



# Breakfast & Suhoor

16 breakfast or suhoor ideas  
for a delicious and healthy  
start to the day.

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# Overnight Oats

The perfect wholesome and  
nourishing breakfast.

## *Basic Recipe:*

Mix  $\frac{1}{2}$  a cup of rolled oats with  $\frac{2}{3}$  cup milk and 1 teaspoon of sweetener (or to taste). Add  $\frac{1}{2}$  tablespoon of chia seeds for a nutrient boost. Store in the fridge covered for a few hours or overnight.

This recipe can be easily doubled or tripled for a larger number of servings.

If it's too cold straight from the fridge, place it in the microwave for a few seconds to remove the chill.

Check out these tasty variations  
below!





### *Date and Almond*

Add in 2 chopped dates and 1 tablespoon chopped almonds.



### *Apple and Cinnamon*

Add in ½ a chopped apple and 1 teaspoon of cinnamon.



### *Banana and Hazelnut*

Add in 1 tablespoon of chopped hazelnuts and serve with ½ a sliced banana.



### *Double Chocolate*

Add in 1 tablespoon of chocolate chips and 1 teaspoon of cocoa powder.

# Savoury Toasts

Try a toast (or 2) with any of these toppings for a delicious start to the day.





### *Avo Feta*

Spread  $\frac{1}{2}$  an avocado mashed with 1 tablespoon of feta onto the toast. Season as desired.

### *Curried Egg*

Cover your toast with 2 eggs scrambled with  $\frac{1}{2}$  a teaspoon of cumin, turmeric and chilli powder. Season to taste.



### *Egg & Spinach*

Top your toast with a handful of spinach and a fried egg. Season to taste.



### *Cheesy Tomato*

Grill a toast topped with cut cheese/bocconcini and chopped cherry tomatoes.



# Sweet Toasts

For a sweeter start to the day  
top your toasts with any of  
these delectable toppings.





### *Cream Cheese & Mixed Berries*

Top your toast with cream cheese and a combination of berries.

### *Peanut Butter & Banana*

Spread on some peanut butter and layer on a medium sliced banana.



### *Choco-nutty*

Cover your toast in chocolate spread and pile on the coconut flakes.



### *Ricotta Raspberry*

Liberal smear on ricotta and top with raspberries. Drizzle with honey if required.





# Toast Tips

Sprinkle on chia seeds, nuts, grains, spices or dried fruits for additional flavour and extra nutrients.

Try a variety of breads to keep things interesting. There's so many options; from rye, wholegrain, wholemeal, gluten free, or even fruit loaf for sweet toppings.

If bread isn't your thing, why not try the topping ideas on a wrap or flatbread instead.

# Smoothies

Easy to blend and easy to drink. A quick and tasty breakfast for the table or on the run.



### *Avocado*

Blend 1 cup of milk with half an avocado and some honey to sweeten.



### *Peanut Butter Banana*

Blend 1 cup of milk with 1 tablespoon of peanut butter and one large banana.



### *Yogurt Mocha*

Blend 1 cup of milk with 2 tablespoons of yogurt and 1 teaspoon each of coffee & cocoa powder. Sweeten.



### *Green*

Blend 1 cup of filtered/coconut water with 2 handfuls of greens and ½ a cup of seasonal fruit.



# Top Tips

Use natural sweeteners like stevia, maple syrup, agave or honey and try milk alternatives.

With options like soy, rice, almond, oat or even coconut milk, it's sure to keep breakfast interesting.

Bulk up your smoothies/oats/porridge or any breakfast item with nuts, seeds, oats, chia seeds, fruit or protein powder.

Ensure your meals are fulfilling & wholesome and don't forget to drink plenty of water.



# About Me

I'm Faaiza, wife and mum living in sunny Brisbane, Australia. I have 2 kids who keep me on my toes. I love baking and experimenting with new flavours and developing my own recipes which I publish to my blog. My teaching background also inspires me to create crafts and activities for my kids which I try to share on my blog as well.

Whilst most of my recipes are of the sweet & sugary kind, I try to keep my life a little more balanced! Moderation is key to most areas in life and my hope is that the recipes on the blog will reflect this as well.

I hope you enjoy these ideas, feel free to share your thoughts and experiences with me.

Faaiza

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