

Naturimedica's

TOP 5 MOUTH-WATERING 5-MINUTE BREAKFAST RECIPES

Eat well and save time with our tried and tested, simple and easy breakfast recipes + nutrition tips





AS A NUTRITIONIST, I GET ASKED ALL THE TIME: “WHAT ARE NUTRITIOUS AND DELICIOUS BREAKFASTS THAT TASTE AND LOOK GREAT **AND** TAKE 5 MINUTES TO PREPARE?”

To answer this question in depth, I put together this short recipe guide with my top 5 tried and tested, super easy breakfast recipes plus a few handy nutrition tips and shortcuts. I’m confident you’ll find it helpful and enjoy the recipes, too.

But before we get to the recipes, allow me to give you a few important pointers on what to look for and include in a nutrient dense breakfast, as I find many people are confused about what makes a healthy first meal of the day.

Do you ever find that eating breakfast makes you hungry soon thereafter?

If so, you’re likely eating the *wrong kind* of breakfast most likely following some misguided recommendations or a fad diet, resulting in dietary mistakes like having:

- Not enough protein
- No or little fat (fat phobia)
- Too little good carbs and fibre (low carb diets and keto diets)
- Not enough food
- Eating too late in the morning

So, what can you have for a healthy breakfast?

The most important thing I’d like you to remember is to have foods from all the main three food groups: **carbohydrates, proteins and fats.**

Eating this way will ensure you’re getting all the nutrients needed by the body to function smoothly throughout the day and the evening. You’ll feel satisfied and won’t crave that coffee and doughnut at 10.30 a.m. (or 3.30 p.m.!), you’ll eat less and will have less cravings during the day, plus you’ll even sleep better at night.

Needless to say, I highly recommend you ditch the packaged cereals that are highly processed, high in sugar, low in fibre and have next to no nutrients in them!



Eating them it's just a habit that's been constantly reinforced by the processed foods manufacturers to boost their profit NOT your health. This habit can be changed in a few short weeks of eating fresh real food and feeling its beneficial effects.

To help you correctly combine your breakfast including the three main food groups, I listed example of them below. Mix and match them according to what you fancy eating on the day to create healthy and nutritious meals consistently.

Top Good Fats Choices

- Avocado
- Coconut milk and oil
- Nuts, especially macadamias
- Olive oil (extra virgin) and olives
- Organic butter
- Seeds: flaxseeds, sesame seeds, chia seeds
- Organic grass-fed meat

Top Good Protein Choices

- Canned sardines, mackerels or wild salmon
- Organic eggs
- Organic grass-fed meat
- Beans and legumes – hummus, lentils, baked beans
- Organic [yoghurt](#) or [kefir](#) (if not lactose intolerant) or coconut yoghurt
- Nuts and seeds, nut milks – almonds, Brazil nuts, sesame seeds, flaxseeds, chia seeds, hemp seeds etc
- Protein powder (whey or plant based)



Top Good Carbs Choices

- Vegetables – colourful varieties raw, steamed, lightly wilted leafy greens etc.
- Fruits (low sugar) – avocados, berries, apples, pears, papaya, pap paw, lemons
- Gluten free grains – organic oats, millet, quinoa, amaranth, rice
- Gluten free or sourdough breads made from organic gluten free grains
- Fresh herbs added liberally
- Sweeteners – raw honey or Manuka honey

All recipes presented in this guide have simple, everyday ingredients that are likely already found in your fridge or are easy to get from supermarkets/ farmers markets. It's how you combine them to make healthy and satisfying meals that matters. This can be learned and applied in a short period of time starting here and now.

Apply these guidelines to all meals

- Take time and don't rush your breakfast or any meal!
- Eat slowly, chew well and enjoy the taste of the food you're eating
- Don't have stressful conversations at the table, it causes indigestion!
- Don't watch the news whilst eating. It'll make you stressed and negatively affect digestion and absorption of nutrients from food
- Be grateful for the fresh and nourishing food you eat. It becomes a part of you by feeding the body, mind and spirit. So, choose well...



