

#goodstart

THE HEALTHY BREAKFAST GUIDE



YOUR
SUPER
FOODS



SHARE YOUR
BREAKFAST
CREATIONS
WITH US!
#yoursuperfoods



HI HEALTH LOVER!

Kristel here, founder of Your Superfoods, healthy foodie, travel fanatic and breakfast lover. Have you ever struggled with what to eat for breakfast? I know I have a lot in the past...and in my constant search for inspiration, I've tried countless breakfast options over the past 3 years and I finally have it figured out!

MY TOP 3 CRITERIA FOR BREAKFAST:

1. HEALTHY: Breakfast is best when it's full of natural vitamins and minerals that will support your health and provide the necessary energy to get through the day. Plus, starting your day on a healthy note will make it easier to make healthy choices throughout the day as well.

2. EASY: Let's just face it. We all love to sleep, have busy schedules and just don't have the time to prepare an elaborate breakfast every morning.

3. DELICIOUS: I think this one needs no explanation - all of the food you eat should simply taste delicious!

This e-book compiles all of my favorite breakfast recipes I've discovered or created over the years (and they're all healthy, easy AND delicious!). Whether you are just starting your healthy breakfast journey or are simply needing new inspiration - I promise you there will be something for you inside!

The recipes include the Your Superfoods mixes to add extra natural vitamins, minerals, antioxidants, phytonutrients (aka all the good stuff), plant protein and natural caffeine (I've turned my fair share of coffee addicts into matcha latte lovers over the years).

Creating healthy breakfast habits is not always easy... I challenge you to stick to it for 21 days (it takes 21 days to build a habit!). Use the planning sheets to plan your breakfast ahead and sign up to the [YSF Healthy Breakfast Whatsapp group](#) (simply add my number +31634290484 and I will add you to the group!) to motivate each other, inspire and maybe even find a friend. Let's all do this together!

I am super excited to finally share all these yummy recipes with you! Dive in, try them out, let me know what you think and maybe even share a picture with me (because it makes me smile every single time!).



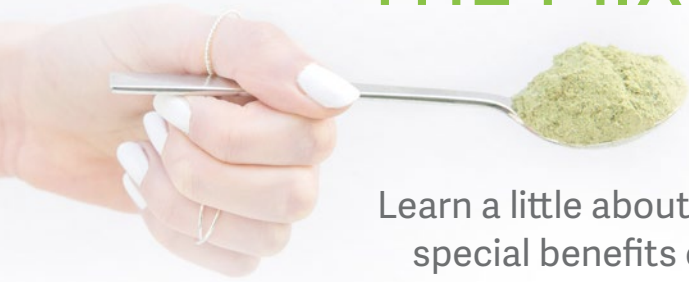
Stay healthy, Be happy!
Kristel



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THE MIXES



Learn a little about the special benefits of each mix and find the best one for you!

POWER MATCHA



MATCHA



MACA



MORINGA



WHEATGRASS



BARLEY GRASS



Green tea taste

Helps to focus and improves productivity

23mg caffeine per 5g portion

Add to water, smoothies & breakfast

ENERGY BOMB



ACAI



GUARANA



MACA



LUCUMA



BANANA



Slightly sweet, berry taste
Long-lasting energy and brain power

39mg caffeine per 5g portion

Add to water, smoothies & breakfast

CHOCOLATE LOVER



CHIA SEEDS



CAROB



COCONUT



LUCUMA



CACAO



Chocolate taste

Great source of antioxidants and Omega 3 fatty acids

Helps to curb cravings for sweets

Mix into smoothies, snacks or breakfast

FOREVER BEAUTIFUL



CHIA SEEDS



ACAI



MAQUI



MACA



ACEROLA



BLUEBERRY



Berry taste

Your daily berry boost conveniently in 1 portion

Add to water, smoothies & breakfast

Supports clean eating and skin health

SUPER GREEN



WHEATGRASS



BARLEY GRASS



MORINGA



BAOBAB



SPIRULINA



CHLORELLA



Green taste with a hint of lemon
Perfect for detoxing and cleansing

Your daily greens conveniently in 1 portion

Add to water, juice and smoothies

MUSCLE POWER



RICE PROTEIN



PEA PROTEIN



MACA



LUCUMA



BANANA



Slightly sweet, nutty taste

Contains all essential amino acids

9g protein per 15g portion

Supports muscle development and energy

SKINNY PROTEIN



PEA PROTEIN



HEMP PROTEIN



MORINGA



SPIRULINA



ALFALFA



Green, earthy taste

Low in carbs and high in micro-nutrients

9.5g protein per 15g portion

Use after your workout to support recovery

SMOOTHIES

Place all ingredients in a mixer and blend until creamy and smooth - it's as easy as that!



