

The "I Don't Like Eggs" Breakfast Recipe Book



BY TOM HILL

BANANA BREAKFAST OATS

Serves: 2

Prep: 12 mins

Cook: 0 mins

Nutrition Per Serving:

381	12g	60g	10g
kcal	Fats	Carbs	Protein

Recipe Key:



What you need:

1 cup (90g) rolled oats

2 ripe bananas, mashed

2 tbsp. peanut butter

favorite nuts and seeds, to garnish

seasonal fruit, to garnish

A top-down view of a light-colored bowl filled with oatmeal. The oatmeal is topped with a variety of fresh fruits, including blueberries, strawberries, and banana slices. There are also some nuts and seeds scattered on top. A copper-colored spoon is visible in the upper right corner of the frame. The bowl is placed on a light-colored, textured surface.

Instructions:

Divide oats between two bowls and add 3 tbsp. of water into each bowl.

Add in one mashed up banana into each bowl and mix well to combine. Set aside for 10 minutes for the oats to soften.

Drizzle the oats with peanut butter and serve with the nuts and seeds and chopped fruit.

NOTE: garnishes (nuts, seeds, fruit) are not included in the nutritional information.

ALMOND BANANA PANCAKES

Serves: 2

Prep: 10 mins

Cook: 15 mins

Nutrition Per Serving:

346	21g	28g	13g
kcal	Fats	Carbs	Protein

Recipe Key:



What you need:

5/8 cup (125g) mango, cubes

2 passion fruit

4 tbsp. water

1/2 cup (60g) almond flour

1 ripe banana

1 medium egg

1 tsp oil



Instructions:

Put the mango pieces, and passion fruit flesh in a saucepan and add the water. Heat for 10 minutes on low heat until fruit is softened. Stir frequently. Put the fruit aside and let it cool.

In the meantime, mix the almond flour, the ripe banana and egg in the blender or food processor until smooth.

Heat the oil in a large non-stick pan scoop 6 pieces of batter into the pan with a tablespoon.

Fry the pancakes for about 3 mins. until browned and done on both sides. Turn them carefully, as the batter is not very firm.

Serve with the fruit spread made earlier.



OVERNIGHT VANILLA YOGURT OATS

Serves: 2

Prep: 5 mins

Cook: 0 mins

Nutrition Per Serving:

