



10 easy, healthy plant-based breakfasts

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Hello and welcome!

My name is Sarah Cobacho, I am a plant-based nutritionist, passionate about inspiring people to improve their health by consuming a diverse range of nourishing plants. Navigating the world of nutrition can be overwhelming at times and I am here to provide guidance and support every step of the way.

That's where this complimentary e-book comes in. Breakfast is such an important meal of the day, and I am so excited to share the following delicious breakfast recipes with you to help you start your day off on the right foot. They're recipes we've been perfecting in our kitchen for years and still regularly enjoy to this day. There are savoury and sweet options and plenty of room for you to add your own twists or ingredient swaps.

I really encourage you to give each one a try. Finding a new favourite nourishing breakfast you can add to your rotation can be truly life-changing. I'm so proud of you for seeking out new, healthy recipes and can't wait to hear that you tried them! So please reach out with a message or tag me in your creations wherever you follow us.

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CARROT CAKE OVERNIGHT OATS

20 mins | Serves 1

These Carrot Cake Overnight Oats are a quick, nourishing, and delicious breakfast option. They are easy to take on the go and have a delicious carrot cake flavor. Each jar contains 19 g of protein, 13 g of fiber, and healthy fats to keep you feeling full and satisfied for the day ahead.

Serves 1

Ingredients:

- 1 small carrot, grated
- 1/2 cup (40 g) rolled oats
- 1 tbsp (10 g) chia seeds
- 1/2 tsp ground cinnamon
- 1/4 tsp freshly grated nutmeg
- 1 tbsp (9 g) raisins
- 1.5 tsp (8 ml) pure maple syrup
- 2/3 cup (160 ml) soy milk
- 1/4 cup (60 g) soy yogurt, divided
- 2 pecans

Instructions:

1. In a jar combine the grated carrot, oats, chia seeds, cinnamon, nutmeg and raisins. Stir until well combined.
2. Add the maple syrup, soy milk and 2 tablespoons (30 ml) of the soy yogurt. Mix well until thoroughly combined. Allow the mixture to set in the refrigerator overnight.
3. Top with the remaining 2 tablespoons (30 ml) of soy yogurt and the pecans before enjoying.



TOFU SCRAMBLE

10 mins | Serves 3

This is probably my most frequently eaten breakfast! I love to make a big batch for the week ahead and combine it with some sautéed veggies for a super quick breakfast with 26 g of protein per serving. It's easy to make, versatile, and very satisfying. Although optional, the kala namak (a Himalayan black salt) adds a surprising egg-like flavor.



Serves 3

Ingredients:

- 16 oz (450g) extra firm tofu
- 3 tbsp (22g) nutritional yeast
- 1 tsp garlic powder
- 1/2 tsp ground turmeric
- 1/4 tsp freshly cracked black pepper
- 3/4 cup (180ml) soy milk - calcium fortified preferred
- 1/2 tsp kala namak (optional - replace with a pinch of sea salt flakes if not using)

Instructions:

1. Using your hands, break apart the tofu into crumbs.
2. In a small saucepan over medium heat, add the tofu, nutritional yeast, garlic powder, turmeric, black pepper, soy milk, and kala namak. Cook covered for 5 minutes.
3. Serve with vegetables or avocado toast. It keeps well for 5 days in the fridge in an airtight container.

GREEN SMOOTHIE

5 mins | Serves 1

Is there a more convenient way to get a ton of nutrients than a smoothie? I don't think so! This little wonder is packed with good-for-you ingredients, boasting 17 g of protein, 8 g of fiber, omega 3's, Vitamin C, and a notable 9 mg of iron. To make my mornings even smoother, I sometimes prepackage the smoothie ingredients into a freezer-friendly silicon bag. This way, I just have to add the contents of the bag into the blender along with the milk, making a breakfast that's literally ready in 1 minute.

Serves 1

Ingredients:

- 1 cup (30g) fresh baby spinach
- 1 kiwi (keep the peel on for extra fiber and nutrients!)
- 1/2 cup (80g) pineapple chunks
- 1 tbsp (10g) hemp seeds
- 1 cup (240 ml) soy milk - calcium-fortified preferred
- 1/2 frozen banana
- 1/2 small cucumber
- 15 fresh mint leaves
- 1 tsp (3g) chlorella

Instructions:

1. Blend the spinach, kiwi, pineapple, hemp seeds, milk, banana, cucumber, mint, and chlorella until smooth. If using more fresh fruits than frozen, add a few ice cubes. Enjoy!



