

Energise Your Mornings

Quick and Easy Energy-Boosting Breakfast Recipes

for busy parents and individuals

by Emilia Skrzypek, Holistic Nutritional Therapist

YOUR OPTIMUM NUTRITION

Nourish Heal Thrive

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Do you often feel tired and like you're just running on low?

Do you find yourself getting easily irritated and snapping for 'no reason'?

Are you giving in to cravings and rely on sugary snacks?

Turn your breakfast into an energy-boosting meal!

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Although it is ever so tempting to snooze the alarm that extra couple of times, I would like to challenge you to allow time for having a good, healthy breakfast every day and observe the benefits in as little as 1 week!

So why is eating breakfast worth the effort?

Since you're active all day, you have a much greater chance of using up the energy consumed at breakfast than at dinner.

Between 7-9am the stomach and other digestive-related organs are at their peak, meaning that whatever food you eat at that time will be easily digested and moved on to the intestines ready for absorption of nutrients.

You can pack your breakfast with healthy fats and proteins or even a little more complex carbohydrates, as they will be used throughout the day.

On the other hand, having your main meal late in the evening may result in feelings of indigestion, heaviness or bloating and, in the long term, may lead to a weight gain.

Eating a breakfast at home allows you to set you for the day ahead.

By having a hearty, nutritious breakfast that fulfils the essential needs, you're getting ready for a day full of activities, commitments, joy and stress. It's likely that the needs of other family members might get prioritised later in the day so make your mornings your new 'me time'.

Making sure you eat breakfast within the first couple of hours of waking up helps you control hunger and cravings for the whole day.

Once you wake up after an overnight fast, the blood sugar levels start to fall. Although initially you may not feel hungry, it is usually within the next couple of hours that you're likely to experience a dip in energy levels often combined with irritation, lack of concentration, or shakiness.

At this stage, it's easier to make unpopular food-related decisions and crave sugary snacks that raise the blood glucose levels quickly.

This, on the other hand, starts a vicious cycle of peaks and troughs in blood sugar levels that may have an impact on your mood, energy levels, and ultimately weight.



Energised breakfast principles

If you're more tempted now to make breakfast a new non-negotiable ritual, let me show you 10 ways how to turn breakfast into an energy-boosting meal.

1 Plan it

Think of what you're having for breakfast on most days of the week and make sure you have all ingredients available. 2-3 meal ideas are usually enough. You can also prepare breakfast or its components the night before, which will speed things up in the morning.

2 Enjoy it warm

Warm breakfast is easier for our bodies to digest and tends to be more filling and satisfying than a cold meal.

3 Avoid simple carbohydrates (sugars)

Such as bread with jam, cereal with milk or fruit yoghurt. Instead, opt for protein-rich meals, such as eggs, beans or organic sausages or balance them out by adding healthy fats, such as butter, coconut oil, avocados or nuts and seeds.

4 Enjoy it within first couple of hours of waking up

Don't force yourself to eat breakfast if you don't feel like it early in the morning. If you can't have breakfast at home, have it as soon as you get to work.



5 Make the most of dinner leftovers

Especially if you haven't got much time in the morning. Stir-fried rice and soups make also a great breakfast alternative, especially in winter.

6 Invest in good quality thermos flasks

and non-leaking food storage containers, so that you can take your breakfast away wherever you go without making compromises on its quality.

7 Make friends with porridge

When in doubts – reach for good old porridge, just make it more exciting and glamorous and balanced with different nuts and seeds, coconut oil or butter and berries. It can be prepared for a couple of days ahead.

8 Make a smoothie

that can be thick enough to eat with a spoon. This way you'll get fuller for longer and the porridge can serve as a wonderful base for it. Smoothies are a great option for the summer.

9 Combine the main carbohydrates

Best combinations are protein with fats or carbohydrates with fats. Your blood sugar levels will stay more stable to prevent the mid-morning energy crisis.

10 Allow enough time to eat it in peace

Dedicate 10 minutes to sit down and chew it well, even when the world is on fire! You'd be surprised how little time it takes to eat a breakfast!



About Me

Nice to meet you, I'm Emilia Skrzypek, a Holistic Nutritional Therapist.

I established Your Optimum Nutrition in 2016, soon after I qualified from the MSc Nutritional Therapy course from the University of Worcester.

Since then, I've been passionate about helping people regain their **confidence, energy, and zest for life** so that they can look and feel great!