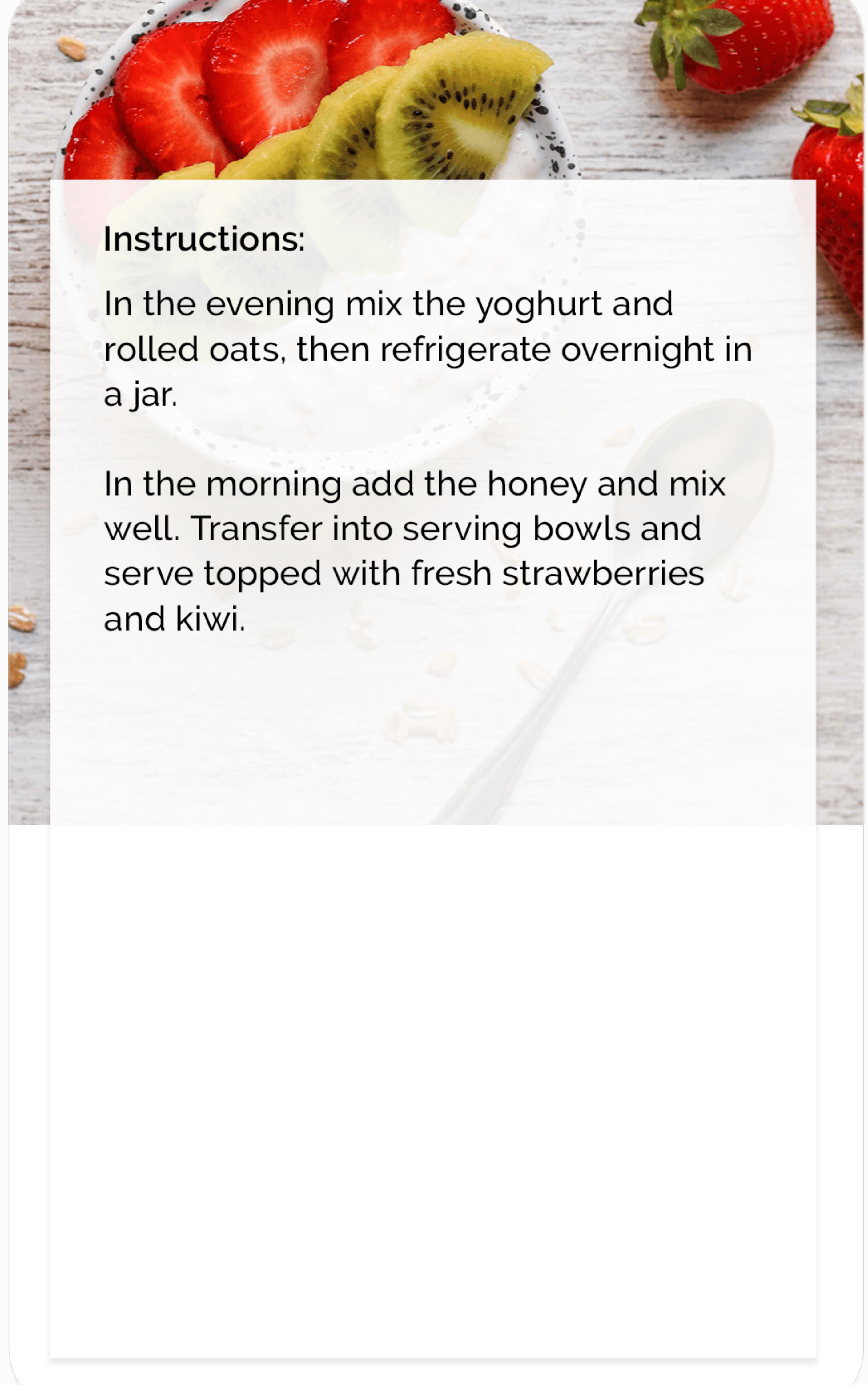
249	5g	41g	9g
kcal	Fats	Carbs	Protein

Recipe Key:



What you need:

- 1 ½ cup (350ml) vanilla yoghurt, soy or normal
- 5 tbsp. (30g) rolled oats
- 1 tbsp. honey
- 2-4 strawberries, sliced
- 1 kiwi, sliced

A top-down view of a white ceramic bowl with a speckled rim, filled with overnight oats. The oats are topped with sliced strawberries, kiwi, and banana. A white ceramic spoon lies on the light-colored wooden surface next to the bowl. Scattered almond flakes are visible on the surface.

Instructions:

In the evening mix the yoghurt and rolled oats, then refrigerate overnight in a jar.

In the morning add the honey and mix well. Transfer into serving bowls and serve topped with fresh strawberries and kiwi.

COTTAGE CHEESE, AVOCADO & SUNDRIED TOMATO BREAKFAST WRAP

Serves: 4

Prep: 10 mins

Cook: 0 mins

Nutrition Per Serving:

365

kcal

21g

Fats

31g

Carbs

14g

Protein

Recipe Key:



What you need:

1 $\frac{3}{4}$ cups (400g) cottage cheese

2 avocados, stone removed

4 medium corn wraps

$\frac{2}{3}$ cup (100g) sundried tomatoes

4 handfuls lettuce



Instructions:

Heat the wraps according to instructions. Mash the avocado with a fork and spread over the corn wraps. Season with salt & pepper.

Next divide the cottage cheese, tomatoes and lettuce over the avocado. Roll the wraps and wrap them tightly in cling film. Keep the wraps in the refrigerator until required.

BREAKFAST SALAD BOWL

Serves: 2

Prep: 10 mins

Cook: 0 mins

Nutrition Per Serving:

317	17g	32g	10g
kcal	Fats	Carbs	Protein

Recipe Key:



What you need:

