

RAYMONDPRO

BREAKFAST & BRUNCH

10 WHOLESOME MORNING RECIPES

Fresh, filling breakfast and brunch ideas built around whole foods, quality protein, fruit, vegetables and simple cooking.

FREE RECIPE COLLECTION

10 recipes - clear ingredients - simple methods - chef tips - nutrition focus

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Start the day with good food and strong flavour.

CONTENTS

- 01** Greek Yoghurt, Berry & Seed Breakfast Bowl
- 02** Avocado, Egg & Tomato Sourdough
- 03** Warm Apple, Cinnamon & Oat Porridge
- 04** Spinach-Free Green Breakfast Omelette
- 05** Smoked Salmon, Egg & Avocado Plate
- 06** Banana, Blueberry & Greek Yoghurt Pancakes
- 07** Sweet Potato, Egg & Avocado Brunch Bowl
- 08** Overnight Oats with Berries & Chia
- 09** Tomato, Bean & Egg Breakfast Skillet
- 10** Fresh Fruit, Cottage Cheese & Nut Bowl

01 Greek Yoghurt, Berry & Seed Breakfast Bowl

A fresh, protein-rich breakfast with fruit, yoghurt, seeds and a little natural sweetness.

Serves 2

INGREDIENTS

- 300 g plain Greek yoghurt
- 100 g blueberries
- 100 g strawberries, sliced
- 1 banana, sliced
- 2 tbsp mixed pumpkin and sunflower seeds
- 1 tbsp chia seeds
- 2 tbsp chopped walnuts
- 1 tsp honey, optional

METHOD

1. Divide the yoghurt between two bowls.
2. Arrange the berries and banana over the yoghurt.
3. Scatter over the seeds, chia and walnuts.
4. Finish with a small drizzle of honey if desired.

Chef's tip: Toast the nuts and seeds briefly in a dry pan for deeper flavour and extra crunch.

NUTRITION FOCUS

Protein from yoghurt combines with fruit, nuts and seeds for a balanced mix of protein, fibre and fats.

02 Avocado, Egg & Tomato Sourdough

Wholegrain sourdough topped with avocado, eggs and fresh tomato for a satisfying savoury breakfast.

Serves 2

INGREDIENTS

- 2 large slices wholegrain sourdough
- 1 ripe avocado
- 4 eggs
- 2 ripe tomatoes, sliced
- Juice of 1/2 lemon
- Fresh parsley or chives
- Black pepper

METHOD

1. Toast the sourdough until crisp at the edges.
2. Mash the avocado with lemon juice and black pepper.
3. Poach or softly boil the eggs.
4. Spread avocado over the toast, add tomato and eggs, then finish with herbs.

Chef's tip: Add the tomato beneath the egg so its juices soak slightly into the toast without making the base soggy.

NUTRITION FOCUS

Eggs provide complete protein, avocado adds unsaturated fats, and wholegrain bread contributes fibre.

03 Warm Apple, Cinnamon & Oat Porridge

A comforting bowl of whole oats, gently cooked apple, cinnamon and nuts.

Serves 2

INGREDIENTS

- 100 g rolled oats
- 400 ml milk or unsweetened fortified plant drink
- 1 apple, diced
- 1 tsp ground cinnamon
- 1 tbsp chia seeds
- 2 tbsp chopped walnuts
- 1 tsp honey, optional

METHOD

1. Place oats and milk in a saucepan and simmer gently for 5-7 minutes.
2. Cook the diced apple with cinnamon and a splash of water in a separate small pan until just tender.
3. Stir chia seeds into the porridge.
4. Serve topped with warm apple, walnuts and optional honey.

Chef's tip: Keep some texture in the apple rather than cooking it to a puree; it gives the bowl a better contrast.

NUTRITION FOCUS

Oats and chia provide fibre, while fruit and walnuts add micronutrients and unsaturated fats.

04 Spinach-Free Green Breakfast Omelette

A vegetable-packed omelette using herbs, broccoli and courgette for a fresh green breakfast.

Serves 2

INGREDIENTS

- 4 eggs
- 1/2 small courgette, finely diced
- 80 g cooked broccoli, chopped
- 2 spring onions, sliced
- 1 tbsp chopped parsley
- 1 tbsp chopped chives
- 1 tsp extra virgin olive oil
- Black pepper

METHOD

1. Whisk the eggs with black pepper and herbs.
2. Heat the olive oil in a non-stick pan and soften the courgette and spring onion.
3. Add broccoli, then pour in the eggs.
4. Cook gently, fold when almost set and serve immediately.

Chef's tip: Cook omelettes over moderate heat; aggressive heat toughens the egg before the centre has set.

NUTRITION FOCUS

Eggs supply protein while broccoli, courgette and herbs add vegetables without making breakfast heavy.

05 Smoked Salmon, Egg & Avocado Plate

A simple brunch plate with smoked salmon, eggs, avocado, cucumber and lemon.

Serves 2

INGREDIENTS

- 120 g smoked salmon
- 4 eggs
- 1 avocado, sliced
- 1/2 cucumber, sliced
- 150 g cherry tomatoes
- 1 lemon
- Fresh dill
- Black pepper

METHOD

1. Boil or poach the eggs to your preferred doneness.
2. Arrange salmon, avocado, cucumber and tomatoes between two plates.
3. Add the eggs and fresh dill.
4. Finish with lemon juice and black pepper.