I'm also a mum and I know how busy life can get, especially when you are juggling work and family-life. That's why I believe in taking **small steps** – they all add up. A 10-minute walk, a solo dance-party, or even sitting in silence can do wonders to how we feel.

One of the first things I work on with clients is helping them realise there is no such thing as 'perfect', before **implementing systems to help them find joy in cooking and eating in a way that blends into their individual daily routine**.

I understand that **knowledge doesn't always translate into habits**, and sometimes, you need a little extra help. That's why I created this Meal Prep & Batch Cooking Guide to empower you to make better food choices and take charge of your health.

"Good health and nutrition are like riverbanks – by holding the water gently, they allow it to flow freely."

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Energy-boosting breakfast recipes

Nut loaf
Banana & walnut bread
Golden porridge
Millet porridge
Porridge pancakes
Blueberry pancakes
Eggs with sweet potato hash
Huevos rancheros
Crab & avocado omelette
Root vegetable pâté
Granola

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Nut Loaf

Emilia's take

For this recipe, I was inspired by Sarah Britton of My New Roots, who described nut loaf as a "life changing loaf of bread". It might sound like an exaggeration but wait until you've tried it. It has a unique flavour and texture, and it's jam-packed with nutrients. Many of my clients have tried this recipe and been completely converted by it. Oats offer plenty of fibre, and nuts and seeds are full of hugely valuable unsaturated fats. While psyllium husks may be hard to spell, they are cheap to buy, and in this recipe, they are the crucial binding ingredient.



1 medium-sized loaf
(approx. 8 portions)

Prep: 30 minutes + 2 hours to rest
Cook: 50-60 minutes

Ingredients

- 135g sunflower seeds
- 90 g flaxseeds
- 2 Tbsp chia seeds
- 65 g whole, unshelled **almonds** (or other **nuts**)
- 4 Tbsp psyllium husks, or 3 Tbsp psyllium husk powder
- 145 g rolled jumbo oats
- 350 ml filtered water
- 1 Tbsp honey or maple syrup
- 1 tsp sea salt flakes
- ½ tsp cinnamon
- ½ tsp ginger
- 1/3 tsp cloves.
- 3 Tbsp **ghee** or coconut oil + extra for greasing

Equipment

- one loaf tin (approx. 8.5cm x 27cm)

Common allergens in **bold**.

Method

1. Preheat the oven to 195˚C/175˚C fan.
2. Combine all the dry ingredients in a large bowl: **sunflower seeds, flaxseeds, chia seeds, almonds, psyllium husks, oats, ginger, cinnamon, cloves** and **sea salt**.
3. For the wet ingredients, stir the honey into the filtered water and add the ghee. If the ghee is solid, melt gently first in a warm oven.
4. Add the wet to the dry ingredients and stir until combined. The batter should be thick but add a little more water if needed.
5. Transfer to a loaf tin greased with **ghee** or **coconut oil** and leave to rest for a minimum of 2 hours.
6. Place the loaf tin onto the middle shelf and bake for 20 minutes. Remove loaf from the tin, place upside down directly on the rack and bake for additional 30-40 minutes.
7. When the nut loaf is ready it will sound hollow when tapped. Let it cool completely before slicing.
8. Store in a tightly sealed container for up to 5 days, or for 1 month in the freezer.

Make it yours

Feel free to get creative – use different nuts and seeds, or make your own spice mix. Nut loaf goes well with tahini sauce, hummus, guacamole, smoked salmon, poached eggs, blueberry jam... the list goes on and on!

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Banana & Walnut Bread



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Banana & Walnut Bread

Emilia's take

Although I wouldn't recommend eating this every day, this home-made banana bread is one of my tastiest go-to treats. Made using wholemeal flour, walnuts, and olive oil, it is rich in fibre and essential fatty acids.

It's the sugar and honey inside that makes this banana bread a treat! Why not spread it out over a few days? It will last nearly a week in an air-tight container and is suitable for freezing.

Add a few whole dried figs to the mix for a lovely surprise and serve with a little yoghurt and some blueberries to make it better for your tastebuds.

