EVERYDAY RECIPE COLLECTION

VOLUME 05 / 07

Breakfast Without the Boredom

40 homemade breakfasts and snacks

40 detailed recipe variations

ORIGINAL AUTHORED EDITION IN ENGLISH • 2026

Created for this project. Does not reproduce the original Tasty Shreds books.

Before you start cooking

How this collection was created

This volume belongs to an original authored collection of seven PDFs. The six recipe books contain 240 recipe variations built from 60 base methods, with four detailed variations of each. These recipes are editorial developments and have not been kitchen-tested. They are not the original Tasty Shreds books.

Using the quantities

Every recipe serves four. Meat weights refer to raw meat unless stated as already cooked. Rice, beans and other grains explicitly labelled cooked should be weighed after cooking and draining. One tablespoon is 15 ml and one teaspoon is 5 ml. Use a scale whenever possible.

Time and servings

Times are approximate and depend on equipment and the size of the pieces. Chilling or freezing time for cold recipes appears in the method. Adjust serving sizes to your routine. This collection makes no promise of weight loss, physical results or suitability for individual nutritional needs.

Ingredients and allergens

Different recipes use eggs, milk, wheat, oats, soy, fish and peanuts. Check every ingredient list and product label, including cross-contact information. Assess every ingredient before making substitutions for allergies. This edition does not include validated calorie or macronutrient calculations.

Choose your next recipe

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Cook and store food safely

Temperature, time and storage

Use a food thermometer: poultry must reach 74 °C, ground beef 71 °C, and fish 63 °C. Whole cuts of beef and pork must reach 63 °C followed by a 3-minute rest. Egg dishes must be set; baked egg dishes in this collection use a centre temperature of 74 °C.

After cooking

Divide cooked food into shallow containers and refrigerate within 2 hours, or within 1 hour if the room is above 32 °C. Keep the refrigerator at 4 °C or below and the freezer at -18 °C. The recipes give conservative storage periods. Reheat leftovers to 74 °C and thaw in the refrigerator.

Slow cookers

Thaw meat before putting it in a slow cooker. Follow the manufacturer’s capacity and liquid-volume instructions. The keep-warm setting does not cook raw food. Reheat leftovers on the stove, in the oven or in the microwave, rather than in a slow cooker.

Food safety sources

FoodSafety.gov — Safe Minimum Internal Temperatures: https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures

FoodSafety.gov — Cold Food Storage Chart: https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts

CDC — Preventing Food Poisoning: https://www.cdc.gov/food-safety/prevention/index.html

USDA/FSIS — What methods of reheating food are safe?: https://ask.fsis.usda.gov/article/What-methods-of-reheating-food-are-safe

Organize your preparation

One counter, four steps

1. Read the entire recipe and set out your equipment.

2. Weigh ingredients and wash vegetables before handling raw meat.

3. Start the longest tasks first: oven dishes, rice, grains and slow cooking.

4. Finish leafy greens, cold sauces and sandwiches close to serving time.

Scaling a recipe

The standard yield is four servings. For two servings, halve every ingredient; for eight, double it. Adjust salt and spices to taste at the end, but preserve the proportions of flour, eggs, raising agents and liquid in batters and doughs. Use two pans or bake in batches when doubling an oven recipe. Cooking time does not automatically double.

Use volume 07

The organizer includes two weeks of meal ideas with references to this collection, shopping lists and blank worksheets. It is not a prescribed diet. Use the combinations as a starting point and adjust servings, preferences and needs.

Make notes after cooking

Record ingredient brands, your oven’s actual temperature and the adjustments that worked. Repeating a recipe under the same conditions makes its results more predictable. The variations offer different flavours without requiring specialist equipment.

