Glow.”*

Prep time: 10-15 Mins

Cook time: 15-20mins

Serves: 4-6

### Ingredients:

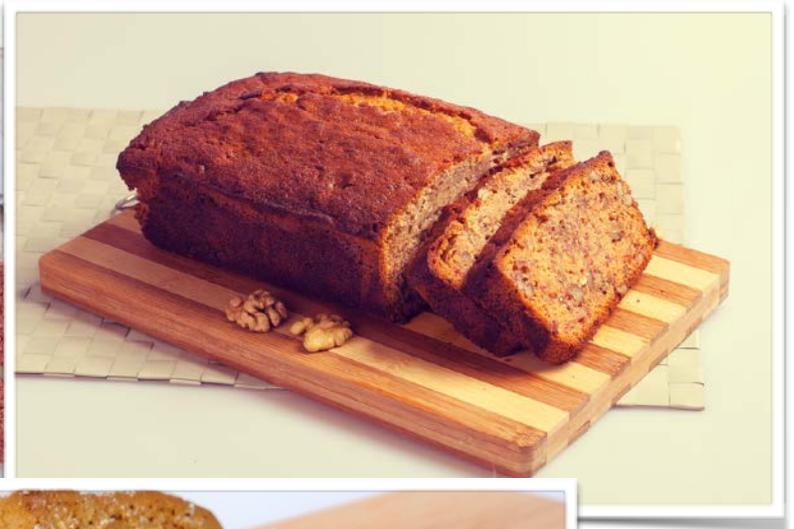
- 1 tbsp coconut oil
- 10 cherry tomatoes, roughly chopped
- 1 courgette, sliced into thin half rounds
- 50g fresh peas
- 1 shallot, peeled and finely chopped
- 4 spring onions, finely sliced
- 1 tsp finely chopped chives
- Salt and freshly ground black pepper
- 1 tsp Dijon mustard (optional)
- 6 eggs, beaten

### Method:

1. Preheat the grill.
2. Bring a large ovenproof frying pan to a medium heat, add the coconut oil, then add all the vegetables and the chives. Stir and sauté for 1 minute, then add salt and black pepper to taste. Add the mustard, if using, to the eggs and beat to combine. Pour the eggs over the vegetables in the pan, and stir a little.

3. Once the egg has almost solidified, place the pan under the grill for another 1–2 minute until slightly firm and the top has browned a little. Remove and allow to rest for 1 minute before slicing and serving.

# Bread-based Recipes





## Beetroot, Rosemary and Walnut Soda Bread (Gluten-free)

Contributed by [Amelia Freer](#) FdSc, Dip ION, author of *“Cook. Nourish. Glow.”*

Prep time: 15 - 20 mins

Cook time: 1 hour

Makes 1 loaf

### Dry Ingredients:

- 250g gluten-free white flour
- 250g gluten-free brown bread flour
- 1½ tbsp baking powder
- 1 handful (50g) roughly chopped walnuts
- 1 tbsp rosemary, finely chopped
- ½ tsp salt

### Wet Ingredients:

- 2-3 medium beetroot (200g), steamed or baked then pureed
- 1 egg
- 180-200ml nut milk
- 1 tbsp apple cider-vinegar or lemon juice

### Method:

1. Pre-heat the oven to 180°C fan. Line a baking sheet with baking paper.
2. Combine the dry ingredients in one bowl and the wet ingredients in another, reserving 20ml

of the nut milk. Mix the dry into the wet ingredients, adding a little more nut milk as need to bring it together. It should be just wet enough to absorb the flours but dry enough to hold its shape.

3. On a clean, lightly floured surface, shape the dough into a round loaf and make four cuts on top about 2 cm deep.
4. Bake for about 60 minutes or until a skewer comes out clean.
5. Cool on a wire rack completely before cutting open.

**Note:** The loaf can be made at the weekend, sliced and frozen for quick access during the week.



## Gluten Free Irish Soda Bread

Prep time: 10 mins

Cook time: 30 - 40 mins

Makes 1 loaf

### Ingredients:

- 280g gluten free all purpose flour (not bread flour or self raising)
- 1 teaspoon salt
- $\frac{3}{4}$  teaspoon baking soda
- 60g sultanas or currants (optional)
- 200ml non dairy milk
- 1 tablespoon apple cider vinegar

### Method:

1. Sour the milk. Mix the non dairy milk with the vinegar set to one side for approx 30 minutes. The milk will separate
2. Heat the oven to 200°C. Put a baking sheet in the oven to heat
3. Make the dough. Mix the flour, salt, and baking soda. Add the currants (if using) and stir. Pour in the soured milk. Stir together the dry ingredients and the soured milk. It will seem too dry at first. Keep stirring. Stir together the dough until it is all wet and crumbles with no patches of dry flour. It won't come together as a solid dough at this point.