3-4 Prep: 30 mins Cook: 55-65 mins



Ingredients

- 150g wholemeal **wheat flour**
- 110g wholemeal **rye flour**
- 1 tsp bicarbonate of soda
- 30g brown/muscovado sugar
- 60g whole **walnuts**
- ½ tsp sea salt flakes
- 1 tsp cinnamon
- 1 tsp nutmeg
- ½ tsp cardamom
- ½ tsp cloves
- ½ tsp ginger
- 2 eggs
- 60g extra virgin olive oil
- 45g honey or maple syrup
- 70g natural **yoghurt**, full fat (optional)
- 3 ripe bananas

Equipment

- loaf tin (approx. 8.5cm x 27cm)

Common allergens in **bold**.
Please wash fresh produce before use.

Method

1. Preheat the oven to 185°C/165°C fan.
2. In a mixing bowl, sieve both **flours** and keep the bran (which doesn't pass through the sieve) to one side. Add all the **other dry ingredients and spices**, and mix well.
3. In a second mixing bowl, combine **all the wet ingredients**, adding the sliced **bananas** last.
4. Prepare the loaf tin by coating it with a little olive oil and adding the **bran**. Shake the tin well to coat the sides evenly.
5. Gently add the wet ingredients to the dry, and fold. Mix well – the dough should feel sticky but even. Add a little more yoghurt or olive oil if necessary.
6. Transfer the mix to the loaf tin and gently tap it on the worktop to make it even. Place on the middle rack in the oven and bake for 55 minutes. When cooked, a wooden chopstick or skewer in the middle should come out dry. If not, leave for an additional 5 minutes.
7. Once it's ready, carefully remove the loaf from the tin, place on a metal rack and allow to cool for at least 30 minutes before slicing.

Make it yours

Add:

- 4 chopped dried figs or dates (Step 2)

Swap:

- **Rye flour** for **wheat flour**

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Golden Porridge

Emilia's take

A lot of people associate porridge with winter mornings, but I eat it all-year-round! It's the type of breakfast that wakes up your digestive system and is easy to digest. Oats are packed with fibre, and once you add ghee, coconut oil or nuts and seeds, your porridge will turn into a meal that will make you feel full for hours.

Not only can you batch cook the porridge, but you can make the seed mix in advance too. Why not fill a jar and keep it in the fridge? You can also soak the oats overnight to speed up the cooking time and increase their digestibility.



1-2 Prep: 10 mins Cook: 25 mins

Ingredients

For the seed mix (optional)

· 1 tsp sunflower seeds
· 2 tsp flax seeds
· 1 tsp pumpkin seeds
· 1 tsp **sesame seeds**

For the porridge

· 400-450ml water, **milk**, non-dairy alternative or coconut milk (tinned)
· 8-10 Tbsp porridge oats
· 1 pinch sea salt
· 2 Tbsp raisins, dates, apricots or other dried fruit of your choice
· 1 tsp lemon juice
· 1 tsp **butter**, **ghee** or coconut oil
· 1 pinch turmeric
· 1/3 tsp ginger
· 1/3 tsp cinnamon
· 1 tsp raw honey or maple syrup

Equipment

· small saucepan
· small frying pan
· coffee grinder or pestle and mortar

Common allergens in **bold**.

Method

1. Prepare the seed mix by combining **all the seeds** and toasting them on a dry pan. using a coffee grinder or pestle and mortar to grind until fine.
2. Pour the **water** or **milk** into a small saucepan and bring to the boil, before adding the **oats** and turning the heat to the lowest available setting so it simmers gently.
3. Sprinkle in a pinch of salt and cook for 15 minutes without stirring (unless it starts to catch the bottom of the saucepan!).
4. Add your preferred **dried fruit** along with the **lemon juice** and **turmeric**, and stir well. Simmer for an additional 2-3 minutes.
5. Lastly, add **butter**, **ginger** and **cinnamon**. Take off the heat, sweeten with **honey** or **maple syrup** and add the **seed mix.** Serve with nuts and/or seasonal fruit.
6. After a good stir, let the porridge sit for 2-3 minutes, or pop it in an air-tight container or food flask for the road.

There are unlimited choices for porridge toppings. Here are a few of my favourites:

- grated apple + chopped walnuts + raisins + cinnamon
- fresh or thawed blueberries + coconut flakes/desiccated coconut + bee pollen
- almonds + sliced banana + apricots

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Millet Porridge

Emilia's take

What better way to start the day than with a big bowl of warm, tasty porridge? Millet is naturally gluten-free, which means it is very easy on your digestive system, and it's a wonderfood when you're under the weather. If you have a runny nose, or a chest infection, millet can help break down and remove excess mucus. If you have a little extra time, why not gently toast the millet on a dry pan in advance to release a slightly nutty aroma. You may also double up the ingredients to prepare a bigger batch and store in the fridge. Millet is naturally sweet, but nothing beats a little honey in your porridge. Apart from maybe bee pollen, which gives a satisfying crunch!



