

EP 5 – “Brilliant Breakfast”

GRANOLA PARFAIT

Ingredients

3 cups dry oats
1/2 cup sunflower seeds
1/2 cup pumpkin seeds
1/2 tablespoon wheat germ
1/2 tablespoon ground cinnamon
pinch salt
2 tablespoons oil
1/2 cup maple syrup
1 cup dried fruit (cranberries, apricots, figs, raisins)

1 cup thick Greek yoghurt
1/2 cup fresh blueberries and gooseberries, strawberries
Fresh mint

Method

For the Granola

Preheat oven to 180'C
In a bowl combine the oats, nuts, seeds, wheat germ, cinnamon and salt
Combine the wet ingredients like the oil and maple syrup in another bowl.
Pour this over the dry ingredients and mix until completely combined.
Pour onto a baking sheet and bake for 30 minutes, stirring occasionally. The mixture will look soft when you remove it from the oven but will harden as it cools.

For Assembly

Start layering the granola at the bottom of a stylish clear glass, add some yoghurt on top of this and then some fresh blueberries. Add more granola, then yoghurt then blueberries.
Finish off by skewering some big lush strawberries through a chopstick, and lay it across the glass adding some fresh mint sprigs for added appeal.

GOOD MORNING BREAKFAST WRAP

Ingredients

6 eggs
100ml fresh cream
1 tablespoon butter
4 large wraps
160g smoked salmon
Mixed lettuce

For the Garnish

Salt, pepper
1 sheet greaseproof paper
1 lemon
Chives
Baby beetroot sprouts

Method

For the scrambled eggs, melt butter in a large frying pan. While this is happening, mix the eggs with the cream and pour into a large frying pan when the butter has melted.

Scramble the eggs gently until cooked but soft, and set aside for assembly.

Lay the wrap open and add the fresh lettuce leaves, cooled scrambled eggs, and smoked salmon inside the wrap.

Roll tightly from one side to the other (like pancakes) into a log shape keeping all the ingredients intact and slice at an angle. Top with fresh beetroot sprouts.

Garnish with fresh chives and sliced lemons and write "good morning" on your grease proof paper which you have placed under the wrap, or directly onto the plate for added effect- Enjoy

BANANA BREAD

Ingredients

2 cups flour
125g butter
3-4 ripe bananas
5ml bicarbonate of soda
1 cup sugar
2 eggs
5ml heaped baking powder
pinch salt

Method

Preheat the oven to 180°C

Cream the butter and sugar in a mixer and add mashed bananas

Beat well and then add the eggs

Sift flour and salt and add mixture with 1/4 cup water in which the soda has been dissolved

Beat well and lastly add the baking powder

Pour into greased loaf tin. Give it a shake to release any air bubbles and top with a line of whole pecan nuts running down the whole length of the loaf, for garnish.

Bake for 1 hour on middle shelf of the oven.

Can be served with butter and strawberry jam or cream, and some icing sugar drizzled on the side