



Soothing, filling,  
and delicious

*Warm breakfast ideas*

for an energetic start to the day



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# Sunday sourdough rolls

## Ingredients for 12 rolls:

- 120 g rye sourdough
- 600 g wheat flour, or partly spelt flour (type 630)
- 15 g salt
- 220 ml lukewarm water
- 100 ml (plant-based) milk

1

Place the rye sourdough, flour, salt, water, and milk in a large bowl. Knead everything for 5–10 minutes into a rather firm dough. Depending on the sourdough consistency and type of flour, a total of about 320–350 ml of liquid may be needed.

2

Place the dough in a bowl lined with baking paper, cover with a cloth, and leave to rise at room temperature for about 5 hours, stretching and folding it once in between. Then cover it, shape it into a ball, and leave it to rise in the refrigerator for at least 12 hours (overnight).

3

The next morning, remove the dough from the refrigerator about half an hour to an hour before further processing. Then place it on a lightly floured work surface, divide it into 12 equal portions, and shape them into rolls. Let them rise again for about 30 minutes on a baking sheet lined with parchment paper.

4

Preheat the oven to 210 °C top/bottom heat. Preheat a baking stone if desired. Feel free to use the oven's steam function or carefully pour a little water onto the hot oven floor. Bake the rolls for approx. 18–24 minutes until golden brown. About 5 minutes before the end, open the oven briefly to allow some steam to escape.



# Oat crumble

## with berries

### Ingredients for 2 servings:

- 300 g frozen berries of your choice
- 4 tbsp coconut oil
- 1–2 tbsp honey
- 1 ripe banana
- 50 g spelt flour
- 80 g soft oat flakes
- 20 g flaked almonds
- 1 pinch of salt
- 1 pinch of cinnamon
- 1 tbsp nut butter (e.g., almond or hazelnut)

1

Preheat the oven to 180 °C (fan oven).

2

Briefly heat the coconut oil in a saucepan until it becomes liquid. Peel the banana and mash it with a fork.

3

Mix all dry ingredients in a bowl and combine with the liquid coconut oil, banana, and nut butter to form crumbs.

4

Place the frozen berries in an ovenproof dish, sprinkle the crumble mixture on top, and bake in the oven for 25–30 minutes.



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# Golden Waffles

## Ingredients for 6 waffles:

- 2 eggs
- 200 g skyr (plain)
- 150 g spelt flour (alternatively: oat flour)
- 1 tbsp sugar
- 1 tsp baking powder
- 1 pinch of turmeric powder
- 50 ml mineral water (highly carbonated)
- A little fat for greasing

## As a topping:

- 2 tbsp nut butter
- 1 tbsp cocoa nibs

1

Separate the eggs and beat the egg whites until stiff. Add all the other ingredients and mix well.

2

Preheat the waffle iron, lightly grease it, and pour a large spoonful of waffle batter into the waffle iron. Fry the waffles until golden brown.

3

Top with your favorite toppings and enjoy while still warm!



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# Vanilla curd

## with hot fruit

### Ingredients for 2 servings:

- 1 apple or pear
- 200 g frozen berries
- 1 tbsp honey
- 1 pinch of cinnamon
- 300 g low-fat quark
- 4 tbsp yogurt
- 2 tbsp milk
- 8 tbsp oat flakes
- 1 pinch of vanilla flavoring  
(alternatively: 2 tsp vanilla sugar)
- 2 tbsp almonds

1

Wash and core the apple, then cut it into pieces. Put the frozen berries and apple in a pot with honey and heat gently. Finally, stir in the cinnamon.

2

Whisk the low-fat quark with the yogurt, milk, vanilla flavoring/sugar until creamy and fill two-thirds of the mixture into glasses/bowls.

3

Mix the oatmeal with half of the fruit and spread it over the quark. Spread the remaining quark mixture on top and top with the remaining fruit. Finally, garnish with almond flakes.



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# Apple cinnamon porridge

## Ingredients for 2 servings:

- 100 g rolled oats
- 100 ml oat milk
- 1 apple
- 80 g chopped almonds or hazelnuts
- 1 tbsp honey
- 1/2 tsp cinnamon

## Optional:

- (roasted) nuts

1

Wash the apple and cut it into pieces.