2 Prep: 5 mins Cook: 30 mins

Ingredients

For the porridge

· 200g millet grains
· 400ml filtered water
· 200-400ml **milk** or dairy-free alternative (oat, **almond**, coconut)
· 1 Tbsp **ghee**, **butter** or coconut oil
· 1/3 tsp ginger
· 1 pinch sea salt
· 1 pinch turmeric
· 1/3 tsp cinnamon
· dash of lemon juice

Optional toppings

· handful of dried fruit (raisins, apricots, dates or desiccated coconut)
· handful of **chopped nuts or seeds** (hazelnuts, walnuts, almonds, cashews, sunflower seeds, pumpkin seeds, chia seeds)
· fresh, stewed or baked fruit of your choice (apples, pears or berries)

Equipment

· small saucepan

Common allergens in **bold**.
Please wash all fresh produce before use.

Method

1. To wash the **millet**, use the water flooding method: put the millet in a saucepan, cover it with 3 times as much water, slosh it around a bit, then slowly tip the water into the sink, letting gravity keep the millet in the pan. Repeat 3-4 times, or until the water is mostly clear, then strain the millet to remove the excess water.
2. To cook the porridge, you need one and half times as much water as millet. Bring the water and millet to the boil, then reduce the heat and simmer for 15-20 mins, stirring occasionally and adding **milk** little by little to achieve your preferred consistency.
3. While simmering, add **ghee** or **coconut oil**, **spices**, and your preferred **dried fruit** or **seeds**.
4. Once cooked, serve with **cooked fruit**, or pack it up and go!

Make it yours

Add:

- ½ tsp honey or maple syrup

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Porridge Pancakes

Emilia's take

Sometimes you just need a grab-and-go breakfast and this recipe offers just that, as well as plenty of complex carbohydrates and quality fats to keep you fuller for longer. It is also an absolute favourite on my 4-year old's menu right now and is so versatile, that with small tweaks, you can turn it into a savoury breakfast, too!

Serve with natural yoghurt, berries, home-made jam or nut butter, or with smoked salmon and avocado. And if time allows, soak the oats overnight to make them more digestible!



3 Prep: 10 mins Cook: 20-30 mins

Ingredients

- 180g jumbo **oats**
- 350ml milk alternative, such as **oat** or **almond**
- 1 Tbsp coconut oil + more for greasing the pan
- 2 **eggs**
- 30g raisins or sultanas
- ½ tsp ground cinnamon
- pinch sea salt
- 1 Tbsp raw honey or maple syrup

Equipment

- small frying pan
- hand blender
- oven rack

Common allergens in **bold**.

Make it yours

Add: 30g of ground **almonds** or desiccated coconut
Skip: raisins and honey for a savoury version
Replace: **eggs** with 2 Tbsp of ground flaxseeds or 1 medium banana

Method

1. Blend **all the ingredients except for raisins** until achieving a smooth, yet somewhat thick consistency. If necessary, add more milk. Add **raisins** and mix well.
2. Heat a teaspoon of **coconut oil** in a pan and slowly pour in a portion of the mixture, creating a pancake about 1 cm thick. Cook over medium heat, gently lifting with a spatula to let the oil spread underneath.
3. Once the bottom is golden, transfer the pancake to a side plate. If needed, grease the pan again and return the pancake, flipping it upside down (cooked side up). This step might require some skill; alternatively, you can cut the pancake in half on the pan and flip each part with a spatula, one at a time.
4. Continue cooking until the other side browns, then cool on a rack. This helps evaporate moisture, keeping the pancake crispy instead of soggy.
5. Grease the pan and repeat with the remaining mixture. This batch yields approximately 3-4 pancakes. After cooling, store them in the fridge for up to 3 days and reheat on a dry pan when ready to enjoy.

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Blueberry Pancakes

Emilia's take

Everyone needs a little treat now and then, and you are no exception! So why not make your little treat from scratch? That way, you know everything that's going into it. Not only can you get creative with the pancake toppings, but you can customise the mix, too. You could trade yoghurt for a non-dairy alternative, or wheat flour for oats, or a gluten-free 'flour' such as coconut. I also highly recommend adding a teaspoon of chia seeds to the mix. It gives the pancakes a little crunch, as well as omega-3 fatty acids. Who said pancakes couldn't be healthy?