4. Pinch a bit between your fingers. Does it cohere as dough? You're good. (If not, add a bit more milk - you can use unsoured if required)
5. Put the dough onto the counter. Gently, knead the dough with the heel of your hands and push it around until it's a more supple dough. Form it into a ball. Make a slash across the ball of dough one way, then the other way, to make a cross.
6. Bake the dough. Take the hot baking sheet out and put the dough ball onto the tray. Bake for 30 minutes then check. When you lift the bread and tap the bottom of it with your knuckles, the bread should have a hollow thump. Leave for longer if required.

**Note:** The loaf can be made at the weekend, sliced and frozen for quick access during the week.



## Healthy French Toast

Prep time: 15 mins

Cook time: 8 mins

Serves: 6

### Ingredients:

- 6 slices of gluten-free/sourdough bread
- 1 large egg
- $\frac{1}{4}$  cup milk (Organic, A2, almond, coconut or oat)
- $\frac{1}{4}$  tsp natural vanilla extract
- $\frac{1}{2}$  tsp cinnamon, plus  $\frac{1}{2}$  tsp for topping
- 1 tbsp coconut oil

Topping (can be prepped in advance to save time and set aside in the fridge):

- 4 tbsp chopped nuts (pecans, walnuts or pistachios work well)
- 2 tbsp butter
- 2 tbsp honey or natural maple syrup

### Method:

1. Lightly toast the chopped nuts, cinnamon and coconut sugar with some coconut oil. Take care not to burn or overheat. Set aside.
2. Whisk the egg, milk of your choice, vanilla extract and cinnamon until well blended. Dip the slices, one by one, into the mixture and cover both sides well. Fry each slice in a pre-

heated pan over a medium heat until they're golden brown on each side. Keep the slices warm in the oven and when all 6 are complete, top with the cinnamon, butter and honey nut topping.



## Scrummy Paleo Bread

Prep time: 20 mins

Cook time: 40 mins

Serves: 6

### Ingredients:

- 4 eggs
- 1 1/2 cups ground almonds
- 3/4 cup arrowroot flour
- 1/4 cup ground flaxseeds
- 1/2 tsp salt
- 1/2 tsp bicarb soda
- 1 tsp apple cider vinegar
- 65ml pumpkin seeds
- 65ml sunflower seeds
- 20 ml black sesame seeds

### Method:

1. Preheat oven to 180°C/350°F. Grease a loaf pan generously with coconut oil.
2. Combine arrowroot powder, almond flour, ground flax seed, salt, and baking soda into a small bowl.
3. In a large bowl, beat eggs with a hand mixer until super thick and frothy, about 4-5 minutes.
4. Stir the vinegar into the eggs and fold in the dry ingredients until well combined.
5. Fold in sesame and sunflower seeds.

6. Finally pour the batter into the loaf tin and bake for 40 minutes. Let it cool for 10-15 minutes before removing from loaf pan.

**Note:** The loaf can be made at the weekend, sliced and frozen for quick access during the week.



## ABOUT US

Alliance for Natural Health International is an internationally-active, non-governmental organisation promoting natural and sustainable approaches to healthcare worldwide. Our catch cry is 'love nature, live naturally'.

ANH-Intl campaigns across a wide range of fields, including for freedom of choice in healthcare, healthy eating & lifestyles, and the use of micronutrients and herbal products in the management of our health and resilience. We operate campaigns that include drawing attention to misinformed, Big Food-influenced government health eating advice, to the uncertain science and risks of genetically modified foods, to the need for informed choice on vaccination and that aim to end mass fluoridation of drinking water supplies. We accomplish our mission through a unique application of 'good science' and 'good law'.

ANH-Intl was founded in 2002 by Robert Verkerk PhD, an internationally acclaimed expert in agricultural and health sustainability. Our international office is based in Dorking, UK, while our US base ([www.anh-usa.org](http://www.anh-usa.org)) operates out of Atlanta, Georgia.

## PLEASE HELP US SPREAD THE WORD

ANH-Intl is a non-profit organisation that survives on donations from people like you. So please help us today by making a donation.

Donations can be made securely via [www.anhinternational.org/donate](http://www.anhinternational.org/donate)

## CONTACT US

[www.anhinternational.org](http://www.anhinternational.org)

