



N O U R I S H I N G

*Thriving with
Nutrition*

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ALLERGY-FREE BREAKFAST
RECIPES

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Thriving with Nutrition: Allergy-Free Breakfast Recipes
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A B O U T T H E A U T H O R

Bon Appetit!



Hi I'm Suzy, NTP. I'm passionate about teaching parents how to use real, whole-foods to heal the gut, with the right nutrients for growth and development. I love sharing all my simple recipes and tools to help you nourish your child, even if you are just introducing solids, or just simple food the whole family can enjoy.



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W W W . T H R I V I N G W I T H N U T R I T I O N . C O M



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Banana Muffins

INGREDIENTS

WET

- ½ cup maple syrup
- 1.5 cups mashed banana (3 large ripe bananas)
- 1/3 cup melted coconut oil (if cannot use coconut – olive oil)
- ¼ cup of almond / rice milk
- 2 teaspoons vanilla extract

DRY

- 2 cups gluten free flour (organ brand great option)
- 1 Tsp cinnamon
- 1 tsp baking soda
- ½ tsp salt
- 1 tbs maca powder

Toppings

Crushed walnuts
Vegan choc chip

INSTRUCTIONS

1. Preheat oven to 350 degrees. Grease a muffin tin
2. Put all wet ingredients into a large bowl. Whisk together to combine.
3. Add all dry ingredients to the bowl. Gently fold the dry ingredients into the wet ingredients. Slowly mix until all combined.. do not overmix.
4. Place the batter just below edge of muffin tin. Can sprinkle the chocolate or chopped walnuts on top.
5. Bake them for 20 minutes. Remove from oven immediately and allow to cool on a rack.

NUTRITION INFORMATION

Maca is mood boosting and energising



Green Monster Pancakes

INGREDIENTS

- 1 ripe banana
- 1 cup spinach
- 1 cup broccoli florets steamed
- 1 1/2 cups oat/rice milk
- 1 egg
- 1 tsp vanilla extract
- 1 cup GF flour
- 1 1/2 tsp baking powder
- 1/4 cup greek yoghurt or DF milk
- 2 x tbsp maple syrup

INSTRUCTIONS

- In food processor, or blender blend the banana, spinach, broccoli, vanilla, milk until smooth ,
- Add the flour and blend until smooth. Add the baking powder before blending again. Can add milk if needed.
- Heat pan with coconut oil. Place small amount of batter in circle and let it bubble before flipping over the other side.
- Repeat with rest of the mixture.
- Serve with fruits, nut butter, coconut yoghurt and drizzle of maple syrup

EGG FREE: 1 x tbsp of chia seeds & 3
tbsp of water. Soak for 5-10 mins

DAIRY FREE: Substitute yoghurt for
200ml coconut milk



Apple Pumpkin Pie

FIND RECIPE IN MY BLOG



BUCKWHEAT BREAD

INGREDIENTS

- 1 1/2 cup GF buckwheat flour
- 1 1/2 cups brown rice flour
- 2 tsp baking powder
- 1 tsp sea salt
- 2 1/2 cups water
- 1 tbsp apple cider vinegar
- 1/3 cup psyllium husks

Toppings:

Rolled oats, flax seeds, hemp seeds

INSTRUCTIONS

- Preheat the oven at 160c. Grease a loaf pan
- In a large mixing bowl, mix the buckwheat flour, brown rice flour, baking powder and baking sode and salt.
- In another bowl mix water, vinegar and psyllim husks until blended. Stand for 5 minutes.
- Mix the wet and the dry ingredients together until fully combined. into a dough
- The best is to use hands to knead it.
- With moist hands shape into dough and place in the loaf tin.
- Bake for 90 minutes.
- Cool in the pan for 15 minutes
- Cool on rack completely before slicing.

NUTRITION INFORMATION

Buckwheat is a great source of protein, fiber and energy.

A glass of strawberry banana smoothie with a strawberry garnish. The smoothie is light pink and has a thick, creamy texture. A single strawberry is perched on the rim of the glass. In the background, a banana and another strawberry are visible on a wooden surface.

Strawberry Banana Smoothie

INGREDIENTS

- 2 x bananas
- 2 x cups fresh/ frozen strawberries
- 1 x scoop collagen protein
- 2 x mejool dates
- 2 x cups Oat/ nut milk
- 1 tbsp x soaked chia seeds
- 1/4 Avocado
- 1 tsp of Maca or Camu Camu

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INSTRUCTIONS

- Place all ingredients in a food processor, blender, or nutri-bullet.
- Serve cold
- Great to have with Blueberry lemon loaf

NUTRITION INFORMATION

Bursting with Vitamin C key for gut healing
Chia seeds great source of Omega 3
Bananas are great source of Potassium



Blueberry Lemon Loaf

INGREDIENTS

1 1/2 cups of GF rolled oats
1 cup GF flour
1/2 Tsp Baking soda
1 1/2 Baking Powder
sea salt, pinch
3/4 cup blueberries
2 x eggs
1/cup butter/ghee or DF butter
1/2 cup maple syrup
1 cup Greek yoghurt
1 tsp vanilla powder
Zest of 2 x small lemons

EGG FREE: 2x tbsp of chia seeds & 6 tbsp
of water. Soak for 5-10 mins
DAIRY FREE: Substitute yoghurt for
200ml coconut milk

INSTRUCTIONS

- Preheat oven to 180c and lin a loaf tin
- In a large bowl mix oats, flour, baking soda, baking powder, salt until well combined. Stir in Blueberries.
- In a blender mix eggs, butter, maple syrup, yoghurt, vanilla and lemon zest.
- Stir the wet ingredients into the dry until combined.
- Pour into loaf tin and bake for around 60 minutes or until cooked in middle.
- Use a skewer to test it comes out clean.
- Leave to cool on wire tray, slice & serve

NUTRITION INFORMATION

Oats are a great source of Fiber,
Blueberries are high in Vitamin C



DID YOU KNOW YOUR CHILD CAN BE FREE FROM INTOLERANCES?.

Eating allergy free does not mean eating healthy. My goal is to guide parents how to use nourishing whole foods to heal and seal the gut. There is a strong correlation between gut health and allergies and intolerances. The reason being our guts (good bugs) are the guys that actually digest everything we consume, extract the essential vitamins and minerals and send the waste out of our body via poop!

So if your child is suffering from eczema, digestive issues, allergies and intolerances, there is still so much you can do to take charge of their health. By nourishing your child with fruit, vegetable, whole grains, ferments to feed the good bugs to ensure your child is happy, healthy, pooping sleeping and thriving!

Thank You!

W A N T T O K N O W M O R E ?



There is a difference between eating Allergy-free and eating nourishing food that can actually help you to heal from the inside out!

Book a discovery call



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