



BREAKFAST RECIPES





MICROGREENS OMELETTE



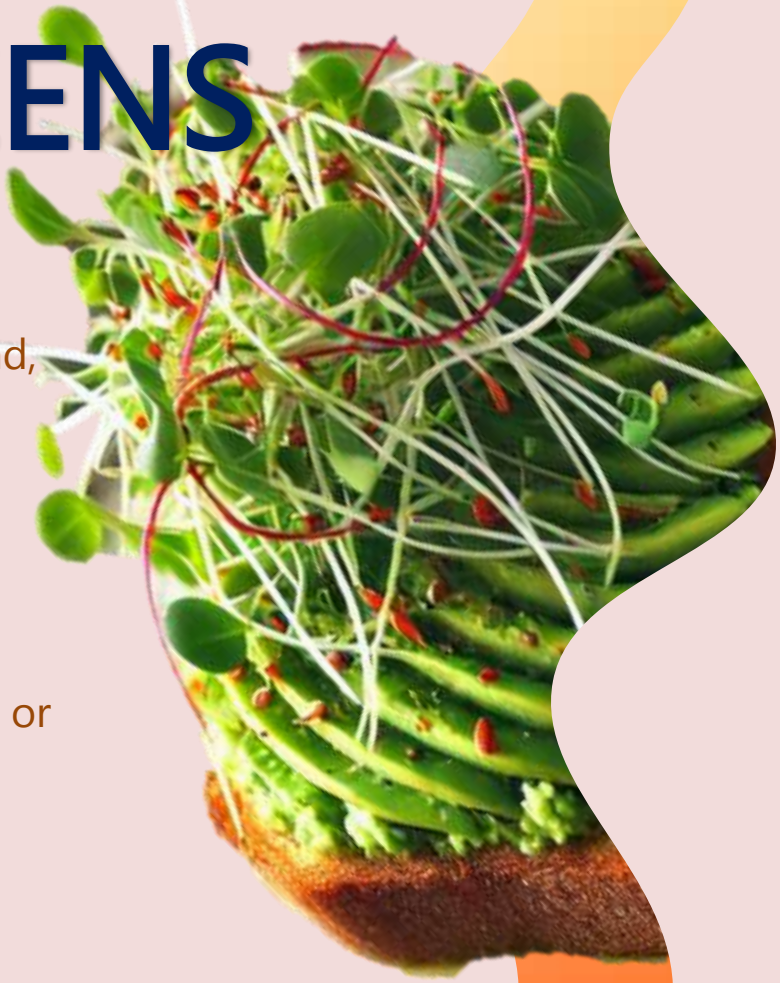
Ingredients:

- 2 large eggs
- 1/4 cup milk (or plant-based milk)
- 1/2 cup mixed microgreens (e.g., kale, radish, arugula)
- 1/4 cup shredded cheese (cheddar, feta, or your choice)
- Salt and pepper to taste
- 1 teaspoon butter or olive oil

Instructions:

1. In a bowl, whisk eggs, milk, salt, and pepper.
2. Heat butter or olive oil in a non-stick pan over medium heat.
3. Pour the egg mixture into the pan, cooking until edges start to set.
4. Sprinkle cheese and microgreens over one half of the omelette.
5. Fold the omelette and cook for another 1–2 minutes until set.

AVOCADO TOAST WITH MICROGREENS



Ingredients:

- 1 slice of sourdough or whole-grain bread, toasted
- 1/2 avocado, mashed
- 1/2 cup microgreens (e.g., radish, sunflower, pea shoots)
- 1 teaspoon lemon juice
- Salt and pepper to taste
- Optional: Red pepper flakes, feta cheese, or poached egg

Instructions:

1. Spread mashed avocado evenly on the toasted bread.
2. Drizzle lemon juice over the avocado.
3. Top with microgreens and season with salt and pepper.

MICROGREENS PANCAKES



Ingredients:

- 1 slice of sourdough or whole-grain bread, toasted
- 1/2 avocado, mashed
- 1/2 cup microgreens (e.g., radish, sunflower, pea shoots)
- 1 teaspoon lemon juice
- Salt and pepper to taste
- Optional: Red pepper flakes, feta cheese, or poached egg

Instructions:

1. Spread mashed avocado evenly on the toasted bread.
2. Drizzle lemon juice over the avocado.
3. Top with microgreens and season with salt and pepper.
4. Add red pepper flakes, feta, or a poached egg if desired.

MICROGREENS BREAKFAST BOWL



Ingredients:

- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup milk (or plant-based milk)
- 1 egg
- 1 tablespoon olive oil or melted butter
- 1/2 cup chopped microgreens (e.g., arugula, kale)
- Optional: 1/4 cup shredded cheese

Instructions:

1. In a bowl, whisk together flour, baking powder, and salt.
2. In a separate bowl, mix milk, egg, and olive oil.
3. Gradually add wet ingredients to dry ingredients; stir until combined.
4. Fold in microgreens and cheese (if using).
5. Heat a non-stick pan over medium heat and grease lightly.
6. Pour batter onto the pan and cook until bubbles form (about 2 minutes), then flip and cook for