2 slices bread of choice

2 handfuls salad leaves per bowl

2 baby cucumbers, sliced

2.6 oz. (75g) feta cheese, cubed

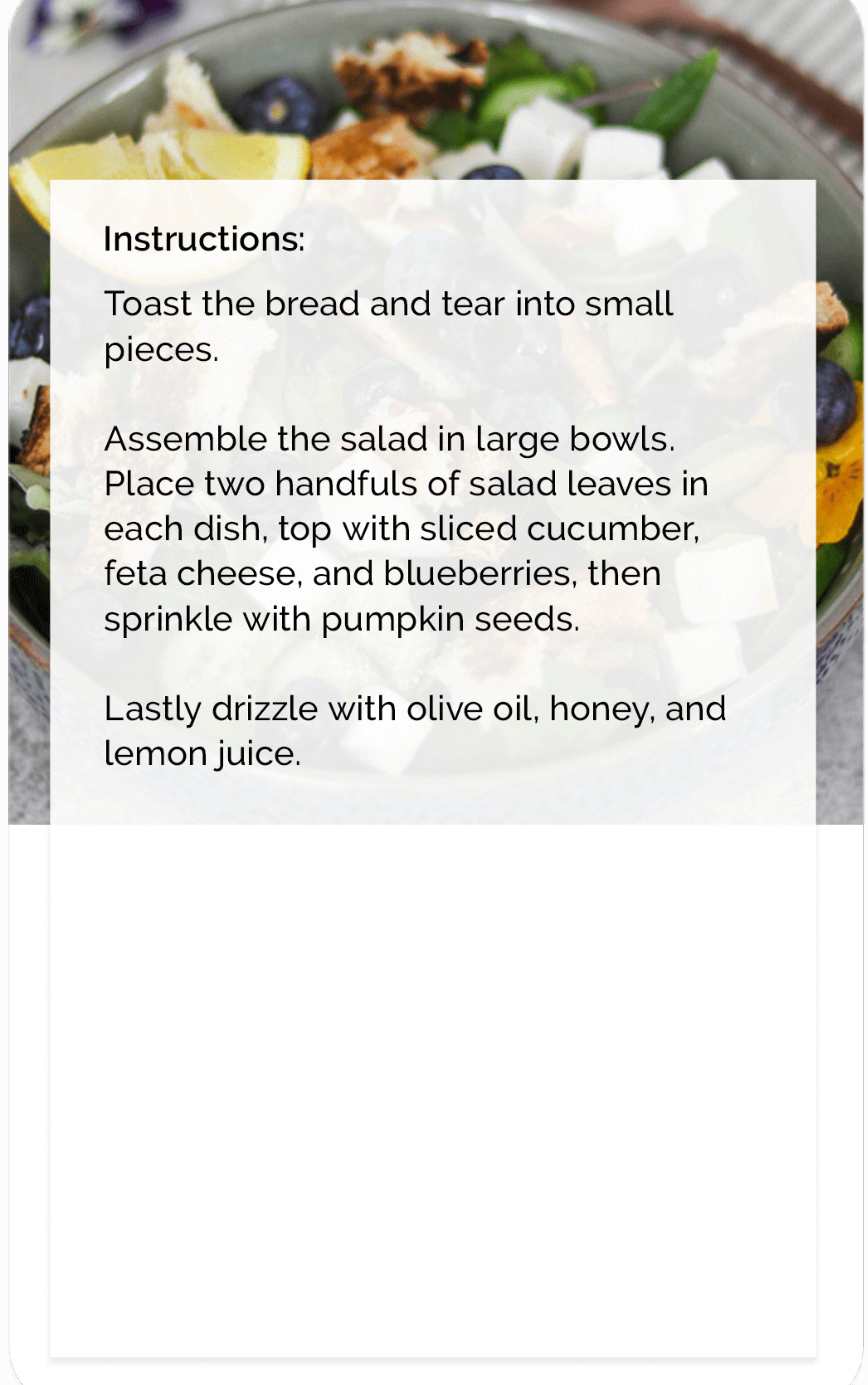
2.6 oz. (75g) blueberries

2 tbsp. pumpkin seeds

1 tbsp. olive oil

2 tsp. honey

½ lemon, juiced

A close-up photograph of a bowl filled with a salad. The salad includes cubed white cheese, sliced cucumbers, blueberries, and croutons. A slice of lemon is visible on the left side of the bowl. The bowl is set on a light-colored surface.

Instructions:

Toast the bread and tear into small pieces.

Assemble the salad in large bowls. Place two handfuls of salad leaves in each dish, top with sliced cucumber, feta cheese, and blueberries, then sprinkle with pumpkin seeds.

Lastly drizzle with olive oil, honey, and lemon juice.



