



Wholesome,
light, and
delicious

Delicious breakfast ideas
for a healthy start to the day



Breakfast

Vegan

chickpea omelet

Ingredients for 1 serving:

- 150 ml oat milk
- 80 g chickpea flour
- 2 tsp yeast flakes
- ½ tsp baking powder
- ½ tsp turmeric
- ½ tsp oregano
- ½ tsp kala namak salt (for the egg flavor)
- 150 g mushrooms
- 20 ml soy sauce
- Salt, pepper
- Optional: 2 tbsp (vegan) grated cheese
- A little cress
- A little oil

1

For the omelet, place the oat milk, chickpea flour, yeast flakes, baking powder, turmeric, oregano, and kala namak in a bowl and stir until you have a smooth batter.

2

In the meantime, clean and chop the mushrooms and heat a pan with a little oil. Fry the mushrooms for about 5 minutes, drizzle with soy sauce, and season with salt and pepper.

3

Heat some oil in a second pan and use a ladle to spread a portion of batter in the pan. Fry briefly and flip as soon as small bubbles form. After flipping, fill with some of the mushrooms. Optionally, sprinkle with a little (vegan) cheese and fold over.

4

Once the omelet is cooked through, place it on a plate and garnish with cress.



Breakfast

Oat crumble from the oven

Ingredients for 1 serving:

- 4 tbsp oatmeal
- 1 tbsp walnuts (or other nuts)
- 1 handful of berries of your choice (fresh or frozen), alternatively 1 apple or pear
- 3 tbsp plant-based milk or organic cow's milk
- 1 tsp honey
- 1 tbsp oil
- Optional: 1 cup Greek yogurt, coconut or soy yogurt (150 g)

1

Preheat the oven to 180 degrees Celsius. Bring 80 ml of water to a boil. Put the oatmeal in a bowl. Pour the boiling water over it and let it soak for 5 minutes.

2

In the meantime, chop the nuts. Add them to the oatmeal along with the milk and honey and mix together.

3

Brush the bottom of a small baking dish with oil. Add the berries and cover with the oat mixture, spreading it evenly.

4

Place the dish in the oven and bake for 15 minutes. Enjoy the baked oats warm and serve with yogurt as desired.



Breakfast

Chocolatey *protein bowl*

Ingredients for 1 serving:

- 1 ripe banana
- 1 small apple
- 100 g chickpeas (from a can)
- 1 tbsp cocoa powder or chocolate protein powder
- 1 tbsp ground flaxseed
- 50 ml milk or plant-based drink

For the topping:

- 1 handful of blueberries
- 20 g almonds
- 1 tsp nut butter
- 1 tbsp cocoa nibs

1

Drain the chickpeas, wash the apple, and peel the banana.

2

Finely blend all ingredients for the base in a food processor or blender.

3

Wash the berries and decorate with the remaining toppings.



Breakfast

blueberry pancakes

Ingredients for 1 serving:

- 1 tbsp chia seeds
- 250 ml plant-based drink or milk
- 125 g spelt flour
- 1 tsp baking powder
- 1 pinch of salt
- A little cinnamon
- 50 g blueberries
- 100 g yogurt
- A little oil for the pan

1

Place chia seeds in a cup, pour approx. 15 ml of tap water over them, and let them soak for approx. 15 minutes.

2

Place the plant-based milk, flour, baking powder, salt, cinnamon, and chia seeds in a bowl and whisk together until you have a smooth, creamy batter.

3

Heat some oil in a pan and pour the batter into the center of the pan with a ladle. As soon as the pancake can be easily lifted from the bottom of the pan, flip it over and fry the other side. Remove the finished pancake from the pan and continue with the rest of the batter until it is used up. In the meantime, you can keep the finished pancakes warm in the oven.

4

Wash the berries and pat dry. Stack the pancakes on top of each other and top with yogurt and blueberries.



Breakfast

Fruits

muesli shake

Ingredients for 1 serving:

- 250 ml plant-based drink or milk
- 1 banana
- 1 seasonal fruit (apple, peach, strawberries, persimmon)
- 4 tbsp oat flakes
- 1 pinch of cinnamon
- 1 pinch of ground vanilla
- 1 tbsp dried fruit such as dates, raisins, or cranberries (optional)
- 1 tbsp nuts (optional)

1

Place all ingredients in a blender and blend until smooth. Add a little water or plant-based milk if necessary, if the drink is too thick.

2

Pour into a glass and enjoy!



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Breakfast

Avocado whole grain bread with egg

Ingredients for 1 serving:

- 2 eggs
- 3 tbsp vinegar
- ½ avocado
- 2 slices whole grain bread
- 1 dash lemon juice
- A little cress
- 1 tbsp ground flaxseed or sesame seeds

1

Cut the avocado in half, remove the flesh from the skin, and mash it slightly with a fork. Drizzle with lemon juice and season with salt and pepper.

2

Spread the avocado evenly on the bread.

3

To poach the eggs, first bring a liter of water to a boil in a pot and add the vinegar. Crack an egg and place it in a cup.

4

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. Repeat with the second egg.

5

Then stop stirring and let the eggs cook for about three minutes.

6

Remove the eggs from the pot and serve with the avocado bread. Season with salt and pepper to taste and sprinkle with flax seeds.



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Breakfast

Colorful *smoothie bowl*

Ingredients for 1 serving:

- 100 g frozen berries/sour cherry mixture
- 1 large banana (or 2 small ones)
- 200 g coconut yogurt
- 2 tbsp oat flakes
- 1 tbsp ground flaxseed
- 1 tsp honey, to taste

For the topping:

- 1/2 banana (leftover from above)
- 1 kiwi
- 3 tbsp granola or oatmeal
- 1 tbsp dried fruit (cranberries)
- 1 tbsp coconut chips
- 10 g dark chocolate >70%, grated or broken

1

Place the berries, ½ banana, coconut yogurt, oatmeal, flaxseed, and honey in a blender and purée.

2

For the topping, slice the other half of the banana. Peel the kiwi, cut it in half lengthwise, and slice it as well.

3

Place the berry and coconut yogurt mixture in a bowl. Top with banana, kiwi, granola, dried fruit, coconut chips, and grated chocolate. Serve immediately.

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