

Small Steps
MAKE FOOD EASY

Rise and Shine!

It's breakfast time in the Challenge and I've got three simple breakfast ideas for you

Inside you'll find:

Garlic Greens and Egg
Simple Bircher Muesli
Simple Smoothie

Nothing super fancy - just real food that doesn't take long to prepare (the Bircher you can prepare tonight for tomorrow morning).

What I'd love for you to do is think creatively about them. Make them your own. Use veggies that you enjoy - there are no rules here.

And if none of them appeal, take the ingredients you have on standby and get creative!

If toast is your preference - then switch the margarine for butter and upgrade your bread to a sourdough. Smash some avocado on it and sprinkle with salt - done!

I have so many breakfast ideas inside The Vault of the Small Steps Membership - it was really hard to whittle it down to three for you here. I hope I've chosen wisely and they help you make breakfast easy!

Lisa x

GARLIC GREENS AND EGG

INGREDIENTS

- 50 g butter
- 2-3 cloves garlic
- 1 grated zucchini
- 2 large handfuls baby spinach
- Juice of half a lemon
- 2 eggs
- salt & pepper
- feta cheese optional
- 8 cherry tomatoes halved

INSTRUCTIONS

1. Melt butter in a saucepan over medium heat on the stovetop.
2. Add garlic and cook for a few minutes - without browning it.
3. Add grated zucchini and cherry tomatoes and cook for 2-3 minutes until softening.
4. Add baby spinach and stir through until wilted.
5. Squeeze lemon juice onto the mixture and add salt, pepper and feta if desired and then place the mixture onto a plate.
6. Crack two eggs, sunny-side-up into the pan and cook to your liking.
7. Place on top of zucchini and spinach mixture.

SIMPLE BIRCHER MUESLI

INGREDIENTS

- 1 1/2 cups oats
- 1/2 cup dessicated coconut
- 1 level tsp cinnamon
- 1 apple grated
- small squeeze of lemon juice or a few drops of apple cider vinegar
- 2 cups milk (dairy or dairy free) + more if not completely covered with liquid

INSTRUCTIONS

1. Put all ingredients in a container and stir until well combined
2. Cover and place in the fridge overnight
3. In the morning add your choice of toppings - nuts, seeds, berries, fruit - and extra milk if required

SIMPLE SMOOTHIE

INGREDIENTS

- 2 Frozen Bananas
- 2 handfuls of cashews
- 1 avocado
- 2 glasses of water (or coconut water or milk of choice)

INSTRUCTIONS

1. Place all ingredients in a blender and whizz it up for 60 seconds or until smooth.

Optional additions: Spinach, strawberries, cucumber or any other fruit you desire