



Contact

Scott Donovan Dip P.T.

Jessica Donovan N.D.

Phone : 0430 390 807

www.bounceoptimumhealthandwellbeing.com

info@bounceoptimumhealthandwellbeing.com

Breakfast Ideas

Homemade Muesli

Toast whole oats in a roasting dish for about 10 minutes on 180 degrees. Do this in bulk to last you a week and store in an airtight container. Serve with a choice of the following

- Sunflower or pumpkin seeds
- Almonds or walnuts
- Linseed meal
- L.S.A. (linseed, sunflower & almond meal)
- Fresh or frozen berries
- Grated Apple
- Sliced peaches or nectarines
- Plain Yoghurt
- Organic soy milk

Pear, Cashews & Coconut

Ingredients

1 Pear

1 Tablespoon unsweetened shredded coconut

¼ cup unsalted, raw cashews

2 Tablespoons sunflower seeds

Method

Cut up pear into bite sized pieces and top with cashews, seeds and coconut.

Protein Shake

Protein powder (we recommend Reduce XS) mixed with water or milk. For variation you can add fresh or frozen berries, flaxseed meal or plain yoghurt.

As an alternative to using protein powder you could use 2 raw eggs, plain yoghurt, flaxseed meal and berries.

Breakfast Bars

Ingredients

150g butter
½ cup honey
2 cups rolled oats
1 cup unsweetened coconut
1 teaspoon baking powder
¼ cup sesame seeds
¼ cup pumpkin seeds
¾ cup chopped pitted prunes
⅔ cup chopped dried apricots
3 eggs

Method

Preheat oven to 170 degrees. Line a 23 x 32 cm tin with baking paper. Put the butter and honey in a small saucepan over medium heat until melted.

Mix the dry ingredients together in a large bowl. Add the dried fruit and mix well. Add the honey mixture and eggs and stir to combine. Spoon evenly into the tin and bake for 25-30 minutes or until golden brown. Allow to cool before cutting into 12 bars.

PECAN AND APPLE CINNAMON MUESLI

Ingredients

¼ cup flax seed meal
¾ cup almond meal
½ cup sunflower seeds
¼ cup unsweetened shredded coconut
½ cup chopped pecans
¼ cup chopped walnuts
½ cup chopped dried apple
2 teaspoons cinnamon
2 teaspoons vanilla essence

Method

In a large bowl, mix together all ingredients. To serve; measure one cup of mixture into a breakfast bowl and serve with no added sugar soy milk. For warm Bircher style muesli soak one cup of mixture with ½ cup water or soy milk overnight then lightly heat in microwave or pan and serve with heated soy milk. Dry ingredients can be mixed together and stored in the refrigerator for later use.

Mediterranean Omlette

Ingredients

2-3 Eggs
1 cup of vegetables- red onion, zucchini, mushrooms, red capsicum, semi dried tomatoes
30g Feta Cheese
sea salt and pepper to taste

Method

Fry vegetables in a little olive oil. Beat eggs and add salt and pepper to taste. Pour eggs to cover base of fry pan. Sprinkle feta onto one half and top with cooked vegetables. Once egg is set flip other half of egg mixture on top of vegetables and leave on low heat for a few minutes.

Mushrooms, Pesto, Spinach & Poached Eggs

Ingredients

1 cup washed, fresh spinach leaves
1 large swiss brown mushroom
Spoonful of Pesto
Pepper to taste
1 tablespoon white vinegar
2 eggs

Method

Fry mushroom & spinach in a little olive oil. Bring a pot of water to the boil. Add vinegar and stir with spoon to create a whirl pool. Break eggs into the water, turn off the heat and leave covered until set (3-4 minutes). Make a stack, with mushroom on the bottom, spread of pesto, spinach and poached eggs.

CHEESY SCRAMBLED EGGS

Ingredients

2-3 eggs
20 g cheese
2 tablespoon milk of choice

Method

Beat eggs, cheese and milk together then pour into hot pan. Stir eggs every so often until they have a scrambled appearance. Serve onto plate with 1 piece of wholegrain or Rye toast. Add spinach, mushrooms, onions, lean bacon, or tuna for variations.

Porridge ideas

- * Always use whole rolled oats as opposed to quick oats as they take longer for your body to break down and are have a lower GI.

- * Try using alternative grains such as quinoa and amaranth for higher protein and lower carbohydrate content.
 - *Limit your serving size to no more than 1/2 cup uncooked oats.
 - * Use only water to cook the porridge and add milk once cooked.
- * Avoid using sugar, honey or other sweeteners. It may taste bland at first but your taste buds will adjust.
- * Try these toppers for your porridge to increase the protein and fibre content and add delicious flavour.
 - * Pear and chopped walnuts.

 - *Chopped prunes and pumpkin seeds.

 - * Grated apple and ground linseed.

 - *Blueberry and chopped almonds.