LOW CARB TURKEY SALAD

Serves: 5

Prep: 25 mins

Cook: 0 mins

Nutrition Per Serving:

348	18g	15g	32g
kcal	Fats	Carbs	Protein

Recipe Key:



What you need:

For the Salad:

1lb. (450g) cooked turkey
breast sliced

1 cup (70g) white cabbage,
shredded

1 cup (70g) red cabbage,
shredded

1 red bell pepper, finely
sliced

1 large carrot, grated

6 radishes, finely sliced

1 cup (100g) bean sprouts

3 green onions, finely sliced

4 tbsp. coriander, chopped

3 tbsp. toasted sesame seeds

1/3 cup (30g) almonds,
chopped

For the Dressing:

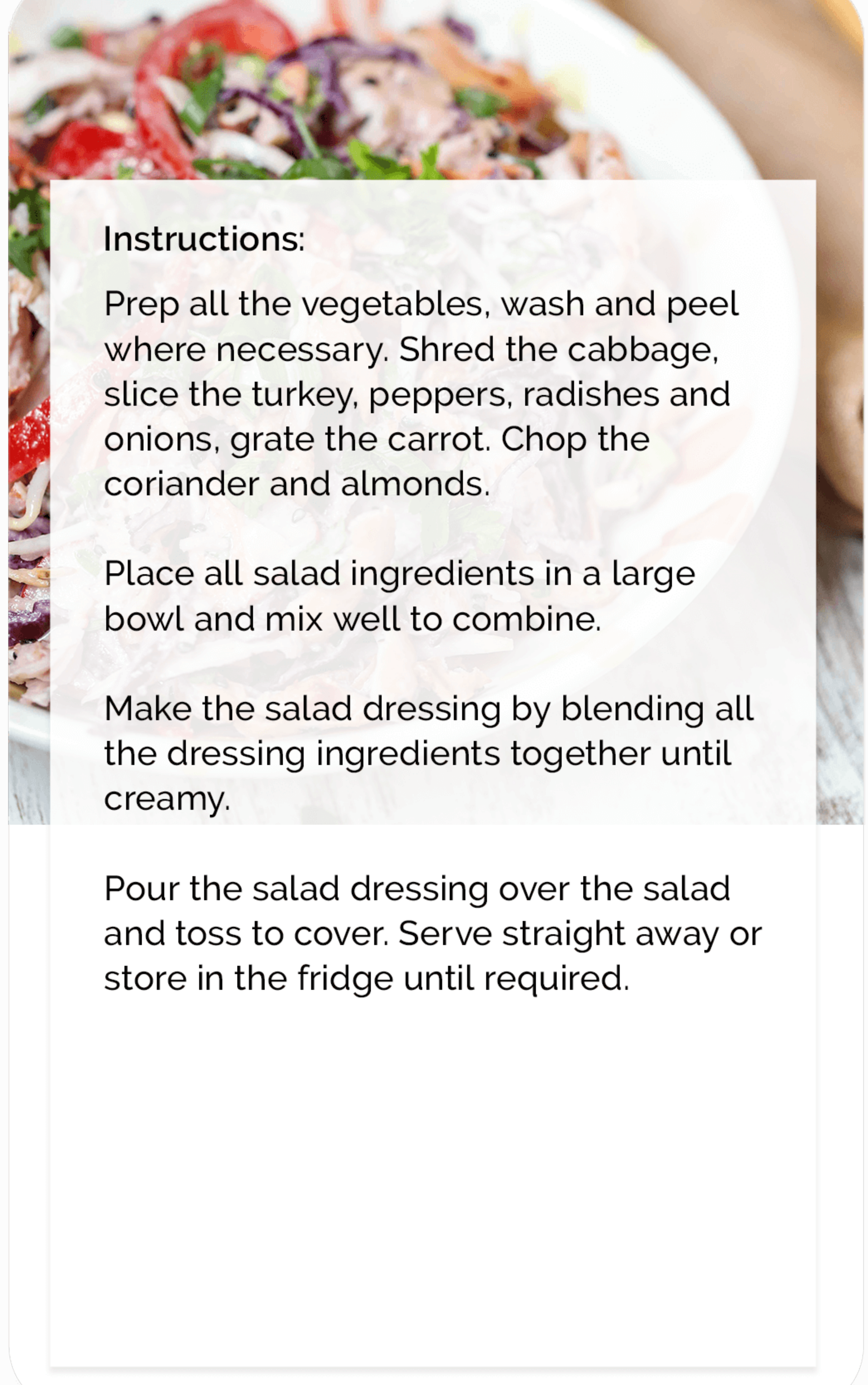
1/4 cup (60 ml) tahini

1/4 cup (60 ml) water

1/4 cup (60 ml) lemon juice

1 garlic clove, minced

1 tbsp. honey



Instructions:

Prep all the vegetables, wash and peel where necessary. Shred the cabbage, slice the turkey, peppers, radishes and onions, grate the carrot. Chop the coriander and almonds.