AVOCADO TOAST

10 mins | Serves 1

This avocado toast recipe is super nourishing! Chickpeas, a type of legume, provide protein and fiber, while hemp seeds add even more protein and healthy fats. The sourdough bread is made from whole grains and has undergone fermentation, making it easier to digest. Topping the toast with sauerkraut, a fermented food, adds even more digestive benefits.



Serves 1

Ingredients:

- 1 olive oil spray
- ½ cup chickpeas
- ½ tsp favourite spice blend (I love ras el hanout or smoked paprika with garlic powder)
- 1 slice wholegrain sourdough
- 1 tbsp hemp seed
- 2 squeezes of lemon
- Chilli flakes to taste
- Dash of salt
- ¼ to ½ avocado, depending on the size
- 1 tbsp sauerkraut

Instructions:

1. To a pan on medium heat, spray some olive oil, add the chickpeas and spices, and cook for a couple of minutes until warm.
2. Toast the sourdough bread.
3. In a bowl, mash the avocado, chilli flakes, hemp seeds, lemon and salt.
4. Spread on the bread, top with the chickpeas, and sauerkraut and enjoy!

PROTEIN PANCAKES WITH BLUEBERRY SYRUP

20 mins | Serves 2

This pancake recipe is foolproof and a perfect way to start the weekend! It packs 20g of protein per serve. They are super fluffy and taste amazing! I also love to add some maple syrup along with the the blueberry syrup. It's such a good combo.

Serves 2

Ingredients:

PANCAKES

- 2 small ripe bananas (or 1 large)
- 1 cup buckwheat flour
- 1 tbsp ground flaxseed
- 1 tsp baking powder
- ½ tsp baking soda
- 1 cup soy milk
- 15 g vanilla protein powder

Instructions:

1. In a bowl, using a fork, mash the two bananas. Mix through the grounded flaxseed.
2. Add the baking powder, baking soda, flour, and protein powder, and mix well. Stir in the milk and allow to rest for 5 minutes
3. Spray some oil on a non-stick pan and heat on low to medium heat.
4. Pour approximately ¼ cup of batter. Cook for a couple of minutes until bubbles are well-formed on the top, then flip the pancake. Cook for another 1 minute. Repeat with the rest of the batter.
5. While the pancakes cook, prepare the blueberry syrup. To a small pot, add the frozen blueberries, lemon juice, chia seeds, water. Bring to a slow boil for 5 minutes.
6. Turn off the heat. Roughly squash the blueberries using a fork.
7. To serve, stack the pancakes and cover them with blueberry syrup. Enjoy!

SYRUP

- 1.5 cups frozen blueberry
- 1.5 tbsp chia seeds
- 1 lemon juice
- 4 tbsp water



BAKED BEANS ON TOAST

60 mins | Serves 4

This baked beans recipe can be enjoyed with grilled sourdough and veggies. It only takes about 5 minutes to prepare and the oven does most of the work. It can also be frozen for later use. The cooking time is approximately 45 minutes, making it an excellent option for a hearty and satisfying meal.

Serves 4

Ingredients:

- 1 onion, finely diced
- 3 garlic cloves, peeled and minced
- 1 tbsp olive oil
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- 1 tsp smoked paprika
- 1 tbsp tomato paste
- 1 tsp coconut sugar
- 1 tsp Worcestershire sauce
- 1 red chili, finely chopped
- 3 cups cooked cannellini beans
- 14oz (400g) diced tomato
- 1/4 tsp salt

Instructions:

1. Preheat the oven to 350°F (180°C).
2. In an oven-safe dish, combine the onion, garlic, oregano, thyme, smoked paprika, and olive oil. Bake uncovered for 15 minutes.
3. Take out of the oven, add the tomato paste, sugar, Worcestershire sauce, chopped red chili, beans, diced tomatoes and salt. Stir until thoroughly combined. Bake in the oven, covered, for 30 minutes covered. Give it a stir halfway through.
4. Allow to rest for 5 minutes before serving. Enjoy!



