



*The Recipe for Life*

## 7 Day Super Charged Morning Breakfast Recipes



When it comes to important meals, breakfast is right there at the top. You've heard the saying, "Eat breakfast like a king, lunch like a prince and dinner like a pauper." There's a lot of meaning behind that and it still holds true today.

Just think, if you've spent the last 8 hours sleeping, with the possibility that you also stopped eating 2 hours at least before you went to bed (which is good practice by the way), then that's 10 hours of fasting. Hence the word, break-fast. So, your body is bound to be feeling in need of some sustenance.

**By the way:** *This fasting time is really important for helping your gut restore itself after a day of eating and other stresses we may place on it. If you've read about or tried intermittent fasting diets, or fasted yourself as part of your religion or otherwise, then you'll be well aware of the health benefits of this type of practice. Of course, drinking fluids throughout is essential too and I like to start my day with a warm lemon and ginger infusion to rejuvenate and revive my whole body before I eat.*

However, no matter what kind of pattern you have, eating in the morning, (or possibly before you start a night shift for those that work different hours), is so valuable to kick start your metabolism, boost your energy and activate that precious brain of yours.

As if that wasn't incentive enough, did you know that eating a healthy, nutritious breakfast actually influences your food choices for the rest of the day? If you leave the house having eaten nothing at all, then you're more likely to binge on fatty, refined foods that your body will then crave and turn in to fat stores because it's been left for so long without proper nutrition. On the flip side of that, if you've eaten a power packed, protein or energy fuelled brekkie then it's unlikely you'll want snacks or naughty treats before it's time for lunch. And you'll pick a better lunch because you've got the incentive to keep up this healthy vibe you're feeling!

Of course, it's also equally valuable to take time for breakfast. Rushing out of the door with a slice of toast in one hand, phone in the other and one foot on the bus isn't going to benefit you in the long term, neither nutritionally nor mentally.

### *Here's the science bit*

**By rushing your food, you create stress in the body which in turn affects how your body reacts to food. And ultimately, how your body will digest and nourish you.**

When our bodies think it's under threat, all kinds of physiological reactions occur, literally within seconds. One scientific website writes, "Our bodies move into a state of readiness, a chemical version of "code red." This is called the "fight or flight response," also known as the stress response." All things can occur as a result of this from raised blood pressure, poor digestion, stomach acid, bloatedness, to belching and heartburn.

In fact, even before you've eaten anything, there's actually another stage of digestion called the Cephalic phase, Cephalic meaning head. What this means is that the brain, when triggered by the sight and aromas of food, will already be anticipating food. The brain then sends a message to the stomach to get ready to eat. Your mouth will water to activate saliva which is what is needed to break down carbohydrates as well as stomach acids and pancreatic enzymes. So really, it's like a conveyer belt or construction line. Call it your rhythm of digestion preparing your body to absorb maximum nutrition! The Cephalic phase can contribute as much as 30 to 40 percent of the total digestive response to any meal so if we aren't paying attention to food before we begin to eat, if we are not fully aware of what and when we are eating, then we're not igniting the full benefits of digestion.

*Now you know why mindfulness is so valuable and practicing this in every facet of your life including dinner time can make a huge difference to your life!*

## Let's Eat!

So, now our tummies are rumbling, let's get to the most important part, our breakfast.

I've put together a delicious selection of breakfasts that you can alternate and even get a little creative with at times. It's vital we eat a balanced and varied breakfast, so here's 7-days of recipes that you can turn to time and again so you try something different each time. I've even added a little extra bonus recipe at the end for you!



Happy breakfasting my friends and thank you for signing up to The Recipe For Life!

Please stay in touch, I'd love to hear from you and see your delicious photos.

*K. Silva*

# DAY 1: ALL IN ONE SMOOTHIE BOOST



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This fabulous and vibrant green smoothie is the perfect pick me up and immune booster before you set out on your day. It's packed full of luscious ingredients including Kale and Avocado to give a delicious and nutrient rich, creamy finish with the added zing of pineapple, ginger and lime juice. Even better, it's vegan friendly.

*Enjoy my friends!*

## *You will need:*

- A generous handful of fresh kale
- 1 small banana, I like mine a little on the ripe side
- Half an avocado
- Juice of one lime or lemon
- 100 to 150ml Pineapple or orange juice, you could use both
- 2 inch piece of ginger, roughly chopped
- 30g raw cashews or almonds, optional

## *Preparation:*

- Put everything in to a blender or one of those fancy bullets or ninjas and blitz until smooth. Add a bit more juice or water/ice if it's too thick.

