

Rise and Shine: 8 nourishing breakfasts that sustain your energy

Created by Down to Earth



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Hi! If you don't know me, I'm Eveline. I am a certified Functional Medicine nutritionist and I am trained in herbalism and naturopathy. I live in an intentional Eco community in Scotland.

I work with women on the root causes of their digestive symptoms with diet and lifestyle changes. I help them see how everything in their body is connected and how everything they do matters. So they can influence what seems to be out of their control.

My approach is holistic and practical. With my personalised coaching, support, encouragement and recipes I make implementing changes doable, joyful and sustainable.

You can learn more about me on my website <http://www.evelinerodenburg.co.uk/> or just drop me an email on evelinerodenburg@gmail.com

Avocado Sweet Potato Toast with Poached Egg

4 ingredients · 15 minutes · 2 servings



Directions

1. Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
2. Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
3. While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
4. Poach, fry or hardboil the eggs.
5. Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Notes

Add Greens

Add a layer of baby spinach after you spread on the avocado.

Guacamole Lover

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

Egg-Free

Skip the eggs and top with hemp seeds instead.

Ingredients

- 1 Sweet Potato (large)
- 4 Egg
- 1 Avocado
- Sea Salt & Black Pepper (to taste)

Bacon, Eggs, Avocado & Sauerkraut

4 ingredients · 15 minutes · 2 servings



Directions

1. In a pan, slowly cook the bacon over medium-low heat until done. Transfer to a plate and reserve fat for cooking eggs.
2. Crack eggs into the pan and cook to desired doneness. While eggs are cooking, slice avocado and arrange on plate with bacon.
3. Transfer cooked eggs to plate and add sauerkraut. Enjoy!

Ingredients

4 slices Organic Bacon
4 Egg
1 Avocado
1/2 cup Sauerkraut

Peanut Butter Banana Oat Smoothie

4 ingredients · 5 minutes · 2 servings



Directions

1. Place all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

Notes

No Banana

Sweeten with raw honey, maple syrup or a few soaked dates.

No Peanut Butter

Use any nut or seed butter.

Storage

Store in a mason jar with lid in the fridge up to 48 hours.

More Protein

Add hemp seeds or a scoop of protein powder.

More Fibre

Add ground flax seed.

Ingredients

1/2 cup Oats (quick or traditional)

1/4 cup All Natural Peanut Butter

2 Banana

1 cup Unsweetened Almond Milk

Grain-Free Coconut Almond Porridge

5 ingredients · 10 minutes · 1 serving



Directions

1. Add all of the ingredients to a saucepan over medium heat. Whisk continuously until your desired thickness is reached, about 3 to 5 minutes.
2. Divide into bowls and enjoy!

Notes

No Rice Milk

Use an alternative milk of your choice.

Likes it Sweet

Add raisins, dates, maple syrup, honey or your sweetener of choice.

Leftovers

Refrigerate in an airtight container up to 3 to 5 days.

Serving Size

One serving is equal to approximately 1 1/4 cup of porridge.

Ingredients

3/4 cup Unsweetened Almond Milk

1/4 cup Almond Flour

1/4 cup Unsweetened Shredded Coconut

1 tbsp Ground Flax Seed

1/2 tsp Cinnamon

Coconut Yogurt Parfait

3 ingredients · 5 minutes · 1 serving



Directions

1. Place half the coconut yogurt in a glass jar or bowl. Top with half the walnuts and half the strawberries. Add the remaining coconut yogurt, walnuts and strawberries. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Nut-Free

Use sunflower seeds instead of walnuts.

Additional Toppings

Add nut or seed butter, chia seeds, cinnamon or shredded coconut on top.

Ingredients

1 cup Unsweetened Coconut Yogurt (divided)

2 tbsps Walnuts (roughly chopped, divided)

1/2 cup Strawberries (chopped, divided)

Banana pancakes

9 ingredients · 15 minutes · 4 servings



Directions

1. Mash the banana
2. Mix the banana with all the other ingredient - you can do this in the blender or by hand.
3. Heat 1 tsp of ghee or coconut oil in a frying pan or skillet on medium heat
4. Add a scant 1/4 cup of the batter
5. Bubbles will appear. Let it cook until you see a slight browning at the sides. Be careful, they brown quickly!
6. Flip! And cook for 2 more minutes until both sides are nicely browned
7. Serve with your toppings. Some ideas: Chopped nuts Maple syrup (just a little!) Shredded coconut Toasted pumpkin seeds Sliced banana

Ingredients

1 cup Unsweetened Almond Milk (Or any other plant based milk, like coconut, oat milk etc)

1 Egg

1 Banana

1 cup Chickpea Flour

1 tbsp Baking Powder

2 tbsps Arrowroot Powder

1 tsp Cinnamon

1 tbsp Ghee (For frying. Or use coconut oil)

1/8 tsp Sea Salt

Banana Coconut & Cauliflower Breakfast Bowls

4 ingredients · 10 minutes · 4 servings



Directions

1. In a large pan, combine the coconut milk and cauliflower rice over medium heat. Cook until the cauliflower is tender, about 5 to 8 minutes.
2. Stir in the maple syrup.
3. Divide into bowls and top with banana slices. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately one cup of cauliflower porridge and half a banana.

More Flavor

Add cinnamon and/or vanilla extract.

Additional Toppings

Top with your choice of crushed nuts, seeds, fresh and/or dried fruit.

No Coconut Milk

Use any alternative milk such as almond milk, oat milk or rice milk.

No Maple Syrup

Use honey, coconut sugar or an artificial sweetener such as stevia.

Ingredients

2 cups Organic Coconut Milk (canned)

4 cups Cauliflower Rice

1 1/2 tbsps Maple Syrup

2 Banana (peeled, sliced)

Warm Peas with Eggs

5 ingredients · 15 minutes · 2 servings



Directions

1. In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
2. Add the peas and stir until warmed through. Season with salt.
3. Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
4. Remove from heat and serve immediately. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

More Flavor

Use broth or oil instead of water.

Additional Toppings

Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.

Ingredients

1/2 White Onion (diced)

3 tbsps Water

3 cups Frozen Peas

1/4 tsp Sea Salt

4 Egg