RECIPE 01 / 40

Skillet omelet with tomato and basil

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 8 medium eggs
- 100 ml milk
- 10 ml olive oil
- 2 g salt
- 120 g diced tomatoes
- 5 g chopped basil

METHOD

01. Beat the eggs with the milk and salt.
02. Mix the tomatoes and basil into the filling before cooking.
03. Heat one quarter of the olive oil in a small nonstick skillet.
04. Make four omelets, one at a time, over low heat. Cover and cook until the eggs are completely set.
05. Fold and serve; repeat with the remaining olive oil and egg mixture.

KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

STORAGE

Refrigerate cooked omelets for up to 3 days and reheat each portion to 74 °C.

RECIPE 02 / 40

Skillet omelet with spinach and ricotta

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 8 medium eggs
- 100 ml milk
- 10 ml olive oil
- 2 g salt
- 100 g chopped spinach
- 100 g crumbled ricotta

METHOD

01. Beat the eggs with the milk and salt.
02. Wilt the spinach in a nonstick skillet and add to the base with the ricotta before cooking.
03. Heat one quarter of the olive oil in a small nonstick skillet.
04. Make four omelets, one at a time, over low heat. Cover and cook until the eggs are completely set.
05. Fold and serve; repeat with the remaining olive oil and egg mixture.

KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

STORAGE

Refrigerate cooked omelets for up to 3 days and reheat each portion to 74 °C.

RECIPE 03 / 40

Skillet omelet with corn and scallions

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 8 medium eggs
- 100 ml milk
- 10 ml olive oil
- 2 g salt
- 120 g cooked corn, drained
- 10 g chopped scallions

METHOD

01. Beat the eggs with the milk and salt.
02. Mix the corn and scallions into the base before cooking.
03. Heat one quarter of the olive oil in a small nonstick skillet.
04. Make four omelets, one at a time, over low heat. Cover and cook until the eggs are completely set.
05. Fold and serve; repeat with the remaining olive oil and egg mixture.

KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

STORAGE

Refrigerate cooked omelets for up to 3 days and reheat each portion to 74 °C.

RECIPE 04 / 40

Skillet omelet with mushrooms and thyme

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 8 medium eggs
- 100 ml milk
- 10 ml olive oil
- 2 g salt
- 150 g chopped mushrooms
- 2 g dried thyme

METHOD

01. Beat the eggs with the milk and salt.

02. Sauté the mushrooms until their moisture evaporates and mix into the base with the thyme before cooking.

03. Heat one quarter of the olive oil in a small nonstick skillet.

04. Make four omelets, one at a time, over low heat. Cover and cook until the eggs are completely set.

05. Fold and serve; repeat with the remaining olive oil and egg mixture.

KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

STORAGE

Refrigerate cooked omelets for up to 3 days and reheat each portion to 74 °C.

RECIPE 05 / 40

Overnight oats with banana and cinnamon

4 servings · About 10 min active preparation + cooking

INGREDIENTS

- 160 g rolled oats
- 600 g plain yogurt
- 200 ml milk
- 20 g chia seeds
- 200 g ripe banana, diced
- 2 g ground cinnamon

METHOD

01. Mix the oats, yogurt, milk, and chia in a bowl.
02. Fold in the diced banana and cinnamon.
03. Divide among four clean jars with lids.
04. Refrigerate for at least 6 hours to hydrate the oats and chia.
05. Stir before serving; thin with a little milk if desired.

KITCHEN TIP

The listed time is active preparation time; allow at least 6 additional hours in the refrigerator.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 06 / 40

Overnight oats with strawberry and vanilla

4 servings · About 10 min active preparation + cooking

INGREDIENTS

- 160 g rolled oats
- 600 g plain yogurt
- 200 ml milk
- 20 g chia seeds
- 200 g chopped strawberries
- 2 ml vanilla extract

METHOD

01. Mix the oats, yogurt, milk, and chia in a bowl.
02. Fold in the strawberries and vanilla.
03. Divide among four clean jars with lids.
04. Refrigerate for at least 6 hours to hydrate the oats and chia.
05. Stir before serving; thin with a little milk if desired.

