



RECIPES

With the help of our good friends we've got some culinary delights for you to try and impress your friends with. Go on, give them a whirl. Have your own fave brunch recipe you'd like to share with us? Get in touch on social media using #BoobBrunch @coppafeelpeople.





FEARNE'S SWEET OMELETTES

“I love this quick omelette recipe because it’s so easy and it goes down a treat with everyone I make it for. Plus it’s great if you’re gluten intolerant. Enjoy!”

Ingredients

2 eggs

1/2 banana

Handful of blueberries

1/2 tsp cinnamon

Maple syrup or honey

What to do

1. Mash up the banana
2. Add in the eggs and mix well
3. Throw in your blueberries
4. Heat a pan on medium heat with some coconut oil. Add in a table spoon of the omelette mix and heat until you’ve reached a nice omelette consistency.
5. Plate up and sprinkle with cinnamon and maple syrup or your sweetener of choice!



ANNA JONES' CARDAMON AND CARROT CAKES WITH MAPLE ICING

“These are free of refined sugar, and sweetened with maple syrup and banana. You can easily make them dairy and gluten free with no compromise on flavour.”

Ingredients

For the cakes:

80g butter or coconut oil
4 tablespoons maple syrup
seeds from 4 cardamom pods, finely ground in a pestle and mortar
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
150g ground almonds
100g light spelt, chickpea OR plain flour
50g pumpkin seeds
2 teaspoons baking powder
2 medium carrots, grated
1 banana, peeled and mashed
3 organic or free-range eggs, beaten

For the icing:

200g cream cheese
4 tablespoons maple syrup
a pinch of ground cinnamon
a pinch of ground ginger

To decorate:

Grated zest of 1 unwaxed lime

What to do

Preheat your oven to 200°C/fan 180°C/gas 6. Line a twelve-hole muffin tin with paper cases and put to one side.

Put the butter or coconut oil and maple syrup into a pan with the spices and let it melt over a low heat. Set aside to cool.

Now put the ground almonds, flour, pumpkin seeds and baking powder into a bowl. Add the grated carrot, mashed banana and eggs, then pour in the cooled maple mixture and mix well. Spoon into the paper cases. Bake for 25 minutes, until golden on top and a skewer poked into the cakes comes out clean.

While the cakes are cooking, make your icing. Put the cream cheese into a bowl with the maple syrup and spices and beat until light and fluffy. I like to do this with an electric hand whisk, but a wooden spoon works just fine too.

Once the cakes are out of the oven and have cooled down, thickly spread each one with the icing and finish off with a grating of lime zest.



PIP AND NUT COCONUT ALMOND SUPERFOOD SMOOTHIE

Give your day a superfood boost with this simple smoothie that's packed full of protein, vitamins & omega 3, thanks to our friends at Pip & Nut.

Ingredients

500ml skimmed milk
150 ml natural yoghurt
3 tablespoons Pip and Nut Coconut almond butter
2 bananas
1 tablespoons flax seeds (optional)
2 teaspoons oats
1 tablespoon honey

What to do

1. Grind flax seeds and oats into a fine powder using pestle and mortar.
2. Add all the ingredients in to a food processor until incorporated.
3. Enjoy!

All you lucky brunchers out there also get 20% off any item you buy from Pip & Nut, simply use promo code *BoobSquad* on their website and get shopping!



VAS' EASY FRUITY PANCAKES

“What is better than a stack of fluffy pancakes, heaped in lush, juicy berries? Enjoy these healthy pancakes with a cheeky glass of fizz for the ultimate brunch. ”

Ingredients

1 banana
1 egg
1 heaped tbsp wholemeal self raising flour
1 tbsp desiccated coconut
1 tbsp yoghurt
Handful of berries

What to do

1. Mash the banana and whisk in the egg
2. Add in the flour and coconut and mix it all up together thoroughly
3. Heat some oil in a pan and add a table spoon of pancake mix at a time
4. Cook the pancakes until they're nicely browned on both sides
5. Serve up a stack of pancakes on a plate along with the yoghurt and berries





LYDIA'S AVOCADO & EGGS ON SOURDOUGH

“This is my fave go-to brunch meal! You can have the eggs anyway you like if poaching them is a bit too fiddly. I love it with plenty of salt and lime. YUM!”

Ingredients

2 eggs
1/2 avocado
1 slice of good quality sourdough bread
1/2 a lime
Handful of fresh coriander
Salt and cracked pepper

What to do

1. Hull out the avocado half and place in a bowl
2. Add in the juice from the lime and chopped up coriander
3. Mash it all up until you're happy with the consistency
4. Poach the eggs - I find the simplest way to do this is - bring a pan of light salted water to the boil, break the eggs into the water and let them simmer (not boil!) for 1 minute. Then take the pan off the heat and let the eggs sit in the water for 10 minutes. You should be left with nicely poached eggs!
5. Toast the slice of bread
6. Spread a nice heap of the mashed avocado on the bread, pop the eggs on top, drizzle with olive oil and a good amount of salt and pepper





KRIS' RASPBERRY MADELEINES

“I love baking and these little cakes are so easy and so delicious. Perfect with a cup of chai tea. I hope you love making them as much as I do!”

Ingredients

3 free-range eggs
130g/4½oz sugar
200g/7oz plain flour
10g/¼oz baking powder
1 unwaxed lemon, finely grated zest only
20g/¾oz honey
4 tbsp milk
200g/7oz butter, melted and cooled
punnet of raspberries
1 tbsp poppy seeds
icing sugar, for dusting

What to do

Beat the eggs with the sugar until pale and frothy. Put the flour and baking powder into a separate bowl and add the lemon zest.

Mix the honey and milk with the cooled butter, then add to the eggs. In two batches, fold in the flour and poppy seeds. Cover and leave to rest in the fridge for a few hours, or overnight.

When you are ready to bake, preheat the oven to 190C/375F/Gas 5. Butter and flour a 12-shell madeleine tin.

Put a heaped tablespoon of batter into each madeleine shell and press a raspberry deep into the batter.

Bake for five minutes and turn the oven off for one minute (the madeleines will get their signature peaks), then turn the oven on to 160C/325F/Gas 3 and bake for a further five minutes. Transfer the madeleines to a wire rack and leave for a few minutes until cool enough to handle. Meanwhile, wash and dry the tin, then repeat the baking as for the first batch.

Once cooled, dust with icing sugar and serve straightaway.



KATE'S PROTEIN POWER BRUNCH

“Protein is key for every meal so it’s definitely a must for brunch. If you’re a veggie, swap the bacon out for some cheese such as halloumi.”

Ingredients

2 eggs
Splash of milk
Small knob of butter
2 rashers of bacon
Handful of washed spinach leaves
5 mushrooms
A few parsley leaves
Salt and pepper

What to do

1. Turn on the grill for the bacon and slice up your mushrooms
2. Whisk up your two eggs with the splash of milk
3. Place the bacon under the grill and keep an eye on it whilst you get on with making the rest
4. Bring a pan of water to the boil and add in your washed spinach. It will wilt within a matter of seconds so don't cook it for too long!
5. Heat some oil in a pan and place in your egg mix. Keep stirring the eggs whilst they heat up and you get them to a nice creamy scrambled consistency
6. At the same time as your eggs are cooking, pop your mushrooms in another pan along with a little oil. Cook to your taste - I prefer them really well done but you may like them a little harder. You could even cook them up with a little garlic - if you don't intend to kiss anyone straight after!
7. Once everything is cooked, assemble everything on your plate and sprinkle with a little salt and pepper and a garnish of parsley.

GET BRUNCHIN'!

Now it's your turn to whip up a fabulous brunch for your friends! If you need any more help from us, drop us an email. And remember to tag us in all your brunch pics!

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