Place all salad ingredients in a large bowl and mix well to combine.

Make the salad dressing by blending all the dressing ingredients together until creamy.

Pour the salad dressing over the salad and toss to cover. Serve straight away or store in the fridge until required.

HERBY BREAKFAST SAUSAGES

Serves: 8

Prep: 10 mins

Cook: 10 mins

Nutrition Per Serving:

56	3g	2g	7g
kcal	Fats	Carbs	Protein

Recipe Key:



What you need:

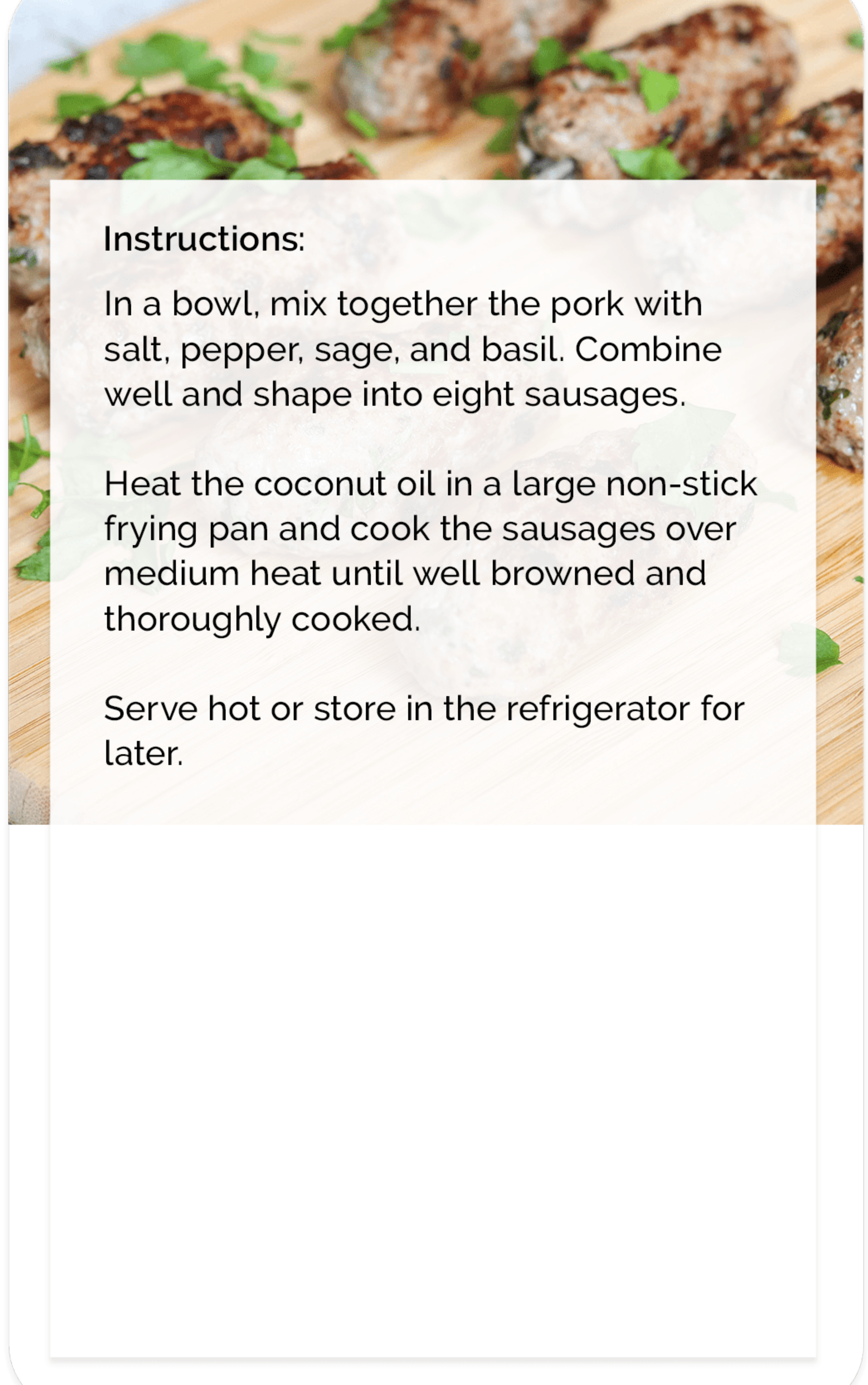
9 oz. (250g) ground pork

salt & pepper

2 tbsp. sage, chopped

2 tbsp. basil, chopped

1 tbsp. coconut oil



Instructions:

In a bowl, mix together the pork with salt, pepper, sage, and basil. Combine well and shape into eight sausages.

Heat the coconut oil in a large non-stick frying pan and cook the sausages over medium heat until well browned and thoroughly cooked.

Serve hot or store in the refrigerator for later.

TOFU CAESAR SUMMER ROLLS

Serves: 4

Prep: 15 mins

Cook: 10 mins

Nutrition Per Serving:

191	10g	8g	5g
kcal	Fats	Carbs	Protein

Recipe Key:



What you need:

5/8 cup (100g) firm tofu

1 tbsp. coconut oil

4 Romaine lettuce leaves, shredded

½ avocado, sliced

2 tbsp. Parmesan, grated

Caesar salad dressing

4 rice paper wrappers



Instructions:

Slice the tofu into two thin rectangles and press between a towel to remove excess moisture.

Heat the oil in a pan over medium-high heat and add the tofu. Season generously with salt and pepper. Cook for 4-5 minutes per side, until golden. Remove and let cool before slicing into 8 strips.

Dip one rice paper in a bowl of warm water. Remove when slightly softened and place carefully on a plate lined with a dampened cloth or kitchen towel.

Place a few strips of tofu in the centre, top with avocado, and a sprinkle of parmesan. Lastly, top with some lettuce.