KITCHEN TIP

The listed time is active preparation time; allow at least 6 additional hours in the refrigerator.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 07 / 40

Overnight oats with apple and raisins

4 servings · About 10 min active preparation + cooking

INGREDIENTS

- 160 g rolled oats
- 600 g plain yogurt
- 200 ml milk
- 20 g chia seeds
- 200 g grated apple
- 30 g raisins

METHOD

01. Mix the oats, yogurt, milk, and chia in a bowl.
02. Mix in the grated apple and raisins.
03. Divide among four clean jars with lids.
04. Refrigerate for at least 6 hours to hydrate the oats and chia.
05. Stir before serving; thin with a little milk if desired.

KITCHEN TIP

The listed time is active preparation time; allow at least 6 additional hours in the refrigerator.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 08 / 40

Overnight oats with mango and coconut

4 servings · About 10 min active preparation + cooking

INGREDIENTS

- 160 g rolled oats
- 600 g plain yogurt
- 200 ml milk
- 20 g chia seeds
- 200 g finely diced mango
- 20 g unsweetened dried coconut

METHOD

01. Mix the oats, yogurt, milk, and chia in a bowl.
02. Fold in the mango and shredded coconut.
03. Divide among four clean jars with lids.
04. Refrigerate for at least 6 hours to hydrate the oats and chia.
05. Stir before serving; thin with a little milk if desired.

KITCHEN TIP

The listed time is active preparation time; allow at least 6 additional hours in the refrigerator.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 09 / 40

Oat pancakes with banana and cinnamon

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 4 medium eggs
- 160 g oat flour
- 250 g plain yogurt
- 6 g baking powder
- 10 ml oil
- 200 g ripe banana, diced
- 2 g ground cinnamon

METHOD

01. Beat the eggs and yogurt with a fork.

02. Fold in the flour, followed by the diced banana and cinnamon.

03. Gently stir in the baking powder.

04. Heat a greased skillet and add small portions of batter. Cook over low heat for about 3 minutes per side, until the centers are set.

05. Make 12 pancakes and serve three per person.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 10 / 40

Oat pancakes with strawberry and vanilla

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 4 medium eggs
- 160 g oat flour
- 250 g plain yogurt
- 6 g baking powder
- 10 ml oil
- 200 g chopped strawberries
- 2 ml vanilla extract

METHOD

01. Beat the eggs and yogurt with a fork.

02. Fold in the flour, followed by the strawberries and vanilla.

03. Gently stir in the baking powder.

04. Heat a greased skillet and add small portions of batter. Cook over low heat for about 3 minutes per side, until the centers are set.

05. Make 12 pancakes and serve three per person.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 11 / 40

Oat pancakes with apple and raisins

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 4 medium eggs
- 160 g oat flour
- 250 g plain yogurt
- 6 g baking powder
- 10 ml oil
- 200 g grated apple
- 30 g raisins

METHOD

01. Beat the eggs and yogurt with a fork.

02. Fold in the flour, then mix in the grated apple and raisins.

03. Gently stir in the baking powder.

04. Heat a greased skillet and add small portions of batter. Cook over low heat for about 3 minutes per side, until the centers are set.

05. Make 12 pancakes and serve three per person.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 12 / 40

Oat pancakes with mango and coconut

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 4 medium eggs
- 160 g oat flour
- 250 g plain yogurt
- 6 g baking powder
- 10 ml oil
- 200 g finely diced mango
- 20 g unsweetened dried coconut

METHOD

01. Beat the eggs and yogurt with a fork.

02. Fold in the flour, followed by the mango and shredded coconut.

03. Gently stir in the baking powder.

04. Heat a greased skillet and add small portions of batter. Cook over low heat for about 3 minutes per side, until the centers are set.

