

Breakfast Recipes



Fiona Stock

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Muesli Biscuits

Ingredients

- 3 cups rolled oats
- 1 cup ripe bananas, mashed
- 1 cup almond meal
- ½ cup coconut, shredded or desiccated
- ⅔ cup good quality honey or maple syrup
- 2 teaspoons ground cinnamon
- 2 teaspoons vanilla extract
- ⅓ cup dried fruit (sultanas, currents, apricots or goji berries)
- ⅓ cup seeds (pumpkin, sesame or sunflower)
- ½ cup coconut oil or olive oil, lightly flavoured

Directions

1. Preheat oven to 180°C/350°F and line 2 baking trays with baking paper.
2. Add all the ingredients together in a large bowl and mix together thoroughly.
3. Scoop up a portion using a tablespoon and using your hands roll into balls. Place the balls onto the baking trays and slightly flatten each biscuit.
4. Bake for 20 minutes or until they are golden brown. Allow to slightly warm on baking trays before gently moving to a cooling rack.
5. Store in an airtight container for up to 7 days for freeze for up to 3 months.

Who says you can't have biscuits for breakfast! These nutritious gut friendly ingredients are a bowl of goodness made into delicious biscuits the whole family will love.



Egg & Soldiers

Ingredients

1 free-range egg, at room temperature
Wholemeal gluten-free bread

Directions

1. Use eggs at room temperature, this helps cook the egg yolk and also stops the egg cracking in the cooking process.
 2. Place egg in a saucepan. Cover with cold water and bring to the boil over high heat. Reduce heat to medium. Simmer gently for 3 minutes.
 3. Gently keep the egg moving in a clockwise direction, this helps keep the yolk in the middle.
 4. Cook for 5 minutes for semi firm yolk or 6 minutes for a firm yolk.
 5. Remove pan from heat. Using a slotted spoon, transfer an egg cup, carefully remove the top of egg and serve with toast, cut into strips for easy dipping.
- Serves: 1

This recipe is an oldie but a goody because eggs are one of the most nutritious fast foods around and most kids love to eat them. Eggs are high in protein to boost energy levels, support children's brain function, build strong muscles, support a robust children's immune system and maintain children's healthy weight.



Banana Pancakes

Ingredients

1 ripe banana
1 free-range egg
2 tablespoons flour of choice

Directions

1. Mash the banana in a bowl until smooth.
2. Add the egg and mix into to the banana until well combine then add the flour and whisk until smooth and set aside for 5 minutes.
3. Lightly spray a frying pan with olive oil and add spoonful's of the batter, spreading the mixture with the back of a spoon.
4. Cook for 1 to 2 minutes until golden and flip the pancake and cook for another minute to two until golden and cooked through.
5. Serve with fresh fruit and a drizzle of good quality honey.

Serves: 1

Most kids love pancakes and these pancakes are a super healthy and easy to cook making them a delicious choice for breakfast. Eggs are high in protein to build strong muscles and keep your child feeling full. The also contain lots of fibre to support children's gut health and a robust children's immune system.



Breakfast-On-The-Run Smoothie

Ingredients

1 cup milk of choice (coconut,
almond or soy)
¼ cup gluten-free traditional
oats
½ cup frozen berries
½ tablespoon pure maple syrup
1 tablespoon seeds (LSA, chia or
sunflower)
1 tablespoon grass-fed gelatine
powder (optional)

Directions

1. Blend ingredients until smooth and
creamy.

Serves: 1-2

This is the perfect breakfast smoothie for on-the-run, especially if your child is a slow starter in the morning. Breakfast smoothies are filled with goodness and rich in vitamins and minerals plus they are easy to digest. For extra crunch and colour sprinkle muesli and berries on top. These will go a long way to support healthy children



French Toast

Ingredients

- 1 slice of gluten-free wholemeal bread
- 1 free-range egg, beaten
- $\frac{1}{3}$ cup milk of choice
- $\frac{1}{2}$ teaspoon cinnamon, optional

Directions

1. Heat a small amount of butter in a frying pan.
2. Beat the egg in a shallow dish.
3. Dip the bread into the mixture and cover both sides thoroughly with the mixture.
4. Let the excess mixture drip off the bread.
5. Place the bread in the frying pan for a few minutes on each side until golden.

Serves: 1

French toast is a great way to disguise eggs if your child doesn't like eating them on their own. Eggs are high in vitamin D which supports a robust children's immune system making them an excellent choice to include in your healthy children's meals. Buy organic or free-range eggs if possible.