POWER MATCHA MIX

GREEN MATCHA SMOOTHIE

5g Power Matcha Mix
1 handful spinach
1 banana
1 apple
1 cup water

PINA COLADA GREEN SMOOTHIE

5g Power Matcha Mix
1 cup frozen pineapple
2 dates
juice of 1 lime
½ cup coconut milk
½ cup water

KIWI MATCHA SHAKE

5g Power Matcha Mix
½ crop romaine lettuce
2 frozen bananas
3 kiwis
1 cup water



ENERGY BOMB MIX

BERRY ENERGY BOOST

5g Energy Bomb Mix
1 cup frozen mixed berries
2 bananas
1 cup plant-based milk

FRUITY POWER PUNCH

5g Energy Bomb Mix
1 mango
1 orange
1 passion fruit
1 cup water

BLUEBERRY OAT KICKSTARTER

5g Energy Bomb Mix
1 cup frozen blueberries
1 banana
½ cup oats
pinch of cinnamon
1 cup water

♥ **TIP:** Want more plant protein? Add Muscle Power to any of these smoothies!



CHOCOLATE LOVER MIX

SNICKERS CHOCOLATE SMOOTHIE

10g Chocolate Lover Mix
2 frozen bananas
1 tbsp. peanut butter
1 cup plant-based milk

BERRY CHOCOLATE DREAM

10g Chocolate Lover Mix
2 bananas
½ cup frozen mixed berries
¼ cup cashews
1 cup water

WAKE UP CHOCOLATE SMOOTHIE

10g Chocolate Lover Mix
5g Power Matcha
½ avocado
5 dates
½ cup oats
1 cup water



SUPER GREEN MIX

GREEN GLOW

5g Super Green Mix
1 handful of spinach
¼ avocado
2 bananas
1 orange
1 cup water

PINA COLADA GREEN SMOOTHIE

5g Super Green Mix
2 cups pineapple
½ crop romaine lettuce
½ cup coconut milk
½ water

ZESTY GREEN SMOOTHIE

5g Super Green Mix
1 handful kale
½ cucumber
2 mangos
juice of 1 lemon
1 cup water

♥ **TIP:** Don't like little pieces of salad in your smoothie? Blend your greens first with the liquid before adding any of the other ingredients!



Zesty Green Smoothie Bowl



FOREVER BEAUTIFUL MIX

BERRYLICIOUS SMOOTHIE

5g Forever Beautiful Mix
2 bananas
1 cup mixed berries
1 cup plant-based milk

MANGO RASPBERRY DREAM

5g Forever Beautiful Mix
½ cucumber
2 mangos
1 cup frozen raspberries
1 cup water

BEET IT SMOOTHIE

5g Forever Beautiful Mix
1 small beet
½ avocado
1 cup mixed berries
1 cup water

♥ **TIP:** Our favourite plant-based milks include almond, cashew and coconut milk.



MUSCLE POWER MIX

PEANUT BUTTER & JELLY SHAKE

15g Muscle Power Mix
1 banana
1 cup strawberries
1 tbsp. peanut butter
1 cup plant-based milk

PEACHY PROTEIN SMOOTHIE

15g Muscle Power Mix
3 peaches
½ cup coconut or soy yoghurt
1 cup water

APPLE PIE SMOOTHIE

15g Muscle Power Mix
2 apples
1 banana
½ cup oats
1 tsp. cinnamon
1 cup plant-based milk

♥ **TIP:** Only drinking a smoothie for breakfast? Add some additional avocado, oats or plant protein to make it extra filling!



Peachy Protein Smoothie



SKINNY PROTEIN MIX

KEY LIME PROTEIN SMOOTHIE

15g Skinny Protein Mix
½ avocado
2 bananas
juice of 1 lime
1 cup water

GREEN HULK SMOOTHIE

15g Skinny Protein Mix
1 handful spinach
2 frozen bananas
pinch of cinnamon
1 cup water

CLEAN GREEN SMOOTHIE

15g Skinny Protein Mix
½ cucumber
2 kiwis
2 mangos
1 handful spinach
1 cup water

♥ **TIP:** Any of these Skinny Protein smoothies also taste great with the Muscle Power Mix!

...OR MAKE IT A SMOOTHIE BOWL!

Each of these recipes can also be made as a smoothie bowl (a thicker smoothie with lots of toppings eaten from a bowl with a spoon).

Just add less liquid, serve in a bowl, add your favourite toppings such as fresh fruits, nuts, seeds and granola.



Berrylicious Smoothie Bowl