05. Make 12 pancakes and serve three per person.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 13 / 40

Ricotta toast with cucumber and mint

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 8 slices whole-wheat bread, 25 g each
- 300 g ricotta
- 100 g plain yogurt
- 10 ml olive oil
- 2 g salt
- 160 g diced cucumber
- 5 g chopped mint

METHOD

01. Mash the ricotta with the yogurt, olive oil, and salt.
02. Add the cucumber and mint only after any cooked ingredients have cooled.
03. Toast the bread slices in a skillet or oven.
04. Spread the ricotta mixture over the toast while it is still warm.
05. Serve two slices of toast per person; assemble just before eating.

KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

STORAGE

Keep the spread refrigerated for up to 2 days and store the bread separately.

RECIPE 14 / 40

Ricotta toast with tomato and olives

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 8 slices whole-wheat bread, 25 g each
- 300 g ricotta
- 100 g plain yogurt
- 10 ml olive oil
- 2 g salt
- 160 g diced tomatoes
- 30 g pitted, chopped olives

METHOD

01. Mash the ricotta with the yogurt, olive oil, and salt.
02. Mix in the tomatoes and olives just before serving.
03. Toast the bread slices in a skillet or oven.
04. Spread the ricotta mixture over the toast while it is still warm.
05. Serve two slices of toast per person; assemble just before eating.

KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

STORAGE

Keep the spread refrigerated for up to 2 days and store the bread separately.

RECIPE 15 / 40

Ricotta toast with carrot and lemon

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 8 slices whole-wheat bread, 25 g each
- 300 g ricotta
- 100 g plain yogurt
- 10 ml olive oil
- 2 g salt
- 120 g grated carrot
- 20 ml lemon juice

METHOD

01. Mash the ricotta with the yogurt, olive oil, and salt.
02. Fold the grated carrot and lemon juice into the prepared mixture.
03. Toast the bread slices in a skillet or oven.
04. Spread the ricotta mixture over the toast while it is still warm.
05. Serve two slices of toast per person; assemble just before eating.

KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

STORAGE

Keep the spread refrigerated for up to 2 days and store the bread separately.

RECIPE 16 / 40

Ricotta toast with corn and roasted bell pepper

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 8 slices whole-wheat bread, 25 g each
- 300 g ricotta
- 100 g plain yogurt
- 10 ml olive oil
- 2 g salt
- 120 g cooked corn
- 120 g roasted bell pepper strips

METHOD

01. Mash the ricotta with the yogurt, olive oil, and salt.

02. Drain the corn and fold into the prepared mixture with the roasted bell pepper.

03. Toast the bread slices in a skillet or oven.

04. Spread the ricotta mixture over the toast while it is still warm.

05. Serve two slices of toast per person; assemble just before eating.

KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

STORAGE

Keep the spread refrigerated for up to 2 days and store the bread separately.

RECIPE 17 / 40

Chia and yogurt pots with banana and cinnamon

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 600 g plain yogurt
- 240 ml milk
- 60 g chia seeds
- 20 g honey
- 200 g ripe banana, diced
- 2 g ground cinnamon

METHOD

01. Mix the yogurt, milk, chia, and honey.
02. Stir again after 10 minutes to prevent clumps.
03. Fold in the diced banana and cinnamon.
04. Divide among four jars and refrigerate for at least 4 hours.
05. Stir and serve chilled.

KITCHEN TIP

The listed time is active preparation time. The chia needs at least 4 hours in the refrigerator to gel.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 18 / 40

Chia and yogurt pots with strawberry and vanilla

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 600 g plain yogurt
- 240 ml milk
- 60 g chia seeds
- 20 g honey
- 200 g chopped strawberries
- 2 ml vanilla extract

METHOD

01. Mix the yogurt, milk, chia, and honey.
02. Stir again after 10 minutes to prevent clumps.
03. Fold in the strawberries and vanilla.
04. Divide among four jars and refrigerate for at least 4 hours.
05. Stir and serve chilled.