*Tip:* Instead of orange or pineapple juice, use mango juice

## DAY 2: TOASTED PORRIDGE & BLUEBERRIES



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This is absolutely one of my favourite go to porridge bowls. It's so tasty and has the extra little oomph of the toasty oats flavour to add a little twist. It's a great way to start the day as we all know, porridge oats will keep you fuller for longer and give you a slow release of energy. The addition of juicy blueberries will add a wonderful flavour and give you a good hit of vitamin C for its antioxidant properties, K1 for bone health and manganese for metabolism.

*Enjoy my friends!*

### *You will need:*

- 30g butter or olive oil
- 50g porridge oats, a little more depending on your appetite and daily routine
- 1 to 2 tbsp maple syrup or agave syrup
- 200ml, almond, soya or rice milk – you can use organic semi-skimmed too
- 100g blueberries

### *Preparation:*

- In a small saucepan, melt the butter over a low heat, add the porridge oats and syrup you are using then cook until slightly toasted and you get a nutty aroma, about 5 minutes.
- Add the milk of your choice and stir well, simmering until the mixture thickens and the oats are cooked, about 5 to 10 minutes.
- Top or stir in blueberries and enjoy.

*Tip:* Instead of blueberries you can add raspberries or strawberries. It's great to pick fruit that's in season to gain the optimum nutritional value and flavour from them.

## DAY 3: EGGS, AVOCADO, ZA'ATAR & LEMON



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No longer considered a super exotic fruit, the avocado has become synonymous as a pairing with poached or boiled eggs. This is my own take on this perfect marriage, adding a middle-eastern twist with the wonderful, zingy aromatic spice blend, Za'atar and a squeeze of fresh lemon juice.

*Enjoy my friends!*

### *You will need:*

2 eggs, free range or organic

Half an avocado, depending on the size

Olive oil for drizzling

Half a lemon

1 tsp Za'atar, (see below to make your own or buy from the supermarket)

### *Preparation:*

- Cut the avocado in half, push out the stone and use a tablespoon to scoop out the avocado flesh carefully. Slice up and place on a plate.
- Boil water in a saucepan, to about two thirds up. Once you reach a bubbling, rolling boil, either place the whole eggs in for boiled eggs or for poached, crack each egg in a small ramekin and then tip in to the boiling water. Do this with both eggs, quickly then just watch. You may have to turn the heat down so the water doesn't boil over. Don't be tempted to shift the egg around, trust me, they will be fine!
- The eggs will need about 2 minutes, for a soft boil otherwise 3 minutes for a little harder.
- Use a slotted spoon to lift the eggs out of the water and place on a kitchen towel before transferring to your plate with the avocado.
- Drizzle over olive oil, squeeze some lemon juice over, sprinkle on the Za'atar and tuck in.



*Tip:* Make your own Za'atar! It's so simple and the perfect topping for any dish plus you can even enjoy it simply with some pitta bread and olive oil as a refreshing, zesty dip or sprinkled on natural yogurt.

*Preparation:*

**Mix together 2 tbsp/30g each of:**

- Dried thyme, oregano or marjoram
- Toasted sesame seeds
- Ground coriander
- Ground cumin
- Sumac
- Add a generous pinch of sea salt and a few flaked dried chilli peppers (optional)
- Store in a small, tight lidded jar. Use within a month for optimum freshness.

## DAY 4: TURKISH EGGS – MENEMEN



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These are probably the tastiest eggs you're likely to eat for a long time! This traditional and very typical Turkish breakfast dish can be enjoyed at any time of the day. The eggs are essentially scrambled with a mix of peppers and onions with tomato so they have a wetter, softer consistency. So good with Turkish bread otherwise, eat with a bit of yogurt. This is super filling and works well as a weekend treat.