4 Prep: 10 mins Cook: 20-30 mins

Ingredients

For the sauce
- 100g fresh blueberries
- 1 tsp coconut sugar, honey or maple syrup

For the pancakes
- 2 **eggs**
- 1 Tbsp coconut sugar, honey or maple syrup
- 250g natural **yoghurt**
- 170g **plain flour**
- 1 tsp baking powder
- ghee or coconut oil for oiling pan

Optional toppings
- natural **yoghurt**
- bee pollen
- toasted **nuts**
- toasted coconut flakes
- fresh banana (sliced)

Equipment
- 1 small saucepan
- 1 medium non-stick frying pan

Common allergens in **bold**.
Please wash all fresh produce before use.

Method

1. To make the sauce, place the **blueberries** in a small saucepan over low-medium heat, and simmer for approximately 7-8 minutes.
2. Add a teaspoon of either **coconut sugar** or **honey** and cook for an additional minute, until the sugar dissolves.
3. Remove from the heat. The sauce should thicken while you prepare the pancakes. Any leftover sauce can be stored in a glass jar in the fridge for up to 5 days.
4. To make the pancakes, beat the **eggs** in a bowl with the **coconut sugar** and **yoghurt**, and whisk to a smooth consistency.
5. Slowly add **flour**, **baking powder** and **chia seeds**, and gently fold into a smooth batter.
6. Heat a frying pan on medium with a little **ghee** or **coconut oil**. When hot, add a tablespoon of batter and fry for approximately 2 minutes on each side, until risen and golden brown.
7. Clean the pan with a paper towel, add some more ghee and repeat for the rest of the mix. To keep them warm, transfer your pancakes onto a plate and cover with a clean kitchen towel, or put them in a pre-heated oven at 150°C/130°C fan.
8. Serve with a dollop of yoghurt, some blueberry sauce, and your choice of additional toppings.

Make it yours

Swap:
- Dairy yoghurt for soya or coconut yoghurt, or homemade cashew cream

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Eggs with Sweet Potato Hash

2-3 Prep: 15 mins Cook: 25 mins



Emilia's take

This recipe is a semi-guilty pleasure, best enjoyed after a late night. It's so full of vegetables and protein that it will make you full, but not heavy; so, after a quick power nap, you can feel alive again. This is the kind of recipe where ingredients can be added, removed, or swapped with ease. However, it is definitely worth making the effort to source smoked paprika. You cannot beat that smoky flavour! Vegan friends don't have to miss out on this. Eggs can be swapped for smoked tofu, and ghee for olive oil.

Ingredients

- medium sweet potatoes (peeled, diced)
- 1 knob **ghee** or **butter**
- 2 yellow or red peppers (de-seeded, diced)
- 1 green pepper (de-seeded, diced)
- 1 medium red onion (cut into wedges)
- 1 pinch chilli flakes
- ½ tsp cumin seeds
- ½ tsp smoked paprika
- sea salt
- 2 medium, ripe tomatoes (roughly chopped)
- 200g handfuls spinach leaves
- 2 garlic cloves (minced)
- handful of fresh herbs of your choice (chopped)
- 4 **eggs**
- black pepper

Equipment

- large, lidded frying pan
- lidded saucepan

Common allergens in **bold**.
Please wash fresh produce before use.

Method

1. Bring 200 ml of water to the boil in a saucepan, and throw in the **sweet potatoes**. Cover with a lid, reduce the heat and cook for approximately 10-15 minutes until soft.
2. Heat the **ghee** in a pan and fry the **peppers** for a couple of minutes, before adding the **onion**, all the **spices** and **salt** to taste.
3. After a couple of minutes, add the **tomatoes** and **spinach**. Mix well.
4. Next, drain the cooked sweet potatoes and add them to the pan, together with **garlic**, a pinch of salt and the fresh **herbs**.
5. Transfer half of the hash mix into a bowl.
6. Using a spatula, make a couple of wells in each mix and fill each with an egg. Cover with a lid and cook for approximately 4 minutes until the **egg** whites have set, but the yolk is still runny.
7. Enjoy with a little freshly ground **black pepper** and feel whole once more!

