



## **Supercharged Breakfasts for all occasions**

### **COURSE CONTENT**

**Start your day by feeding yourself wholesome energy!**

This course will teach you all the basics you need to start your day on a positive food note. Some of the breakfast recipes teach you how to prepare bulk foods that save you time and money. Nourishing wholesome foods will become a staple to your daily diet plan. Some are fancy, some are great for pre-cooking and if you are into organics and wholefoods, you will find many new favorites in these step-by-step videos that also offer you many useful cooking tips.



#### **Introduction Video and PDF**

#### **The Importance of Breakfast in your daily diet – slideshow**

1. The Importance of Breakfast
2. Cereals
3. Dried Fruit
4. Kid's Cereals
5. Nuts
6. Food Additives



### **Raw high-energy breakfasts (5 Chefs Eye-View Video and PDF recipe)**

1. Every morning Chia Pudding (FREE PREVIEW)
2. Raw Chocolate chia seed pudding with roast banana
3. Raw Oat and nut smoothie
4. Raw fermented Bircher muesli
5. High Energy Muesli balls

### **Warming wholesome breakfasts (10 Chefs Eye-View Video and PDF recipe)**

1. Cooked multi grain porridge
2. High protein Quinoa and coconut porridge
3. Scrambled tofu
4. Cacao coconut crunch cereal
5. Homemade granola
6. Homemade toasted mueslis
7. Golden Millet and vegetable patties
8. Breakfast on the run- Oat and nut smoothie
9. Wholesome quinoa buckwheat pancakes and waffles - gluten free (FREE PREVIEW)
10. Berry and pearl sago compote for muesli and pancake toppings

### **Special occasions and breakfast treats (3 Chefs Eye-View Video and PDF recipe)**

1. Croque Monsieur
2. French Toast
3. Eggs Benedict
4. Eggs Florentine
5. How to boil spinach
6. Eggs Royale
7. Eggs Neptune
8. Mushroom, spinach, and cheddar bruschetta
9. Salami and roasted pepper bruschetta
10. Tomato avocado and bocconcini Bruscetta

### **Breakfast with Eggs! (Chefs Eye-View Video)**

1. Poached eggs
2. Scrambled eggs
3. How to make an omelet
4. Quick everyday omelet
5. Restaurant style omelet- Sweet and Savory

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6. Souffle omelet
7. Checking Eggs with different cooking stages
8. Boiling Eggs with different cooking stages
9. Fried Eggs- Over easy eggs
10. Mirror Eggs- Oeuf miroir

“Dedicated to bringing the chef out in you” Walter Trupp