



**THE BEST
OF
THE BRUNCH
E-RECIPE BOOK**

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NUTRITION FOR LIFE



NUTRAVIVA

DELICIOUS NUTRITION FOR LIFE RECIPES

What's your favourite meal of the day?

For me it has to be brunch!

After lengthy lockdowns and restrictions, getting together with family and friends is something that many of us are looking forward to and planning for.

Our team has brought together our favourite brunch staples and some new takes on the classics too for you to share with your loved ones.

Whether it is a full brunch platter or a simple meal, all of our recipes are easily adjustable to suits you own preferences and dietary needs. We hope you enjoy!



the Nutraviva team



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BANANA PROTEIN WAFFLES

Preparation time - 10 mins
2 servings

INGREDIENTS

- 2 eggs (or a flax egg for vegan option)
- 1 ripe banana
- 50ml coconut milk
- 1/2 tsp vanilla paste
- 1/4 tsp baking powder
- 1 cup almond flour
- 2 serves of Collagen Hydrolysate or Vegan Collagen Alternative
- garnishes to top waffles - maple syrup, berries and yoghurt are fan favourites

METHOD

1. Heat up your waffle iron.
2. Mash banana well and then mix wet ingredients in one bowl and dry ingredients in another.
3. Combine wet ingredients into dry ingredients and whisk into a batter. Add more milk or water if needed.
4. Pour the batter into the waffle iron and cook for 3-5 minutes until cooked. Similar to when making pancakes, the first waffle always gives an indication of whether to adjust timing and heat.
5. Plate up and generously top with garnishes.

SMASHED AVOCADO SHARE PLATTER



Preparation time - 15 mins
2 servings

INGREDIENTS

- 2 avocados
- 2 serves of Collagen Hydrolysate or Vegan Collagen Alternative
- 4 slices of toasted sourdough or gluten free bread

The key to this recipe is the platter selections, we suggest a large platter with all of the options available to your guests. Suggested toppings for smashed avocado include (depending on dietary needs and preferences) bacon rashers, feta cheese, seed topping mix, boiled and sliced eggs, balsamic glaze, cherry tomatoes, smoked salmon, sliced chillies, sliced radishes, strawberries, sliced cucumbers, coriander and paprika.

METHOD

1. Mash the avocado into a bowl and mix in collagen well. Place the bowl in the centre of the platter.
2. Place toast to the side of the smashed avocado and then build the platter around the toast and avocado.



BABY BELLINI MOCKTAIL

Preparation time - 15 mins
2 servings

INGREDIENTS

- 400ml sparkling apple juice
- 100ml peach nectar
- 2 serves of Flavoured Collagen Hydrolysate + Vitamin C (Peach Iced Tea flavour)
- peach slice for garnish

METHOD

1. Mix together peach nectar and Flavoured Collagen powder until well combined.
2. Pour evenly into two glasses over ice.
3. Pour sparkling apple juice over the top.
4. Garnish with a sliced peach.

The perfect refreshing breakfast mocktail with health boosting goodness!





COLLAGEN BIRCHER MUESLI



Preparation time - 15 mins
Plus overnight in fridge to set
2 servings

INGREDIENTS

- 100g oats
- 2 tablespoons of chia seeds
- 1/2 tsp vanilla paste
- 2 tsp of stevia or maple syrup
- 2 serves of Collagen Hydrolysate or Vegan Collagen Alternative
- 2 pink lady apples
- 350ml of almond milk (or milk of choice)
- 1 lemon
- garnishes to top the Bircher muesli - sliced apple, berries, seeds and yogurt.

Note - you will need to prepare the Bircher mixture the day before and refrigerate overnight.

METHOD

1. Prepare the Bircher mixture the night before by combining oats, chia, collagen, vanilla, sweetener, almond milk together with a squeeze of lemon juice.
2. When ready to serve, chop the apples into small chunks and mix into the Bircher mixture.
3. Top with garnishes of your choice.