PINA COLADA CHIA PUDDING

10 mins + setting | Serves 4

This chia pudding is light, fresh, creamy, and is sure to brighten your mornings. It's packed with omega-3s, and each serving contains 12 g of fiber and 14 g of protein. It's easy to make in advance and can be stored in the fridge for up to 4 days.

Serves 4

Ingredients:

- 3 cups pineapple (fresh or frozen, divided)
- 10.5 oz (300g) silken tofu
- 1 cup unsweetened coconut milk (the drinking kind, not the extra creamy one used for cooking)
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- ½ cup chia seeds
- 1 tbsp lime juice
- ¾ cup soy yogurt
- 2 tbsp coconut flakes

Instructions:

1. Add 2 cups of the pineapple, silken tofu, coconut milk, maple syrup, and vanilla extract to a blender. Blend until smooth.
2. Divide the chia seeds into 4 jars (2 tbsp per jar). Pour the blended mixture into the jars, stirring well to ensure the chia seeds are thoroughly combined with the liquid. Place the jars in the refrigerator to set for at least 4 hours or overnight.
3. In a small blender, add the remaining 1 cup of pineapple with the lime juice, and blend to get a purée consistency. Alternatively, finely chop the pineapple and drizzle with the lime juice.
4. Before serving, stir the chia mixture well, and add a splash of milk if you want a thinner consistency. Top each jar with soy yogurt, pineapple puree, and a sprinkle of coconut flakes. Enjoy!



BREAKFAST COOKIE

40 mins | Makes 12

This is the one for the person that doesn't like breakfast but finds themselves snacking on biscuits at 10 am! Make sure you use ripe bananas as they bring extra sweetness. If you only have a yellow banana on hand, you might want to add a bit more maple syrup. If you can't find dairy-free chocolate chips, no problem, just chop some dark chocolate (they are usually dairy-free over 70% cacao but make sure to check the label).



Serves 12

Ingredients:

- 3 large ripe bananas
- 2 cups quick oat
- 1/2 cup peanut butter
- 1/2 tbsp vanilla extract
- 3 tbsp coconut shred
- 2 tbsp hemp seeds
- 1/4 cup chocolate chips
- 1/4 cup pistachios

Instructions:

1. Preheat the oven to 350°F (180°C)
2. In a large mixing bowl, mash the bananas using a fork. Add the oats, peanut butter, vanilla extract, coconut, and hemp seeds. Mix until thoroughly combined.
3. Roll the dough into 9 balls. Press each ball to form a cookie shape. Place the balls onto baking paper.
4. Top with the rest of the chocolate and the pistachios.
5. Cook for 20 minutes until the outskirts get slightly golden. Allow to cool down for 15 minutes. Enjoy!

HOMEMADE GRANOLA

60 mins | Serves 12

I make a batch of this granola every other week. It's straightforward to put together, and it's so convenient to have on hand for a quick and nourishing breakfast or afternoon snack. I love to have it with fresh berries and soy yogurt. This combo contains probiotics, polyphenols, and a good amount of fiber, making it a delicious gut-loving option to start your day!

Serves 12

Ingredients:

- 1/4 cup hulled tahini
- 1/4 cup maple syrup
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 1/4 tsp sea salt flakes
- 2 cups rolled oats
- 1/2 cup cashews
- 1/2 cup almonds
- 1/2 cup coconut flakes
- 1/4 cup goji berries
- 1/4 cup hemp seeds
- 1/4 cup pumpkin seeds

Instructions:

1. Preheat the oven to 325°F (160°C), fan-assisted.
2. In a large bowl, mix together the tahini, maple syrup, vanilla extract, cinnamon, and salt.
3. Add the oats, cashews, almonds, hemp, and pumpkin seeds. Stir well until thoroughly coated. Transfer to a large baking tray lined with baking paper. Bake on the middle rack for 35 to 40 minutes, rotating the tray halfway through (keep an eye on it toward the end to prevent burning).
4. Once the granola has cooled down, stir in the coconut and goji berries.



WARM CHIA SPICED OATS WITH CARAMELISED BANANA

15 mins | Serves 2

This chai-spiced oats is a delicious and fiber-packed way to start the day. Made with simple ingredients, it's an easy yet elevated breakfast that feels like a hug in a bowl.