2

Lightly toast almonds or nuts in a pan.

3

Add the rolled oats and lightly toast them as well.

4

Add the oat drink and cinnamon, and let everything simmer until reduced. Shortly before reaching the desired consistency, add the apple pieces. If needed, add a little more oat drink.

5

Spoon the porridge into bowls and garnish with nuts of your choice.



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# Shakshuka

## Ingredients for 2 servings

- 4 eggs
- 1 bell pepper
- 1 tbsp olive oil
- 1 small onion
- 2 garlic cloves
- 1 tsp paprika powder
- 1/2 tsp cumin
- 1/4 tsp chili powder
- 1 can chopped tomatoes, 400 g
- Salt, pepper

## For garnish:

- Cilantro
- Parsley

1

Heat olive oil in a pan. Wash and deseed the bell peppers and cut them into strips. Peel the onion and garlic and chop them into fine cubes.

2

Sauté the bell pepper and onion in a pan for 5 minutes. Add the garlic and spices and cook for another minute.

3

Add the chopped tomatoes, season with salt and pepper, and simmer over medium heat.

4

Use a large spoon to prepare the eggs, crack them into the pan, and let them set for 5–8 minutes. Cover with a lid if desired.

5

Finally, garnish with fresh herbs.



## English-style

# avocado mushroom toast

### Ingredients for 2 servings:

- 1 avocado
- 1 clove of garlic
- 1/2 lemon (juice)
- 2 tbsp olive oil
- 100 g white beans (canned)
- 1 tsp tomato paste
- 1/2 tsp paprika powder
- 1/2 tsp cumin
- 50 ml tomato sauce
- 6 mushrooms
- 3 tbsp vinegar
- 2 eggs
- 2 slices sourdough bread
- Chili powder
- Salt, pepper

1

Cut the avocado in half, remove the pit, scoop out the flesh with a spoon, and mash it into a fine paste with a fork. Peel and finely dice or press the garlic. Put the avocado, lemon juice, and half of the garlic in a bowl and mix together. Season to taste with chili powder, salt, and pepper, then set aside. This can also be prepared in the evening and stored in the refrigerator.

2

Heat 1 tablespoon of olive oil in a pan and sauté the garlic and beans for 3–4 minutes. Add the tomato paste, paprika, and cumin and sauté for another minute. Add the tomato sauce and season with salt and pepper. Simmer for 2–3 minutes.

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the next page



3

Toast the bread or fry it briefly in a pan with a tablespoon of olive oil and the mushrooms.

4

In the meantime, heat water in a pot and add the vinegar. Use about 3 tablespoons of vinegar per 1 liter of water. Crack the egg and place it in a cup or small bowl. As soon as the water begins to simmer, reduce the heat. Stir with a wooden spoon to create a whirlpool in the center and carefully add the egg to the simmering water. Then stop stirring and let the egg cook for about 3 minutes. When the desired consistency is reached, remove the egg from the pot with a slotted spoon. Repeat the process for the second egg.

5

Spread the avocado cream on the bread, top with the poached egg, and season with salt and pepper. Arrange on plates with the mushrooms and beans.





# Breakfast casserole

## Ingredients for 2 servings:

- 400 g zucchini
- 300 g cooked potatoes, from the day before
- 1/2 leek
- 3 eggs
- 150 g plain yogurt
- 100 g Parmesan cheese
- Salt, pepper
- Oregano, herbes de Provence, nutmeg
- A little fresh parsley
- Butter and garlic for rubbing

1

Preheat the oven to 180 °C top/bottom heat. Rub the baking dish with butter and garlic.

2

Wash the zucchini and leek and slice them. Slice the potatoes as well and place everything in a bowl.

3

Stir in the eggs, yogurt, and Parmesan cheese and season well.

4

Place in a baking dish and bake for approx. 40 minutes until golden brown. Garnish with fresh herbs after baking.



**Tip:** Prepare the day before and briefly reheat in the morning.

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