

Dr. Joey's Top 10 Breakfasts

1. CINNAMON FRENCH TOAST

Ingredients:

- 1 egg
- 1/2 tsp cinnamon
- 1 tbsp 1% milk
- 1 tsp butter
- 2 slices of sprouted grain bread
- 1/2 cup strawberries, sliced

Method:

Beat egg, cinnamon and milk together in small bowl.

Heat butter in small pan.

Dip bread into egg mixture and cook until browned and flip. Once both sides are browned, put onto a plate and top with sliced strawberries.

Note: For a dairy free option, substitute almond milk for cow's milk and use a dairy-free butter

2. STRAWBERRY VANILLA CRUNCH

Ingredients:

- 1/2 cup vanilla Greek yogurt
- 1/2 cup strawberries
- 1/4 cup all bran buds

Method:

Add yogurt and berries into bowl and sprinkle with all bran buds.

3. CREAMY CHOCOLATY SMOOTHIE

Ingredients:

- 1 scoop chocolate protein powder

- 1/2 banana, peeled and frozen
- 1/2 tbsp natural nut butter (almond or peanut butter)
- 1 teaspoon unsweetened cocoa powder
- 1 tbsp ground flax seeds
- 1 cup unsweetened almond milk
- 2-3 ice cubes

Method:

Add all ingredients to blender and blend on high until smooth and creamy. Sprinkle with raw cocoa nibs for some crunch.

GF = gluten free

DF = dairy free

4. EGG-WHITE SCRAMBLE WITH AVOCADO

Ingredients:

- 3-4 egg whites
- 1 tsp butter
- 1/4 avocado
- Tomato slices

Method:

Scramble egg whites in butter on medium heat. Enjoy with sliced avocado and tomato slices.

GF = gluten free

5. RASPBERRY CHIA SEED PUDDING

Ingredients:

- 4 oz almond milk
- 2 tbsps chia seeds
- 1/4 tsp vanilla extract
- 1 tbsp hemp hearts
- 1 tbsp raspberries

Method:

Add the milk, chia seeds, and vanilla into a bowl. Stir until combined and refrigerate for 2-3 hours or overnight.

Before eating, top with hemp hearts, and raspberries.

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DF = dairy free

6. GOOD MORNING COFFEE SMOOTHIE

Ingredients:

- 1 cup unsweetened almond milk
- 2 oz. cold brew black coffee
- 1 scoop protein powder
- 2-3 ice cubes
- 1 tbsp chia seeds

Method:

Add all ingredients into blender and blend on high until smooth and creamy.

GF = gluten free

DF = dairy free

7. WALNUT BLUEBERRY CRUNCH YOGURT PARFAIT

Ingredients:

- 1/2 cup plain Greek yogurt
- 1/2 cup blueberries
- 1/2 tbsp ground flax seeds
- 6 walnuts, crushed
- Drizzle of raw honey

Method:

Add yogurt and berries to bowl and sprinkle with flax and crushed walnuts. Drizzle with honey.

GF = gluten free

8. ANY VEGGIE OMELET

Ingredients:

- 2 full eggs
- 1 egg white
- 2-3 of your favourite veggies, chopped (i.e., broccoli, peppers, tomatoes, onions, spinach)
- 1 oz goat cheese

Method:

Heat small pan with a little butter or coconut oil. Whisk eggs in small bowl and add into heated pan. Add prepared vegetables and cheese and allow to cook until cooked through, flipping halfway.

GF = gluten free

9. SMOKED SALMON AND CREAM CHEESE

Ingredients:

- 2 slices of sprouted grain bread
- 4oz smoked salmon
- 1 tbsp light cream cheese
- Wedge of lemon
- Capers

Method:

Spread cream cheese on toast and top with smoked salmon.

Squeeze a wedge of lemon over salmon and top with capers (optional).

10. WARMING APPLE-CINNAMON OATMEAL

Ingredients:

- 1/2 cup cooked steel cut oats
- Splash of unsweetened almond milk
- 1/2 apple, cut into small pieces
- 1/2 tsp cinnamon
- 1 tbsp hemp hearts

Method:

Add cooked oats to bowl and mix with some almond milk. Top with apple pieces and sprinkle with cinnamon and hemp hearts.

In order to make this 100-per-cent gluten-free, ensure you buy gluten-free oats!

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