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Huevos Rancheros



2-4 Prep: 10 mins Cook: 20 mins

Emilia's take

This delicious Mexican breakfast has taken the UK by storm over the past few years, and once you taste it, you'll understand why. The spicy flavours will help kickstart your day, while the healthy ingredients will keep you feeling good. Onions and garlic keep infections at bay and tomatoes are rich in lycopene, a strong antioxidant. Meat-lovers should try this dish with unsmoked bacon or chorizo. I highly recommend serving your huevos rancheros with freshly chopped coriander, toasted tortilla, and a little guacamole on the side.

Ingredients

- 1 Tbsp **ghee, butter** or refined coconut oil
- 1 medium brown onion or 2 medium shallots (chopped)
- 1 pinch salt
- 2-3 garlic cloves (pressed)
- 1 tsp cumin
- 1 tsp smoked paprika
- 1 tsp oregano
- ½ tsp cinnamon
- 1 pinch black pepper
- 1 pinch chilli flakes
- 2 red or multi-coloured peppers (sliced)
- 400g tinned tomatoes
- 2 handfuls of spinach
- 4 **eggs**
- 1 handful fresh coriander

Equipment

- deep, lidded frying pan

Common allergens in **bold**.
Please wash all fresh produce before use.

Method

1. In a frying pan, heat the **ghee** before adding **onions** and a little **salt**. Cook for 5 minutes or until soft.
2. Add the **garlic, cumin, smoked paprika, oregano, cinnamon**, **black pepper** and **chilli flakes**, and cook for an additional 2 minutes until fragrant.
3. Add the **sliced peppers, tinned tomatoes** and a splash of water. Simmer on a low heat until you achieve a lovely, thick sauce. If you prefer, you can blend this a little first.
4. Stir in the **spinach** until it starts to wilt.
5. With the back of a spoon, create wells in the sauce, and fill them with individual eggs.
6. Cover the pan with a lid, turn the heat off and allow the **eggs** to poach for approximately 5 minutes, depending on how runny you like the yolks. Enjoy! Or as they say in Mexico, provecho!

Make it yours

Add:

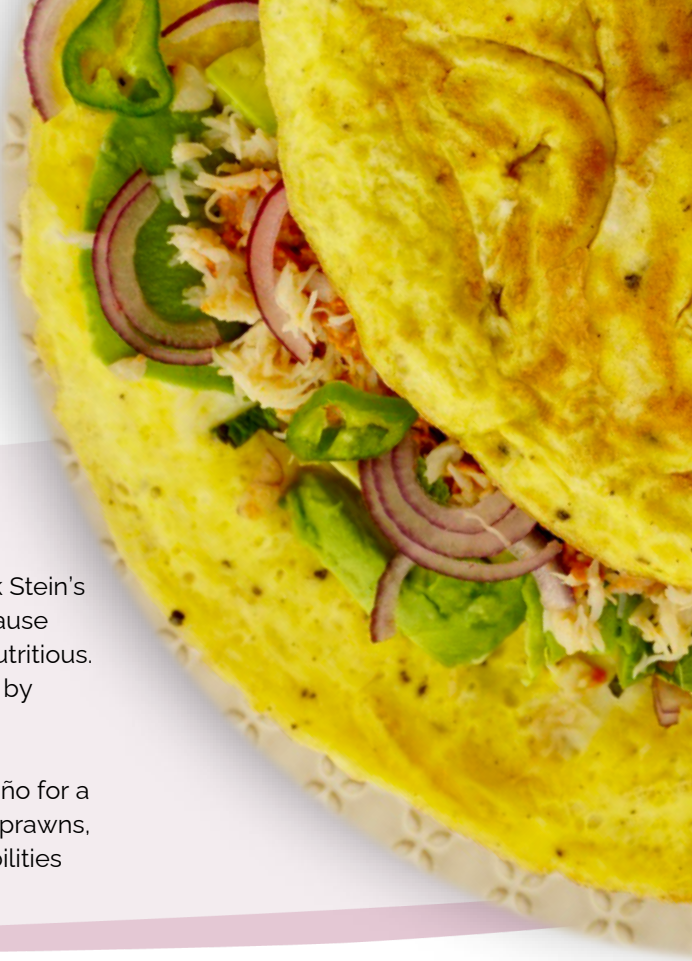
- Fresh chilli
- Red kidney or adzuki bean
- Bacon lardons, pancetta, or chorizo sausage (Step 1 - ensure meat is fully-cooked)

Swap:

- Spinach for young kale (torn)

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Crab & Avocado Omelette



2 Prep: 10 mins Cook: 10 mins

Emilia's take

This quick, delicious, and filling brunch idea came from watching Rick Stein's Road to Mexico. I have a thing for Latin American cuisine, mostly because dishes that are popular for their flavour also tend to be healthy and nutritious. Protein-rich eggs, delicate crab meat, spicy jalapeño, offset perfectly by creamy avocado… what more could you ask for? Ah yes, a Margherita.