Now fold the rice paper around the filling, firstly the sides, and then wrap tightly. Set the finished roll aside on your serving plate lined with a damp kitchen towel. Repeat with the rest of the papers.

Serve straight away with the Caesar dressing as a dipping sauce.

(Pro tip: dip your fingers in water, so your hands are damp when handling the spring roll wrapper, they will stick less.)



TROPICAL GLUTEN FREE GRANOLA

Serves: 7 cups

Prep: 20 mins

Cook: 2 hrs

Nutrition Per Serving:

173	14g	10g	4g
kcal	Fats	Carbs	Protein

Recipe Key:



What you need:

1 cup (165g) pineapple, cubed

5 Medjool dates, pitted and roughly chopped

Orange, 2 tbsp. juice

1 tbsp. vanilla extract

1 tsp. ground cinnamon

¼ cup (60ml) coconut oil, melted

3 cups (400g) almonds, roughly chopped

1 cup (150g) cashew nuts, roughly chopped

3 cups (90g) unsweetened coconut flakes

½ cup (70g) sunflower seeds

½ tsp. salt

Note:

Nutrition information is given per serving size of ¼ cup – 28 grams.



Instructions:

Pre-heat oven to 250F (120C) and prepare 2 racks lined with baking sheets.

In a food processor or high-speed blender, add the pineapple, dates, orange juice, vanilla extract and cinnamon. Blend until smooth. Next add in the coconut oil and blend again. Set aside until required.

Chop up the almonds and cashew nuts and transfer into a large bowl. Add the coconut flakes, sunflower seeds, salt and mix well.

Fold in the pineapple mix into the nuts and mix well until combined.

Divide the wet granola between the two earlier prepared baking sheets and spread into a thin layer.

Place into the oven and bake for around 2 hours. Give the granola a mix every 20 mins and rotate the trays after 60 mins of baking.

In the last 30 mins keep a close eye on the granola to prevent burning. Finish baking as granola turns golden brown. Cool to room temperature and transfer into airtight containers.

The granola will keep for a couple of weeks.

