

— food & drink —

SUPER BOWL!

What's the best way to take on the day?
With a healthy breakfast. And being rushed is
no excuse: these quick and easy recipes will get
you tastefully fuelled up in no time flat.

RECIPES AND PHOTOS BY JULIE MIGUEL



Pear, Ginger and Almond Breakfast Rice Bowl

INGREDIENTS:

1 medium pear, peeled, cored and diced
1 tsp fresh lemon juice
1 inch ginger, peeled and finely grated
½ tsp cinnamon
1 tsp brown sugar
½ tsp butter
1 tbsp honey
1 tbsp almond butter
1 oz Sultana raisins
1 oz chopped almonds
½ cup coconut milk
2 cups cooked brown rice or white rice
(leftover is fine)

PREPARATION:

In a large bowl, add pear, lemon, ginger, cinnamon and brown sugar.

Place butter, honey and almond butter in a medium saucepan and heat over medium-low until softened. Add the pear mixture and sauté until the pears have softened, but are still firm. Add the raisins and almonds and stir to combine. Add the coconut milk and bring to a boil, stirring occasionally to prevent burning and ensure that everything is well combined. Reduce heat to low and cook for about 3 minutes.

Add cooked rice, stirring until all the ingredients are evenly mixed. Continue cooking for about 5 minutes, until rice is warm and soft. Top with more almonds, raisins and cinnamon and serve immediately.

Makes 2 servings.

No-bake Breakfast Squares with Almonds and Cranberries

INGREDIENTS:

2 cups of pitted dates, pulsed into a paste (will equal 1 cup)
½ cup water
½ cup of natural peanut butter or nut butter of your choice
1 tbsp Pure Maple Syrup
1 tsp of pure vanilla extract
2 cups rolled oats
½ cup of shredded unsweetened coconut
1 tsp of flaxseeds
½ tsp of ground cinnamon
pinch of salt
1 oz of raw almonds, divided
1 oz dried cranberries, divided

PREPARATION:

Line an 8x8 square pan with parchment paper that has been lightly sprayed with cooking spray, leaving an overhang over the pan so you will be able to remove the bars easily.

Add dates and water to a blender and blend until a paste forms. Place the date paste in a medium saucepan over medium low heat, and heat for 3 to 5 minutes, until smooth and softened. Add peanut butter and maple syrup, stirring constantly to combine. Remove from once mixture is smooth and all the ingredients are evenly incorporated (about 1 minute).

Stir in the vanilla extract, ground cinnamon and salt till combined. Fold in the shredded coconut, rolled oats and flaxseeds. Fold in half of the almonds and cranberries until combined.

Pour into prepared pan, spreading evenly and pressing down firmly using a flat spatula. Sprinkle evenly with remaining almonds and dried cranberries, and press down firmly again with spatula (or your own clean hands) to flatten and bind the cranberries and almonds. Chill in the refrigerator for 3 hours, or overnight, to set.

Remove from the fridge and, using the parchment overhang, lift and transfer the uncut bars to a cutting board. Using a sharp knife, cut into even rectangles. Wrap each bar individually in parchment or wax paper so they are easy to take away. Store the bars in an airtight container in the refrigerator.

Makes about 10 squares.

NOTE: These bars are best enjoyed straight out of the fridge since they tend to soften up at room temperature. The bars will keep well in an airtight container in the refrigerator for up to 1 week or store in the freezer for up to 1 month.



Chocolaty Coconut Chia Seed and Oat Pudding

INGREDIENTS:

1 ripe banana
2 tbsp cacao powder
2 tbsp maple syrup (optional)
2 tbsp water
½ cup rolled oats
4 tbsp chia seeds
2 cups full-fat coconut milk

PREPARATION:

In a bowl, mash the banana with the cacao, maple syrup (if using) and water until it forms a smooth paste. Stir in the oats and chia seeds, and then the milk, stirring continuously until combined. Dish evenly into four small mason jars and place in the fridge overnight.

Serve topped with berries, nuts, shaved coconut, dark chocolate chips and/or yogurt.

Makes about 4 cups.

Gotta dine&dash?

These breakfast hacks will get you fed in a hurry.

- Spread almond butter on multigrain bread toast, top with slices of banana and a sprinkling of cinnamon.
- Add some granola and fresh berries to a yogurt cup.
- Sprinkle hemp seeds on your favourite smoothie.
- Make an omelette with spinach and cheese in your microwave.
- Mash avocado on multigrain toast and top with fresh sliced tomato and basil.
- Slice an apple and dip the slices in your favourite nut butter.