Make one healthy choice today!

Saying “I don’t have time to eat well, sleep and rest enough is an adult equivalent to the ‘dog ate my breakfast’.



Nuts, seeds, fruit + yoghurt mix

Preparation time: 5 minutes (1 serving)

Ingredients

- 2 tbsp flaxseeds
- 1 tbsp sesame seeds
- ½ tbsp pumpkin seeds
- ½ tbsp sunflower seeds
- 200g organic full-fat plain yoghurt (cow, goat or sheep) or dairy free coconut yoghurt
- 4-6 walnut halves
- 1 piece of fruit (e.g. a cup of papaya, a handful of blueberries or 1-2 [kiwi fruits](#))
- 1 tsp maca powder OR raw cacao OR protein powder – optional but great to have for those who need an extra energy boost

Method

Put flaxseeds, pumpkin, sunflower and sesame seeds into a coffee grinder, grind until smooth. Place yoghurt in a bowl, add walnut pieces and the seed mixture. Combine all ingredients, add a bit of water to achieve a creamy consistency.

Cut papaya or other fruit into pieces and add to the mixture either as a topping or mix everything together. Sprinkle with cinnamon for extra antioxidant and blood sugar balancing boost to lift the morning mood!

STAND OUT INGREDIENT: SESAME SEEDS

The seeds are the richest sources of plant-based [calcium](#). Sesame seeds contain zinc which helps maintain bone mineral density and prevents osteoporosis, healthy fats and proteins. Unhulled sesame seeds have more than twice the amount of calcium than hulled variety. The seeds need to be ground (preferably freshly ground just before eating) to extract full benefits. Tahini is also a good and convenient option.



Overnight chia seeds + oat mix

Preparation time: 5 minutes (overnight soaking required) (1 serving)

Ingredients

- ¾ cup water
- ⅓ cup organic rolled oats
- 1 tsp chia seeds
- 1 tsp raw honey
- ½ tsp cinnamon
- ½ tsp real vanilla extract
- ¼ tsp lemon juice
- Nuts and seeds for topping: sunflowers seeds, pumpkin seeds, nuts of your choice
- 1 scoop of protein powder - optional but it will give you some extra energy!

Method

Combine all ingredients, except protein powder, in a glass jar or container with a lid. Seal, shake and refrigerate until the next morning. Then add 1 scoop of a high quality protein powder and mix well. Top up with a handful of berries, cut pineapple or papaya and/ or sprinkle with nuts and seeds.

Prepare this meal the night before or make a bigger batch and you'll have a healthy breakfast ready to have for the next couple of days. This is one of my favourite breakfast recipes ever!

STAND OUT INGREDIENT: CHIA SEEDS

Chia seeds are rich in plant omega 3 fats, high in antioxidants and protein. These tiny seeds have highly absorbable forms of minerals including calcium, phosphorous, zinc, copper and manganese. High in soluble fibre preventing constipation.



There is no diet that will do what healthy eating does.



Super easy oat porridge

*Preparation time: 5 minutes (overnight soaking required for super quick cooking)
(1 serving)*

Ingredients

- 1 cup organic rolled oats
- 1 sliced apple or pear
- 1 tsp organic butter
- 1 tbsp nut butter: almond, hazelnut etc
- ¼ tsp Himalayan salt
- 1 tbs lemon juice

Method

Soak the oats overnight in water with 1 tbs of lemon juice. In the morning bring the mixture to the boil (add more water if needed), add the salt and cook for 2-3 minutes. You can add a sliced raw apple at this stage. Cover and let it sit for a few more minutes.

Then add butter or cream and fruit. Sprinkle with nuts and/or cinnamon. Replace water with almond or quinoa milk (diary alternatives). Add 1 scoop or around 20-25g of protein powder for extra protein boost to reduce cravings later in the day!