Chef's tip: Use lemon and fresh herbs for brightness before reaching for extra salt, as smoked salmon is already seasoned.

NUTRITION FOCUS

Salmon and eggs provide protein; salmon also contributes omega-3 fats, while avocado and vegetables round out the plate.

06 Banana, Blueberry & Greek Yoghurt Pancakes

Soft breakfast pancakes made with oats, banana, egg and yoghurt, served with fresh berries.

Serves 2

INGREDIENTS

- 1 ripe banana
- 2 eggs
- 80 g rolled oats
- 100 g Greek yoghurt
- 1/2 tsp baking powder
- 100 g blueberries
- 1 tsp olive oil or a little butter for the pan
- Extra yoghurt to serve

METHOD

1. Blend banana, eggs, oats, yoghurt and baking powder into a thick batter.
2. Rest for 5 minutes while the oats hydrate.
3. Cook small pancakes in a lightly greased non-stick pan over medium-low heat.
4. Serve with blueberries and a spoonful of Greek yoghurt.

Chef's tip: Keep the pancakes small; the oat-and-banana batter is delicate and flips more cleanly in smaller portions.

NUTRITION FOCUS

Eggs and yoghurt add protein, while oats, banana and berries provide carbohydrate, fibre and fruit.

07 Sweet Potato, Egg & Avocado Brunch Bowl

A colourful brunch bowl with roasted sweet potato, eggs, avocado and crunchy vegetables.

Serves 2

INGREDIENTS

- 1 large sweet potato, cubed
- 4 eggs
- 1 avocado
- 1/2 cucumber, diced
- 150 g cherry tomatoes
- 1 tbsp extra virgin olive oil
- 1 tsp smoked paprika
- Juice of 1/2 lime
- Fresh parsley

METHOD

1. Roast sweet potato with olive oil and paprika at 200 C / 180 C fan for 25-30 minutes.
2. Boil or poach the eggs.
3. Divide sweet potato, cucumber, tomatoes and avocado between bowls.
4. Add eggs and finish with lime and parsley.

Chef's tip: Roast the sweet potato until the edges caramelize; this develops sweetness without needing a sugary dressing.

NUTRITION FOCUS

Sweet potato supplies fibre and carotenoids, eggs provide protein, and avocado contributes unsaturated fats.

08 Overnight Oats with Berries & Chia

A make-ahead breakfast with oats, chia, yoghurt and berries.

Serves 2

INGREDIENTS

- 100 g rolled oats
- 200 g Greek yoghurt
- 180 ml milk or unsweetened fortified plant drink
- 2 tbsp chia seeds
- 150 g mixed berries
- 1/2 tsp cinnamon
- 1 tbsp chopped almonds

METHOD

1. Mix oats, yoghurt, milk, chia and cinnamon in a container.
2. Cover and refrigerate overnight.
3. Stir in the morning and loosen with a little milk if needed.
4. Top with berries and almonds before serving.

Chef's tip: Add crunchy toppings only when serving so they keep their texture overnight.

NUTRITION FOCUS

Oats and chia contribute fibre, while yoghurt adds protein and berries bring fruit and vitamin C.

09 Tomato, Bean & Egg Breakfast Skillet

A warm one-pan brunch of tomatoes, beans and eggs with herbs and gentle spice.

Serves 2

INGREDIENTS

- 1 x 400 g tin chopped tomatoes
- 1 x 400 g tin cannellini beans, drained and rinsed
- 4 eggs
- 1 red pepper, diced
- 1 small onion, diced
- 1 tsp smoked paprika
- 1 tsp extra virgin olive oil
- Fresh parsley
- Black pepper

METHOD

1. Soften onion and pepper in olive oil over medium heat.
2. Add paprika, tomatoes and beans and simmer for 10 minutes.
3. Make four wells in the mixture and crack in the eggs.
4. Cover and cook gently until the whites are set, then finish with parsley and black pepper.

Chef's tip: Once the eggs are added, keep the heat low and cover the pan so the tops cook gently without drying the tomato base.

NUTRITION FOCUS

Beans add plant protein and fibre, eggs provide complete protein, and the tomato-pepper base adds vegetables.

10 Fresh Fruit, Cottage Cheese & Nut Bowl

A quick high-protein bowl with cottage cheese, fresh fruit, nuts and seeds.

Serves 2

INGREDIENTS

- 300 g cottage cheese
- 1 apple, diced
- 1 pear, diced
- 100 g berries
- 2 tbsp chopped almonds or walnuts
- 1 tbsp pumpkin seeds
- 1/2 tsp cinnamon

METHOD

1. Divide the cottage cheese between two bowls.
2. Arrange the apple, pear and berries over the top.
3. Scatter with nuts, pumpkin seeds and cinnamon.
4. Serve immediately.

Chef's tip: A squeeze of lemon over chopped apple and pear keeps the fruit bright if preparing it a little ahead.

NUTRITION FOCUS

Cottage cheese is rich in protein, while fruit, nuts and seeds provide fibre, vitamins and unsaturated fats.

START WELL

Breakfast and brunch can be simple, colourful and satisfying. Build your plate around whole foods, quality protein, fruit or vegetables and flavours you enjoy.

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General nutrition information only; individual dietary needs vary.