If you can't stand the heat, stay in the kitchen! Simply swap the jalapeño for a little extra black pepper. Crab meat can also be swapped for cooked prawns, smoked salmon or mackerel, crayfish, beans, or extra veg. The possibilities are endless.

Ingredients

- 6 organic **eggs**
- 1 knob **butter**
- 80-100g cooked **crab meat**, white and/or brown
- 1 small avocado (diced)
- 1 small jalapeño (sliced)
- 2 spring onions (sliced)
- 1 small bunch coriander (chopped)
- 1 tsp grated **Parmesan cheese**
- 1 lime (halved)
- 2 pinches turmeric
- 1 pinch sea salt
- 1 pinch black pepper

Equipment

- 1 medium frying pan

Common allergens in **bold**.

Please wash all fresh produce before use.

Method

1. For the first of two batches, crack 3 **eggs** into a bowl and beat lightly, add a pinch of **turmeric**.
2. In a frying pan on medium heat, melt butter until sizzling, and add the beaten egg.
3. Using a wooden spatula, gently draw in the sides and leave to cook for 30 seconds. Repeat until the omelette has set.
4. Reduce the heat before sprinkling over half of the remaining ingredients – **crab meat**, **avocado**, **jalapeño**, **spring onion**, **coriander**, **Parmesan**, a squeeze of **lime juice**, and a little **salt and pepper**.
5. Fold in half and slide onto a plate, before repeating the process for the second batch. Enjoy hot, with an extra sprinkle of coriander as a garnish.

Make it yours

Swap:

- Crab meat for prawns, smoked salmon for mackerel, haricot for black beans
- Jalapeño for extra black pepper

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Root Vegetable Pâté

Emilia's take

I found this recipe on 'Jadlonomia' blog when looking for breakfast/lunch inspiration. This vegan alternative to meat pâté is filling and delicious, and works well simply served on a slice of a traditional sourdough bread. I am a huge fan of millet, and always encourage others to include it in their diet. This grain is naturally gluten-free, and it's great for the stomach and gut. This is a perfect batch-cooking recipe, as it makes a generous amount and can be frozen to enjoy at a later date.



12 Prep: 45 mins Cook: 45 mins

Ingredients

- 1 leek (white part only, sliced)
- 2 bay leaves
- 2 allspice berries (whole)
- 2 carrots (peeled, grated)
- 2 parsnips (peeled, grated)
- 2 **celery** sticks (diced)
- 2 garlic cloves (chopped)
- 150g dry millet
- 1 handful **hazelnuts** (finely chopped or blended)
- 50ml olive oil
- 2-3 tablespoons **soy** or **tamari sauce**
- 1 teaspoon marjoram
- ½ teaspoon thyme
- 1 pinch of nutmeg
- 1 pinch of salt
- 1 pinch of pepper

Equipment

- 1 medium saucepan
- 1 large bowl
- 1 baking tin

Common allergens in **bold**.
Please wash all fresh produce before use.

Method

1. Pre-cook the millet in 300ml of water with a pinch of salt by bringing to the boil once covered with a lid, then simmering for around 15 minutes. Allow it to sit for 10 minutes, then fluff it with a fork.
2. Pre-heat the oven to 200°C (fan 180°C).
3. Heat a saucepan with a little olive oil before adding the **leek**, **bay leaves**, and **allspice**. Cook until the leek is soft.
4. Remove the bay leaves and allspice before adding the **carrots**, **parsnip**, **celery**, and **garlic**. Reduce the heat to low and cook for a further 10-15 minutes, until all the vegetables have softened.
5. Transfer the cooked vegetables to a large bowl. Add cooked **millet**, **hazelnuts**, **olive oil**, **soy sauce**, and remaining spices. Blend until smooth. Taste and season with **salt** and **pepper** if needed.
6. Prepare the baking tin by brushing it with oil or lining with baking paper.
7. Fill the tin with the mix and bake for 30-45 minutes in the centre of the oven. The top of the pâté should be golden – if not, cook for a further 10 minutes.
8. When the tin has cooled sufficiently, remove the pâté and allow it to cool completely before slicing.