Serves 2

Ingredients:

- 1 bag chai tea
- 1 cup boiling water
- 1 cup soy milk
- ½ tsp vanilla extract
- 1 tsp cinnamon
- 1 cup rolled oats
- 2 tbsp chia seeds

CARAMELISED BANANA

- 1 Banana
- 1 tbsp orange juice

Instructions:

1. Brew a cup of chai tea, by pouring boiling water onto the tea bag. Let it sit for 5 minutes.
2. To a pot on low heat, add the oats, chia seeds, vanilla extract, cinnamon, soy milk and ½ cup of tea, and stir to combine. Cook for 5 to 7 minutes, stirring occasionally. If needed, use more tea. Otherwise, you can sip on it.
3. Slice a banana lengthways. To a nonstick pan on medium heat, add the orange juice and banana and cook for 1 to 2 minutes on each side until it starts caramelising.
4. Top your bowl of oats with caramelised banana, and enjoy warm.

NUTRITIONAL INFORMATION

CARROT CAKE OVERNIGHT OATS

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING
Calories	450 kcal
Protein	19 g
Carbohydrates	64 g
Dietary Fibre	13 g
Fat, total	15 g
Iron	4 mg
Calcium	247 mg
Sodium	161 mg
Vitamin A	418 iu
Vitamin C	3 mg

TOFU SCRAMBLE

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING
Calories	220 kcal
Protein	26 g
Carbohydrates	7 g
Dietary Fibre	3 g
Fat, total	12 g
Iron	6 mg
Calcium	632 mg
Sodium	313 mg
Vitamin A	35 IU
Vitamin C	NA

GREEN SMOOTHIE

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING
Calories	317 kcal
Protein	17 g
Carbohydrates	43 g
Dietary Fibre	8 g
Fat, total	11 g
Iron	9 mg
Calcium	338 mg
Sodium	114 mg
Vitamin A	800 iu
Vitamin C	120 mg

AVOCADO TOAST

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING
Calories	408 kcal
Protein	16 g
Carbohydrates	48 g
Dietary Fibre	14 g
Fat, total	19 g
Iron	4 mg
Calcium	65 mg
Sodium	377 mg
Vitamin A	34 iu
Vitamin C	12 mg

NUTRITIONAL INFORMATION

PROTEIN PANCAKES WITH BLUEBERRY SYRUP

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING
Calories	480 kcal
Protein	22 g
Carbohydrates	86 g
Dietary Fibre	16 g
Fat, total	10 g
Iron	7 mg
Calcium	262 mg
Sodium	690 mg
Vitamin A	5 iu
Vitamin C	18 mg

BAKED BEANS ON TOAST

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING
Calories	269 kcal
Protein	15 g
Carbohydrates	48 g
Dietary Fibre	15 g
Fat, total	5 g
Iron	3 mg
Calcium	82 mg
Sodium	231 mg
Vitamin A	19 iu
Vitamin C	16 mg

PINA COLADA CHIA PUDDING

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING
Calories	360kcal
Protein	14 g
Carbohydrates	45 g
Dietary Fibre	12 g
Fat, total	15 g
Iron	6 mg
Calcium	295 mg
Sodium	100 mg
Vitamin A	4 iu
Vitamin C	60 mg

BREAKFAST COOKIE

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING
Calories	231 kcal
Protein	7 g
Carbohydrates	26 g
Dietary Fibre	5 g
Fat, total	12 g
Iron	1 mg
Calcium	21 mg
Sodium	35 mg
Vitamin A	2 iu
Vitamin C	4 mg

NUTRITIONAL INFORMATION

GRANOLA

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING
Calories	210 kcal
Protein	6 g
Carbohydrates	20 g
Dietary Fibre	4 g
Fat, total	12 g
Iron	2 mg
Calcium	58 mg
Sodium	62 mg
Vitamin A	5 iu
Vitamin C	NA

WARM CHAI SPICED OATS WITH CARMELISED BANANA

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING
Calories	344 kcal
Protein	13 g
Carbohydrates	56 g
Dietary Fibre	12 g
Fat, total	9 g
Iron	4 mg
Calcium	133 mg
Sodium	64 mg
Vitamin A	3 iu
Vitamin C	10 mg

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