



BREAKFAST

# Greek Yogurt, Fruit and Almonds

*with Exante Diet*

A nice and simple breakfast option, packed with nutritious, protein-rich ingredients.

## Ingredients:

- 125g 0% fat Greek yogurt
- 15g almonds
- 15g flax seeds
- 100g mixed berries

## Method:

- 1 Place the yogurt in a bowl and place the mixed berries on top. A selection of strawberries, blueberries and raspberries is always a delicious combination.
- 2 Sprinkle the almonds and flax seeds over the top.

## Nutritional:

Energy (kcal).....	318
Protein (g).....	17.3
Total Carbs (g).....	24.1
Total fat (g).....	16.9

## Food Hero

Greek yogurt is a great source of protein, a potent probiotic and supports normal digestion and the absorption of nutrients.



**Food Hero**  
Salmon is rich in omega 3, a healthy fat which contributes to normal brain function.

# Smoked Salmon Eggs Benedict *with Exante Diet*

Prep time:  
**5 minutes**  
Cooking time:  
**8 minutes**

A breakfast dish with endless variations and combinations, this version includes protein-rich salmon and iron-boosting spinach.

### Ingredients:

- 1x large egg
- 75g spinach
- 50g smoked salmon
- ½ wholemeal English muffin
- ½ tbsp hollandaise sauce

### Method:

- 1 Bring a large pan of water to the boil.
- 2 Line a small dish/ramekin with cling film, making sure that there is excess cling film hanging down around the sides of the ramekin, and spray with FryLight.
- 3 Crack the egg into the lined ramekin and fold the excess cling film up and over the egg to enclose it.
- 4 Gently take the cling filmed egg out of the ramekin and place in the boiling water. For a runny centre cook for 4 minutes.
- 5 Whilst the egg is cooking, bring some water to the boil in a kettle.
- 6 Place the spinach in a colander and pour the boiling water over it to wilt the leaves.
- 7 Toast the English muffin.
- 8 To serve, place the toasted muffin in the centre of a plate. Place the spinach over the muffin, top with the salmon and gently lay the poached egg on top.
- 9 To finish, spoon over the hollandaise sauce.

### Nutritional:

Energy (kcal).....	<b>317</b>
Protein (g).....	<b>23.1</b>
Total Carbs (g).....	<b>18.9</b>
Total fat (g).....	<b>16.6</b>



## Food Hero

Tomatoes are a potent source of vitamin C, which is vital for boosting the immune system.

# Huevos Rancheros

*with Exante Diet*

Prep time:  
5 minutes

Cooking time:  
15 minutes

A spicy Mexican inspired alternative to breakfast eggs, high in immune-boosting vitamin C.

## Ingredients:

- 1x large egg
- ¼ red pepper, diced
- ½ fresh chilli, finely chopped
- 1x garlic clove, minced
- Pinch chilli powder
- 150g chopped tomatoes
- 1 small whole-wheat tortilla
- 10g cheddar cheese, grated
- Salt and pepper

## Method:

- 1 Place a large frying pan (preferably one with a lid) on high heat.
- 2 Cook the red pepper, fresh chilli and garlic for 4-5 minutes or until softened.
- 3 Add the chilli powder and chopped tomatoes and season with salt and pepper. Bring to the boil and then turn down the heat.
- 4 Once the tomatoes thicken, this should take 5 minutes, make a well in the middle and break in the egg.
- 5 Place the lid on the frying pan and let cook for 3-4 minutes to allow the egg to poach in the tomato sauce.
- 6 Warm the tortilla in the oven/microwave.
- 7 Sprinkle half the cheese on the warm tortilla then place the rich tomato sauce and poached egg on top.
- 8 Sprinkle the remaining cheese on top of everything and fold over.

## Nutritional:

Energy (kcal).....	282
Protein (g).....	16.5
Total Carbs (g).....	28.7
Total fat (g).....	11.3



Prep time:  
**5 minutes**

Cooking time:  
**10 minutes**

# Bacon and Eggs *with Exante Diet*

A breakfast favourite for meat eaters, high in protein and a source of good fats.

## Ingredients:

- 2x large eggs
- 2x rashers of bacon
- 1x Portobello mushroom
- 1x tomato
- 15ml milk
- 5ml balsamic vinegar

## Method:

- 1 Set your grill to a high heat
- 2 Place the two rashers of bacon and the Portobello mushroom on a grill rack and cook under the grill for 7-10 minutes or to your preference, turning halfway through. Grilling, and not frying will avoid adding extra calories from cooking oil and allow excess fat from the bacon to drain off whilst cooking.
- 3 Heat a non-stick pan.
- 4 Whilst this warms, crack the two eggs into a bowl and whisk.
- 5 Add the milk, season and whisk again.
- 6 Cook the eggs to your preference in the hot pan.
- 7 Halve the tomato, add the balsamic vinegar and place under the grill with the bacon and mushroom for the final two minutes of cooking.
- 8 Place the ingredients on your plate for a protein rich, low carb start to your day.

**Food Hero**

Eggs are packed with the good fats needed to support healthy cholesterol levels.

## Nutritional:

Energy (kcal).....	<b>307</b>
Protein (g).....	<b>31.1</b>
Total Carbs (g).....	<b>9.7</b>
Total fat (g).....	<b>16.0</b>



Prep time:  
5 minutes

Cooking time:  
10 minutes

# Blueberry & Almond Porridge

*with Exante Diet*

A hearty, healthy breakfast high in antioxidants.

## Ingredients:

- 30g porridge oats
- 160ml milk
- 100ml water
- 20g blueberries
- 15g chopped almonds

## Method:

- 1 First, weigh out your porridge oats in a non-stick pan.
- 2 Pour over the milk and water and stand for 5 minutes to allow the oats to absorb the milk and water.
- 3 Heat on low and allow to gently come to the boil.
- 4 While this is coming to the boil, chop the almonds and rinse the blueberries.
- 5 Once the oats have come to the boil, cook for a further 5 minutes to allow to fully soften.
- 6 Pour into a bowl and sprinkle over the chopped almonds and blueberries.

## Food Hero

Rich in antioxidants, blueberries assist in the removal of toxins from the body to support the immune system and protect against the signs of ageing.

## Nutritional:

Energy (kcal).....	292
Protein (g).....	12
Total Carbs (g).....	31.2
Total fat (g).....	13.2