Banana Cookies

Ingredients

1 banana, mashed
 $\frac{3}{4}$ cup rolled oats
3 tablespoons peanut butter (or
nut butter of choice)
1 tablespoon good quality honey

Directions

1. Preheat oven to 180°C/350°F and line a baking tray with baking paper.
2. In a medium bowl, combine all the ingredients and mix together.
3. Scoop tablespoons of mixture and form into balls and place on the baking tray and flatten slightly.
4. Bake for 10 to 15 minutes and allow to cool on the baking tray and then move to a wire rack to cool completely.
5. Store in an air tight tin.

Makes: 10 cookies

Healthy children can't resist these little biscuits, they are brimming with nutrition and deliciousness.



Delicious Creamy Porridge

Ingredients

1 cup traditional rolled oats
½ banana, mashed
3 tablespoons natural yoghurt
½ teaspoon cinnamon (optional)
¼ cup water or milk, soy milk or
almond milk

Directions

1. Cook oats in water for a couple of minutes until softened. Add mashed banana and stir through the oats.
2. Remove from the heat and fold through the yoghurt, sprinkle with cinnamon and serve.

Makes: 2 cups

Oatmeal boasts an impressive nutritional profile with a hearty amount of protein, carbohydrates, fibre, vitamins, minerals and healthy fats. While premixed packages are tempting, it's best to make your own at home.

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Raw Nut Muesli

Ingredients

½ cup flaxseeds
1 cup almonds, slivered, chopped or flaked
1 cup sunflower seeds
1 cup shredded coconut
1 cup walnuts, chopped
½ cup dried apple or goji berries
2 teaspoons cinnamon
2 teaspoons vanilla essence
Add either 1 kg traditional oats or for gluten free muesli use rolled quinoa or rice flakes

Directions

1. In a large bowl, mix all ingredients together.
2. Store in a cool place in an air tight container with a tight fitting.

*Making your own muesli allows you to purchase good quality fresh ingredients.
You can vary the recipe to suit the family taste buds.*



Cheesy Scrambled Eggs

Ingredients

2 eggs
40g hard cheese, grated
2 tablespoons milk or soy milk
1 tablespoon butter
1 tablespoon chopped flat-leaf
parsley

Directions

1. Melt butter in a pan. Beat eggs, cheese and milk together then pour into hot pan and cook, stirring occasionally, until firm.
2. Serve topped with chopped parsley and a little pepper (for the adults)!!
3. For different variations add spinach, mushrooms or onions for variation.

Serves: 2

Eggs are amongst the healthiest food you can eat. Both the egg yolk and the egg white contain high quality protein. The yolk is where you will find most of the egg's calcium and iron content. Eggs are high in vitamin D which is required for a healthy children's immune system making them an excellent choice for your healthy child's meals.



Toasted Muesli

Ingredients

- 1 kg traditional rolled oats or rolled spelt (for gluten free use rice flakes or rolled quinoa/millet)
- $\frac{3}{4}$ cup raw almonds, slivered, chopped or flaked (or walnuts or pecans)
- 1 cup of shredded coconut
- $\frac{3}{4}$ cup sesame seeds
- $\frac{3}{4}$ cup pumpkin seeds
- $\frac{3}{4}$ cup of sunflower seeds
- $1\frac{1}{2}$ tablespoon cinnamon powder
- $\frac{1}{2}$ cup macadamia oil
- 1 cup of brown rice syrup or raw honey
- 2 teaspoons vanilla essence

Directions

1. Preheat oven to 150oC.
2. In a large bowl, mix all the dry ingredients and vanilla essence together.
3. Heat the brown rice syrup in a saucepan to runny consistency being careful not to boil.
4. Drizzle the syrup over the dry ingredients and stir until all the mixture is well coated.
5. Spread the mixture evenly over baking trays and put in the oven.
6. Remove mixture from the oven every 10 minutes and stir so it browns evenly and do this until evenly toasted (approximately 25 minutes).
7. If adding dried fruit then do so now.
8. Cool mixture and store in airtight container.

The beauty with this recipe is you can swap the ingredients around to suit the ingredients that your family likes the most. You can make it gluten free by swapping the oats to quinoa or rice.

Meet Melbourne Naturopath Fiona Stock

Fiona is skilled at getting to the heart of childhood health challenges – helping to initiate lasting change.

Fiona Stock is a respected Paediatric Naturopath & Children's Nutritionist with a career spanning over 23 years. Armed with an abundance of experience and a true desire to transform your child's health, she'll listen closely to understand the underlying causes of their troubling condition.

Fiona gets to the heart of your child's presenting symptoms by deciphering what their body is trying to tell you. She will suggest simple and specific changes as well as herbal or nutritional medicine where required to nurture and restore your child, so they can enjoy the good health they deserve.

Deeply compassionate and highly skilled, either of the Naturopathic Consultation Options with Fiona is a wonderful investment in your child's health.

If you've tried everything and are yet to find solutions to your child's health challenges – this could well be the path to take.

