

Good morning

1 Sugarbread French toast
with crème fraîche and lemon balm

2 Banana smoothie
with coconutmilk and dates

3 Crackers with avocado
with tomato and aged cheese

Frisian Sugar Boule French toast

with crème fraîche and lemon balm

1X 25 min.



Equipment

Whisk, 2x deep plate, frying pan

Ingredients for 1 breakfast

	2p
Frisian pearl sugar boule (pcs) 7) 8) 11) 12) 13) 15) 61) 62)	2
Fresh lemon balm* (g)	5
Ground cinnamon (sachet(s))	1
Organic crème fraîche* (g) 7)	100
Organic semi-skimmed milk* (a splash) 7)	2
Egg (pcs) 8)	4
Not included	
Butter (tsp)	2
Sugar (tbsp)	2

* keep in the refrigerator

Nutritional values

	Per portion	Per 100g
Energy (kJ/kcal)	2805 / 670	961 / 229
Total fat (g) (g)	34	12
Of which: saturated (g)	17,2	5,9
Carbohydrates (g)	66	23
Of which: sugar (g)	36,2	12,4
Fibres (g)	3	1
Protein (g)	23	8
Salt (g)	1,1	0,4

Allergens:

7) Milk 8) Egg 11) Soy 12) Lupin 13) Gluten 15) Wheat

May contain traces of: 61) Nuts 62) Sesame

1. Cut the top and bottom off the Frisian sugar bread. Cut the lemon balm into strips.
2. Mix sugar and cinnamon on a plate. In a different (deep) plate, use a whisk to mix the milk with the egg.
3. Heat the butter in a frying pan on medium-high heat. Dip the sugar bread through the egg mixture and then through the sugar mixture. Transfer the sugar bread to the pan and fry for 4 minutes per side, or until they start to firm up.
4. Transfer the French toast to plates, serve with the crème fraîche and garnish with the lemon balm.

Banana smoothie

with coconut milk and dates

2X 10 min.



Equipment

Deep bowl, hand blender

Ingredients for 1 breakfast

	2p
Banana (pcs)	2
Coconut milk (ml)	75
Oats (g) 13 17 60 61 62)	75
Chopped dates (g) 60 61 62)	20
Organic Bulgarian yogurt* (ml) 7)	250
Honey (cup(s))	1

* keep in the refrigerator

Nutritional values

	Per portion	Per 100g
Energy (kJ/kcal)	2046 / 489	589 / 141
Total fat (g) (g)	16	5
Of which: saturated (g)	10,4	3,0
Carbohydrates (g)	68	20
Of which: sugar (g)	38,5	11,1
Fibres (g)	6	2
Protein (g)	13	4
Salt (g)	0,2	0,1

Allergens:

7) Milk **13)** Gluten **17)** Oats

May contain traces of: **60)** Peanuts **61)** Nuts **62)** Sesame

1. Cut the banana into slices and add to a blender or high bowl with the coconut milk, oatmeal and half of the chopped dates. Mix into a thick smoothie with a hand blender or blender.
2. Make the smoothie a bit thinner by adding the yogurt and, optionally, a splash of water. Add half of the honey and mix well.
3. Transfer the smoothie to bowls or glasses and garnish with the remaining chopped dates and honey.

Crackers with avocado

with tomato and aged cheese

2X 10 min.



Equipment

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Ingredients for 1 breakfast

	2p
Avocado (pcs)	1
Spelt cakes (pcs) 13 19)	6
Tomato (pcs)	2
Aged cheese flakes* (g) 7)	50

Not included

Pepper	to taste
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* keep in the refrigerator

Nutritional values

	Per portion	Per 100g
Energy (kJ/kcal)	1463 / 350	720 / 172
Total fat (g) (g)	23	11
Of which: saturated (g)	7,5	3,7
Carbohydrates (g)	18	9
Of which: sugar (g)	4,0	2,0
Fibres (g)	7	3
Protein (g)	13	6
Salt (g)	0,6	0,3

Allergens:

7) Milk **13)** Gluten **19)** Spelt

1. Cut the avocado in half, remove the seed and spoon the fruit from the peel.
2. Divide the avocado among the spelt cakes. Cut the tomato into slices and top the avocado with the sliced tomato.
3. Garnish the spelt cakes with the aged cheese. Sprinkle with pepper to taste.



Lemon tart

with home made dough

Baking

Preparation time: 25 min. • Oven time: 40 min.



Egg



Organic lemon



Powdered sugar



Butter



Flour



Organic sour cream

Cupboard items

Sugar, salt



Step 1:

Weigh the needed amount of butter and cut into cubes. Allow the butter to reach room temperature. Pre-heat the oven to 190 degrees if you are using a fan oven or 210 degrees for an electric oven. Separate the egg yolks from the whites of 2 eggs. Do this by gently cracking the egg open above a bowl and carefully transferring the yolk between the two halves of the shell until all the whites are in the bowl and only the egg yolk is left in the shell. Place the yolks in a separate bowl and add the powdered sugar and butter. Mix into a batter with a whisk or an electric hand mixer. Add the flour along with 1 tsp salt and use your hands to knead into a dough. Cover with plastic wrap and chill in the refrigerator until further use.

Step 2:

Finely zest 1 lemon and juice both lemons into a small bowl. Combine the sour cream with the sugar in another bowl using a whisk or hand mixer. Beat the remaining 4 eggs in another bowl and add them to the sour cream mixture along with the lemon juice and zest. Mix everything until well combined.

Step 3:

Grease a round 24 cm cake tin with butter and line the bottom with baking paper. Roll out the dough evenly until about 0.5 cm thick and place into the cake tin. Cut off any excess dough at the edges. Pour the filling onto the dough and bake for 18 - 20 minutes in the oven. Check on the cake after 15 minutes by inserting a wooden skewer or toothpick into the cake. If it comes out clean without any cake, the cake is done.

Step 4:

Take the cake from the oven and allow to cool completely before cutting. Slice the lemon cake and garnish with some powdered sugar and some lemon zest (optional).

Equipment

24cm round cake tin, grater, rolling pin, cling film, small bowl, 4x bowl, mixer

Ingredients

	8 servings
Egg (pcs)	6
Organic lemon (pcs)	3
Powdered sugar (g)	75
Butter* (g) 7)	125
Flour (g) 13) 15)	200
Organic sour cream* (ml) 7)	100
Not included	
Sugar (g)	200
Salt (tsp)	1

* Keep in the refrigerator

Nutritional values

	Per portion
Energy (kJ/kcal)	1792 /428
Total fat (g)	19
Of which: saturated (g)	10,5
Carbohydrates (g)	56
Of which: sugars (g)	35,4
Fibre (g)	1
Protein (g)	9
Salt (g)	0,8

Allergens:

7) Milk 13) Gluten 15) Wheat

Traces of: