



Healthy Breakfast

Breakfast serves the purpose of “breaking the fast” from the night before, so it’s important that you consume a nutrient-rich meal to start your day off right.

HOW TO BUILD A GREAT BREAKFAST

A balanced breakfast should include a source of protein, carbohydrates and healthy fats. You can mix and match macronutrients to create new meals.

Carbohydrates:

- kencko
- fruits
- vegetables
- whole grain bread
- whole grain tortilla
- granola
- oats
- cereal

Fats:

- nut butters
- seeds (flax, chia, hemp)
- avocado
- vegetable oil
- nuts (almonds, walnuts)

Protein:

- nut butters or whole nuts
- plant protein powders
- milk of choice
- seeds (flax, chia, hemp)
- tofu
- hummus
- yogurt of choice
- eggs

8 BREAKFAST RECIPES

1. kencko smoothie

kencko + scoop of plant protein + leafy greens + choice of milk

Ingredients:

- 1 kencko packet
- 1 cup or handful leafy greens (spinach, kale)
- 1 cup milk of choice
- ½ - 1 scoop protein powder

Directions:

Mix all ingredients in a blender.

Quick version: without the leafy greens with, mix milk + protein powder + kencko in a kencko bottle or shaker bottle.

2. kencko overnight oats

rolled oats + chia seeds + kencko + choice of milk + toppings

Ingredients:

- ½ cup oats
- 1 tbsp chia seeds
- 1 cup milk of choice
- 1 kencko packet
- toppings (optional): fresh fruits, nut butter, shredded coconut, nuts, seeds

Directions:

1. Mix milk + chia + oats + kencko into a bowl
2. Place mixture into a tightly sealed container and leave it in the fridge overnight
3. In the morning, add toppings of choice

Quick version:

for a same-day option, use quick-cooking oats or oat flakes, mix all the ingredients in the morning, let it rest for 5-10 minutes and enjoy!

3. Avocado toast

Whole wheat bread + avocado + lemon or lime + seeds

Ingredients:

1-2 slices whole wheat bread
½ small avocado or ¼ large avocado
Lemon or lime
Seeds (sunflower, pumpkin, hemp)
Optional: tomato or cucumber slices
Optional: 1 egg cooked as per preference

Directions:

1. Toast bread
2. Place sliced or mashed avocado onto toasted bread; add egg on top if using
3. Squeeze lime or lemon
4. Top it with seeds of choice, sea salt, ground black pepper

4. Oatmeal

Oats + milk of choice + fresh fruits + nuts & seeds

Ingredients:

½ cup oats (steel cut or rolled oats)
1 cup water
¼ cup milk of choice
½ - 1 cup fresh or frozen berries
¼ cup nuts and/or seeds
Optional: ½ banana for sweetness

Directions:

1. Bring water to a boil, then add oats and simmer on low-medium heat
2. When water is absorbed, add milk, stir, and remove from heat; if using frozen berries, stir in berries with the milk and cook for ~3 minutes on low heat
3. Transfer oatmeal to a bowl and top it with fresh berries, nuts and/or seeds; for a sweeter version, mash or slice ½ banana and add it to oatmeal

5. Tofu scramble

Tofu + spices + veggies + whole grain toast

Ingredients:

1 block firm tofu
2 tbsp nutritional yeast
¼ tsp garlic powder (or fresh garlic)
¼ tsp onion powder (or fresh onion)
¼ tsp turmeric
1 tbsp olive oil
Spices of choice (oregano, basil, cilantro)
Salt and pepper to taste
1-2 slices whole grain bread
1-2 cups leafy greens (spinach, kale, swiss chard)
1 cup chopped vegetables of choice (bell peppers, zucchini, tomatoes)

Directions:

1. Heat olive oil in a pan over medium heat; if using fresh onion and garlic, cook chopped onion and minced garlic
2. Crumble tofu block into a bowl using your hands, fork, or potato masher
3. Add nutritional yeast, turmeric and spices of choice; if using ground onion and garlic, add it to this step
4. Cook and stir tofu mixture for 3-5 minutes
5. Add leafy greens and vegetables of choice and cook until soft
6. Serve with toasted bread
7. Store the remaining scrambled tofu mixture in the fridge

6. Breakfast burrito

Tofu OR eggs + veggies + whole wheat tortilla

Ingredients:

½ cup tofu scramble (in recipe above) OR scrambled eggs (1-2 eggs or egg whites)
1 large whole wheat tortilla
1 cup diced veggies of choice (spinach, tomato, bell peppers, onions)
Sauces of choice (guacamole, salsa, hot sauce)

Directions:

1. Make tofu scramble (instructions in previous recipe) or scrambled eggs
2. Cook veggies for 3-5 minutes
3. Add tofu scramble or scrambled eggs and veggies to tortilla
4. Top it with sauce of choice
5. Wrap it into a burrito and enjoy!

7. Yogurt bowl

Yogurt of choice + fresh fruits + granola

Ingredients:

1 cup yogurt of choice (e.g. plant-based, Greek)
1 cup fresh mixed berries or 1 kencko packet
½ cup granola, muesli or nuts & seeds

Directions:

1. Add yogurt to a bowl
2. Add fresh berries or mix in a kencko packet
3. Top it with granola, muesli or nuts & seeds

8. kencko cereal bowl

kencko + milk of choice + cereal of choice

Ingredients:

1 kencko packet
1 cup milk of choice
1 cup cereal of choice (preferably high fiber, low sugar)

Directions:

1. In a bowl, stir milk, kencko and cereal
Optional: top it with fresh fruits