STAND OUT INGREDIENT: OATS

Oats are rich in fibre which helps in lowering cholesterol levels. The soluble fibre helps prevent constipation and lower blood sugar. They are high in plant protein, low in fat, boost energy, are super filling, satisfying and versatile. Oats also contain important vitamins and minerals including [magnesium](#) and vitamin E.



Boiled eggs with avocado, cherry tomatoes + fresh herbs

Preparation time: 5 minutes (1 serving)

Ingredients

- 2 hard-boiled (or soft-boiled) organic eggs (can be cooked the night before)
- 6 halved cherry tomatoes
- 1/2 avocado, sliced
- 2 tbsp chopped herbs e.g. basil, sage, parsley, dill
- 1 tbsp extra virgin olive oil
- 1 tsp of lemon juice
- Sea salt and pepper to taste

Method

Simply combine all ingredients. Serve on its own or with 1-2 pieces of sourdough bread (if not gluten sensitive) or a gluten free bread of your choice.

Serving suggestion: instead of having it with bread, add 2-3 tbsp of warm cooked [quinoa](#) and mix well. It's delicious!

STAND OUT INGREDIENT: EGGS

Eggs are high in easily absorbed protein, [vitamin A](#), vitamins E, B12, folate, B6, choline (for brain and nervous system health), minerals iron, calcium, phosphorous, sulphur and potassium. They promote strong and healthy hair and nails because of their high sulphur content. Overall, eggs are one of the most nutrient dense foods available containing 10+ essential nutrients and antioxidants.



Classic baked beans, eggs and avocado breakfast

Preparation time: 5 minutes (1 serving)

Ingredients

- 1 can organic baked beans in tomato sauce (available in supermarkets)
- 1-2 hard-boiled organic eggs (can be prepared the night before)
- ½ avocado, sliced
- A big handful or two of baby spinach leaves
- Sea salt and pepper to taste
- 1-2 pieces of spelt sourdough organic bread with butter or extra virgin olive oil (or gluten free bread of your choice) - optional or when you need extra power on the day:)

Method

Wash, dry and lightly fry spinach leaves using olive oil until just wilted. Warm up baked beans, if desired.

Arrange the ingredients on the plate and enjoy this hearty breakfast!

STAND OUT INGREDIENT: AVOCADO

Avocados are rich in healthy fats helping with calcium absorption; vitamins K, C and E; minerals boron, potassium, protein; and fibre. High in mineral potassium – key to lowering blood pressure and cardiovascular health. One of the highest sources of lutein, a carotenoid compound that protects against eye degeneration (cataracts and macular degeneration) and also has antioxidant and anti-cancer properties. Check out my blog '[12 best avocado recipes: avocados for breakfast, lunch, dinner and dessert](#)' for new ideas how to cook with avocados.



FUTHER HELP AND SUPPORT

Hello and thank you for reading!

My name is Joanna Sochan and I'm a Natural Therapist and founder of [Naturimedica Holistic Health & Wellness](#). My passion is helping my clients transform their lives by becoming healthy and well naturally. I have 10+ years' experience in clinical practice with special interest in solving complex cases, functional medicine testing, gut health, sleep, fatigue and chronic pain. I guide my clients through the unique programs and eCourses based on my experience and research, working mostly online Australia-wide. [View full bio](#).

My aim is to provide effective and lasting solutions to clients' health challenges, but what I'm really passionate about is empowering and educating them on how to stay healthy and well using nutrition, natural remedies and lifestyle adjustments.

I hope you're well and thriving, but if you need help with regaining your energy and good health, then a free 20-minute **Discovery Call** with me could be a great first step for you to start your journey to health. It's easy to get in touch, simply click the button below to book a call or send me an email to joanna@naturimedica.com.

I look forward to connecting with you and to guiding and supporting you towards better health and wellbeing!

BOOK NOW

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Go for it, go for your health!