YOUR DAY ON A PLATE

BREAKFAST

CINNAMON MUESLI

1 banana peeled and sliced
2 tablespoons desiccated coconut
¼ cup millet
¼ cup quinoa
¼ cup buckwheat groats
2 tablespoons pumpkin seeds
2 tablespoons sunflower seeds
2 cups coconut water
¼ teaspoon cinnamon
1 teaspoon maple syrup

1. Combine coconut, millet, quinoa, buckwheat groats, seeds and cinnamon in a bowl and add the coconut water/milk and mix.
2. Cover and soak over night.
3. Strain and reserve the coconut water/milk to pour over when serving.
4. Use half a cup to serve one person and top with banana and maple syrup.

LUNCH

SHREDDED BRUSSLES SPROUT SALAD

1 avocado, cubed
400g brussels sprouts
1 Tablespoon slivered almonds
2 spring onions finely sliced
2 tablespoons sultanas finely chopped
Juice ¼ a lemon
2 tablespoons extra virgin olive oil
Pinch of salt and pepper

1. Remove stem of brussels sprouts and finely slice.
2. In a large bowl combine brussels sprouts, avocado, spring onions, almonds and sultanas.
3. In a separate small bowl, combine the lemon juice, olive oil salt and pepper mix.
4. Pour dressing over salad ingredients.

DINNER

TUNA NICOISE SALAD

2 fillets of fresh tuna (for a more sustainable option choose wild caught snapper)
Olive oil
medium sweet potato – boiled and sliced with the skin left on
2 eggs - boiled and sliced
1 handful of green beans – tailed and cooked until tender
Salsa Verde Ingredients:
2 cloves garlic - minced
1 teaspoon of capers
¼ cup parsley
¼ cup basil
¼ cup mint
1 tablespoon of apple cider vinegar
1 tablespoon of lemon juice
100ml of olive oil

1. To make the Salsa Verde blend all ingredients in a blender to form a paste.
2. On a large plate, arrange the still warm egg, sweet potato and green beans.
3. Rub tuna with sea salt and black pepper, and drizzle with olive oil, place on a hot pan and sear for 2 minutes on each side.
4. Place tuna on the serving plate and pour over Salsa Verde
5. Serve immediately

SNACK

CHOC NUT BUTTER BALLS

1 cup rolled oats
1 medium banana, mashed
1 tablespoon unsweetened cocoa powder
1 tablespoon of your favourite nut butter
1 packet Stevia
1 teaspoon vanilla extract

1. Combine all ingredients into a bowl, mix until combined.
2. Using a tablespoon, scoop out mixture and roll into balls.
3. Place the balls onto a cookie sheet / plate, and continue until all balls are made.
4. Refrigerate balls for an hour or eat straight away.