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Granola



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Granola

Emilia's take

I love making granola because I can experiment, use up all sorts of bits and bobs that are sitting in the cupboard, and it fills the house with the most gorgeous smell. Kids also enjoy getting involved in the process, because it's relatively simple, and you don't have to wait long to enjoy the yummy results. Below, I've provided ingredients for a classic granola combination, but you can invent endless variations. Just make sure you include coconut oil, sea salt and honey for texture and taste. Why not try adding coconut flakes, buckwheat, chopped nuts or raw cacao powder?

2 Jars Prep: 10 mins Cook: 25-30 mins



Ingredients

- 3 Tbsp coconut oil
- 2 tsp cinnamon
- 1 tsp sea salt
- 2 Tbsp honey or maple syrup
- 200g rolled oats
- 100g **rye** flakes
- 80g **almond** flakes
- 100g pumpkin seeds
- 80g sunflower seeds
- 60g desiccated coconut

Equipment

- 2 baking trays

Common allergens in **bold**.
Please wash fresh produce before use.

Method

1. Preheat the oven to 190˚C/170˚C fan.
2. Place **coconut oil** in a small bowl and put in the oven for a couple of minutes, until it melts. Carefully remove the bowl, add **cinnamon**, **salt** and **honey**, and stir well.
3. Put all the other **ingredients** in a mixing bowl, before pouring the coconut oil mix over. Stir until well-combined.
4. Line two baking trays and spread a thin layer of granola evenly over each.
5. Place on the middle and lower shelves of the oven and bake for 15 minutes. Remove, mix and re-spread the granola before cooking for an additional 10 minutes or so. It is cooked when golden and smelling deliciously nutty.
6. Remove the granola from the oven, allow to cool, and store in a sealed glass jar for up to 2 months.

Make it yours

Add:

- coconut flakes,
- buckwheat groats,
- chopped **hazelnuts**, **almonds** or **Brazil nuts**,
- raw cacao powder or cacao nibs,
- hemp or chia seeds,
- raisins, dates or apricots (chopped),
- vanilla extract, ground nutmeg or cloves

Swap:

- **rye flakes** for more oats

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BONUS

Recipes & meal inspirations

Here are some of my favourite cookbooks:

- 'My New Roots' by Sarah Britton,
- 'Plenty More' by Yotam Ottolenghi, as well as any other of his books,
- 'Deliciously Ella' by Ella Woodward,
- 'Good and Simple' by Melissa and Jasmine Hemsley,
- 'Eat Happy' by Melissa Hemsley,
- 'Cook. Nourish. Glow' by Amelia Freer,
- 'Fish and Shellfish', 'From Venice to Istanbul' and 'Long Weekends' by Rick Stein,
- 'Jamie's 30-minute Meals' by Jamie Oliver,
- Waitrose Magazine,
- 'River Cottage Cookbook' and 'River Cottage Everyday' by Hugh Fearnley-Whittingstall,
- 'Healing Foods' by Neils Yard Remedies.

Some of my favourite websites, blogs & recipe apps:

- Grow:
  https://mynewrootsgrow.life/your-optimum-nutrition-landing-page
  Online platform with recipes, cooking videos and life demo sessions as well as a section on movement, gardening and natural skincare. Created by the founder of My New Roots Grow. Enjoy my membership discount when purchased through the link above!
- My New Roots:
  https://www.mynewroots.org/site
- Feel Better App by Deliciously Ella:
  https://apps.apple.com/us/app/feel-better-deliciously-ella/id1445510165
  Lots of plant-based recipes and meal plans as well as breathwork, yoga, pilates and mindfulness videos.
- Hemsley and Hemsley:
  http://www.hemsleyandhemsley.com
- Elana's Pantry:
  https://elanaspantry.com
- Green Kitchen Stories:
  http://www.greenkitchenstories.com
- Food Pharmacy:
  https://foodpharmacy.blog
- Abel and Cole:
  https://www.abelandcole.co.uk/recipes
- Riverford:
  https://www.riverford.co.uk/recipes
- BBC Good Food:
  https://www.bbcgoodfood.com

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Energise Your Mornings

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for busy parents and individuals

by Emilia Skrzypek, Holistic Nutritional Therapist

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