*Enjoy my friends!*

### *You will need:*

- 2 tbsp olive oil, for frying
- 1 small onion, finely diced
- Half a red pepper, diced (optional)
- 1 green pepper, diced – The Turks usually use long green ones called Charliston peppers but you can always substitute for half a green bell pepper
- 2 tomatoes, chopped – feel free to deseed and skin otherwise use as is
- 1 tsp flaked, dried, red chilli pepper, use more if you love good spicy kick in your food
- 2 to 3 medium eggs, beaten (or use 2 large)
- Salt and pepper to taste, if needed
- A little chopped parsley or dill and lemon juice, to serve

### *Preparation:*

- In a medium to large frying pan, heat the olive oil on a low heat and add the onions.
- Cook for a few minutes then toss in the peppers you are using. Allow them all to gently cook for a few minutes to soften up.
- Add the tomatoes and allow the juices to flow in the dish, stirring as you go, to break down the tomatoes.
- Stir in the chilli flakes and cook for a minute or so more.

*Continued....*

### *Preparation (continued):*

- Throw in your beaten eggs. Keeping the heat on low, gently mix the eggs in the vegetable mixture, so they begin to cook. At this point, you can season with a little salt and pepper too.
- The key here is NOT to completely cook the eggs. They'll still be wet and slightly sloppy when you take it off the heat but they will continue to cook in the pan for a minute or so more until you serve them up.
- Transfer to a dinner plate, top with some chopped parsley and/or dill, a squeeze of lemon juice and hey presto, the best eggs in the world!

### *Tip:*

You can make this meaty by adding some chorizo or Turkish salami known as Sucuk and frying with the vegetables before adding the eggs. Just watch the amount of spicy pepper you're using!

This is great served with some grilled haloumi cheese on the side.

## DAY 5: WATERMELON, FETA, KIWI & OLIVES



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This is such a sunshine dish, reminding us of summery holidays, wistfully passing the time on a glorious island somewhere like stunning Thessaloniki in Greece or the unspoilt beauty of Fethiye in Turkey. Luscious sweet fruits combine well with the delicious saltiness of Feta cheese and succulent black olives. Watermelon is fantastic for gut health and kiwis contain some of the highest forms of vitamin C than any other fruit.

*Enjoy my friends!*

### *You will need:*

Quarter of a watermelon, cut in to cubes or use a melon baller  
1 kiwi, peeled and sliced  
30g PDO Feta cheese  
Handful black olives

### *Preparation:*

- Place the watermelon in a bowl and remove the green skin then cut the flesh in to cubes in the bowl so you catch the juices too. Alternatively, using a melon baller, gorge out balls in to a bowl and then pour the juice over.
- Mix with the prepared kiwi.
- Tear the olives, removing the stones (you can use pitted olives if you like) and put them in the bowl with the fruit. Mix together.
- Finally, crumble over the Feta cheese and make sure to Instagram a pic tagging us in before munching!

*Tip:* Add about 75g cooked quinoa for extra wholesomeness and to make it more filling. Finish with some fresh mint leaves.

## DAY 6: ORANGE SOAKED OATS WITH POMEGRANATE AND ROAST FIGS



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When in season, figs and pomegranate fruit are so great for jazzing up your breakfast. I love the look of pomegranate, they're like red jewels in your breakfast bowl and roasting figs brings out their wonderful flavour even more. Did you know that pomegranate has higher levels of antioxidants than other fruits and is great for protecting cells from damage, removing free radicals and reducing inflammation so excellent for eating pre or post workout. Figs are a great source of soluble fibre and also have wonderful antioxidant properties as well as being an excellent source of potassium, calcium, magnesium, iron and copper! No wonder the Mediterranean and Middle Eastern diet is so great. Soaking oats overnight are brilliant for being able to digest them easily plus orange juice is packed with vitamin C and this wonderful combination will have you feeling on top of the world for the whole day. - *Enjoy my friends!*

### *You will need:*

- 50-60g wholegrain porridge oats
- 250ml orange juice, unpasteurised if you can
- Half a pomegranate
- 2 figs, halved
- 1 to 2 tbsp agave syrup
- A few toasted nuts to sprinkle over, optional

### *Preparation:*

- In a cereal bowl, soak the oats overnight in the juice ready for the morning
- Preheat oven to 180°C/gas mark 5
- To remove the delicious red jewel like kernels from the pomegranate skins, roll the pomegranate around on the work surface, applying a little pressure with the palm of your hand. When you cut in to it, the kernels can be gently teased out. Make sure to use the juice too that comes with it.
- Stir the pomegranate kernels in to your soaked oats.
- Place your halved figs on a baking tray lined with greaseproof paper. Drizzle over the agave syrup and then roast in the oven for no longer than 15 minutes till they begin to soften and sizzle.
- Top your oats mix with the pomegranate and eat all for yourself!