PROTEIN FRUIT BOWLS

Serves: 2

Prep: 10 mins

Cook: 0 mins

Nutrition Per Serving:

250

kcal

4g

Fats

30g

Carbs

25g

Protein

Recipe Key:

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What you need:

For the Mango Bowl:

7 oz. (200g) natural quark

$\frac{1}{4}$ mango, chopped

1 tbsp. granola

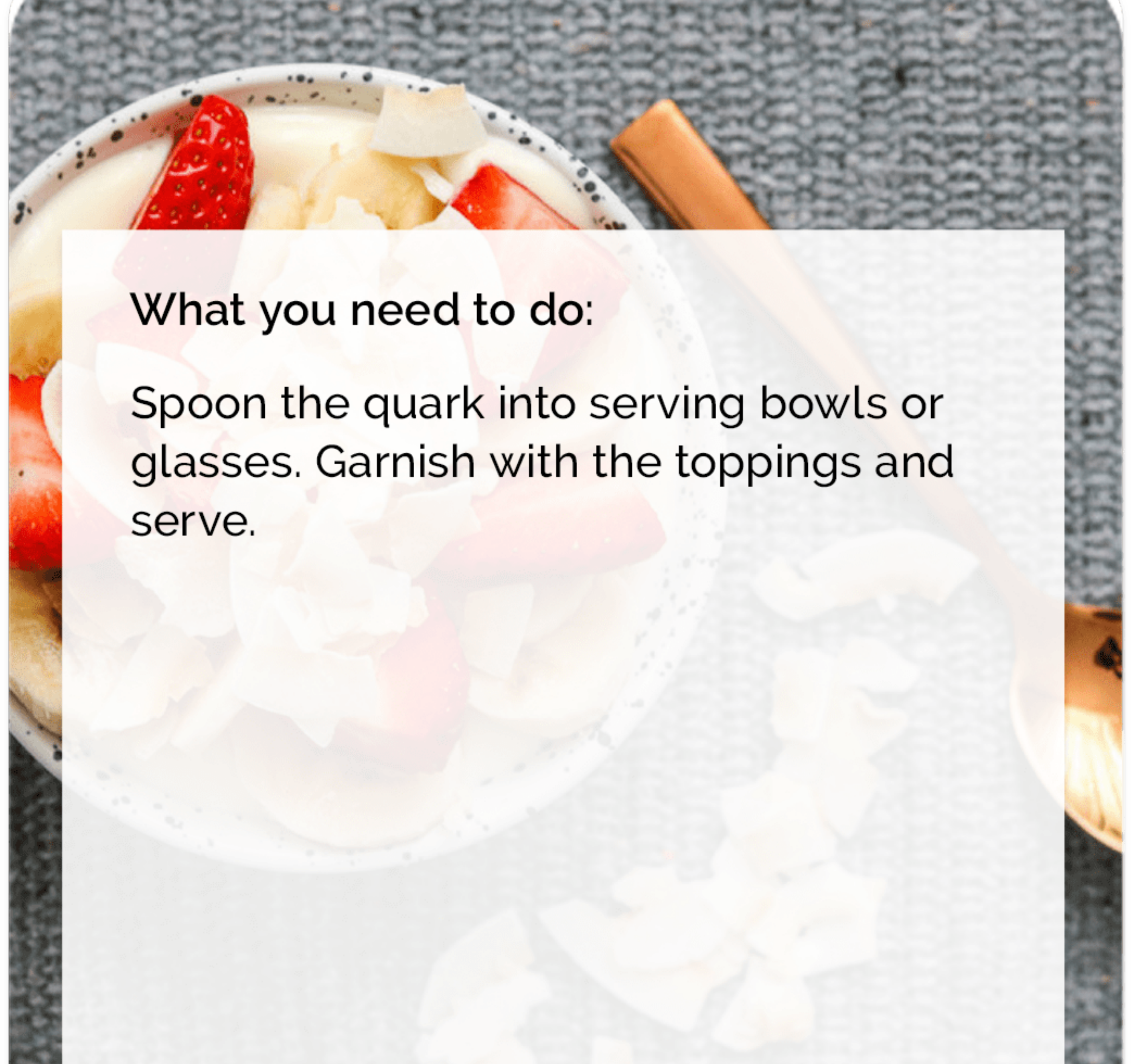
For the Strawberry Bowl:

7 oz. (200g) natural quark

5 strawberries, halved

$\frac{1}{2}$ banana, sliced

1 tbsp. coconut chips



What you need to do:

Spoon the quark into serving bowls or glasses. Garnish with the toppings and serve.