

BREAKFAST IDEAS

As I don't eat the traditional cereal with milk, people often ask what I have for breakfast. My response is that I always try to eat local foods and in accordance with the season.

Spring and Summer Breakfast

1. Fresh local fruit: just rinse it, chop it and enjoy.
2. A bowl of fresh local fruit with pre-soaked seeds and nuts of your choice. You can also add some superfood powders like maca or baobab.

Autumn and Winter Breakfast

In the colder months you might crave warm foods, so here are some ideas:

1. Baked apples with cinnamon.

- Core an apple, fill it with ½ tsp of cinnamon, 1 tbsp of xylitol sugar and some raisins (optional).
- Put the apple in an oven-proof dish oiled with coconut oil and bake for 20min.
- If you prefer raw honey instead of xylitol, add honey as a last step, after the apple has been baked.

2. Oat porridge (sweet or savory)

Usually oats are gluten-free but please check the labels when buying them as they can cross-pollinate with wheat.

Cook the oats with water or rice milk.

Sweet version:

Add 1 tbsp of raw honey or xylitol sugar. You can also add a tablespoon of goji berries or any other fresh or dried berries of your choice.

Savory version:

pinch of sea salt and cayenne pepper

1 tbsp sesame seeds

1 tbsp of nori flakes (seaweed) or 1 tbsp miso. (you can buy sheets or flakes of nori in health-food stores).

OTHER BREAKFAST IDEAS

Buckwheat Cereal – raw version

2 cups of buckwheat – sprout the buckwheat over 2 days.

1 tbsp honey

2 tbsp cinnamon

1 tbsp nutmeg

- Mix the buckwheat with honey and cinnamon and dehydrate for 10-12h until dry. Store in a sealed container for up to 3 months.
- You can also keep the fresh sprouted buckwheat in the fridge and use it daily with honey and cinnamon.
- For breakfast, mix the cereal with your choice of nut milk or yogurt.

Other breakfast options include:

- green smoothies,
- nuts, seeds and olives
- vegetable-fruit juices (carrots, apples, celery is a classic mix)
- boiled eggs. Although I don't eat standard dairy products, my diet still includes organic eggs.