*Tip:* Instead of orange juice, use grapefruit juice.

# DAY 7: HOMEMADE GRANOLA



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I love a good, crunchy granola mix, especially when you make it yourself so you know exactly what's gone in and you can avoid the dreaded refined sugars. This is a fabulous and simple version that you can watch me make on You Tube here: <https://youtu.be/9lrdBa6TmE>

It's great served with natural yogurt or your favourite milk and can also be a cheeky little nibbling snack when you're feeling a bit peckish.

*Enjoy my friends!*

## *You will need:*

- 300g wholegrain porridge oats
- 150g flaked almonds, use a few tablespoons of flax seeds or linseeds if you have an allergy
- 3 tbsps sesame seeds, again, leave out if you have an allergy, see above
- 1 tbsps ground cinnamon
- 30g coconut sugar
- 150g honey, maple syrup or agave syrup
- 2 tbsps olive, veg or sunflower oil
- 150g dried fruit of your choice, I like apricots and sultanas

## *Preparation:*

- Preheat oven to 150°C/gas mark 2
- Mix dry ingredients, add honey and oil, mix thoroughly.
- Spread over 2 baking trays lined with greaseproof paper.
- Bake in the oven for up to 20 minutes then add the dried fruit, bake for another 15 minute until crisp and golden.
- Leave to cool on the trays then transfer to an air tight container.
- This will last for up to 1 month.

*Tip:* Instead of flaked almonds use crushed hazelnuts or another favourite. You can also make it completely nut free with the seeds options I've given you and even add sunflower and pumpkin seeds too.

# BONUS RECIPE (because you know how I like to give you more!): SHAKSHUKA



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I love this dish! I grew up eating this and quickly learned to incorporate it in to my own family mealtimes. It's so delicious, has a wonderful, vibrant kick of chilli and tangy mix of tomatoes topped with these delicious eggs all finished in the oven. So simple, so tasty and a real crowd pleaser. Get ready to mop up those juices with a crusty bit of sourdough toast.

*Enjoy my friends!*

## *You will need:*

- 1 to 2 tbsp olive oil
- 1 small onion, thinly sliced
- Half a red pepper, diced
- Half a green pepper, diced
- 2 red chilli peppers, diced
- 3 garlic cloves, sliced
- 4 ripe tomatoes, chopped with juices – you can use a can of tinned tomatoes instead
- 1 tbsp tomato or sweet red pepper paste, you can get this from most middle-eastern or Turkish grocers
- 1 tsp smoked paprika powder
- Half a tsp each of ground cumin and ground coriander
- 1 tsp flaked, dried, red chilli pepper, optional - use if you love a good spicy kick in your food
- Small sprig of coriander, roughly chopped
- 2 medium eggs
- Salt and pepper to taste, if needed
- A slice of sourdough bread - toasted, to serve

## Preparation:

- Preheat the oven to 180°C/gas mark 5.
- Now the aim of the game here is to make a juicy, rich, spicy sauce as a base for your eggs.
- In a medium to large frying pan, heat the olive oil on a low heat and add the onions.
- Soften down till translucent then add the peppers you are using. Cook until the peppers begin to soften then add the chilli and cook for a minute or so more.
- Add the sliced garlic, tomatoes, paste you're using, smoked paprika, cumin and coriander. Stir to combine. Allow the tomatoes to cook down, so the sauce begins to thicken and resemble a rich pasta style sauce. If it's too dry then add some water or vegetable stock.
- Add the chilli flakes if you're using, the chopped coriander and season with salt and pepper if needed then stir to combine. Take off the heat.
- Transfer the sauce to a heatproof, shallow dish. A ceramic, enamel or cast iron pie or tart dish works well for this.
- Make a dip on the top of the sauce, in two places, so you have two deep indentations as this is where your eggs are going to sit.
- Crack each egg in to the dips.
- Bake in a preheated oven for about 10 to 15 minutes depending on how you like your eggs. This is best served where the eggs are still a bit runny.
- Now grab the bread and get stuck in!

*Tip:* If you've got a bit of last night's roast lamb or beef leftover, then shred some and add to the sauce mix before transferring to a dish and topping with the eggs to bake. It adds a little extra flavour and texture.