KITCHEN TIP

The listed time is active preparation time. The chia needs at least 4 hours in the refrigerator to gel.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 19 / 40

Chia and yogurt pots with apple and raisins

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 600 g plain yogurt
- 240 ml milk
- 60 g chia seeds
- 20 g honey
- 200 g grated apple
- 30 g raisins

METHOD

01. Mix the yogurt, milk, chia, and honey.
02. Stir again after 10 minutes to prevent clumps.
03. Mix in the grated apple and raisins.
04. Divide among four jars and refrigerate for at least 4 hours.
05. Stir and serve chilled.

KITCHEN TIP

The listed time is active preparation time. The chia needs at least 4 hours in the refrigerator to gel.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 20 / 40

Chia and yogurt pots with mango and coconut

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 600 g plain yogurt
- 240 ml milk
- 60 g chia seeds
- 20 g honey
- 200 g finely diced mango
- 20 g unsweetened dried coconut

METHOD

01. Mix the yogurt, milk, chia, and honey.
02. Stir again after 10 minutes to prevent clumps.
03. Fold in the mango and shredded coconut.
04. Divide among four jars and refrigerate for at least 4 hours.
05. Stir and serve chilled.

KITCHEN TIP

The listed time is active preparation time. The chia needs at least 4 hours in the refrigerator to gel.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 21 / 40

Brazilian corn couscous with eggs with tomato and basil

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 240 g coarse precooked corn flakes for Brazilian couscous
- 240 ml water
- 8 medium eggs
- 10 ml olive oil
- 3 g salt
- 120 g diced tomatoes
- 5 g chopped basil

METHOD

01. Soak the corn flakes in the water with half the salt for 10 minutes; adjust the water according to the package.

02. Steam in a Brazilian couscous steamer for about 10 minutes, then fluff with a fork.

03. Beat the eggs with the remaining salt. Mix the tomatoes and basil into the filling before cooking.

04. Cook the eggs in the olive oil, stirring until completely set.

05. Serve the corn couscous with the eggs, divided into four portions.

KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you will eat.

RECIPE 22 / 40

Brazilian corn couscous with eggs with spinach and ricotta

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 240 g coarse precooked corn flakes for Brazilian couscous
- 240 ml water
- 8 medium eggs
- 10 ml olive oil
- 3 g salt
- 100 g chopped spinach
- 100 g crumbled ricotta

METHOD

01. Soak the corn flakes in the water with half the salt for 10 minutes; adjust the water according to the package.

02. Steam in a Brazilian couscous steamer for about 10 minutes, then fluff with a fork.

03. Beat the eggs with the remaining salt. Wilt the spinach in a nonstick skillet and add to the base with the ricotta before cooking.

04. Cook the eggs in the olive oil, stirring until completely set.

05. Serve the corn couscous with the eggs, divided into four portions.

KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you will eat.

RECIPE 23 / 40

Brazilian corn couscous with eggs with corn and scallions

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 240 g coarse precooked corn flakes for Brazilian couscous
- 240 ml water
- 8 medium eggs
- 10 ml olive oil
- 3 g salt
- 120 g cooked corn, drained
- 10 g chopped scallions

METHOD

01. Soak the corn flakes in the water with half the salt for 10 minutes; adjust the water according to the package.

02. Steam in a Brazilian couscous steamer for about 10 minutes, then fluff with a fork.

03. Beat the eggs with the remaining salt. Mix the corn and scallions into the base before cooking.

04. Cook the eggs in the olive oil, stirring until completely set.

05. Serve the corn couscous with the eggs, divided into four portions.

KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you will eat.

RECIPE 24 / 40

Brazilian corn couscous with eggs with mushrooms and thyme

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 240 g coarse precooked corn flakes for Brazilian couscous
- 240 ml water
- 8 medium eggs
- 10 ml olive oil
- 3 g salt
- 150 g chopped mushrooms
- 2 g dried thyme

METHOD

01. Soak the corn flakes in the water with half the salt for 10 minutes; adjust the water according to the package.

02. Steam in a Brazilian couscous steamer for about 10 minutes, then fluff with a fork.

03. Beat the eggs with the remaining salt. Sauté the mushrooms until their moisture evaporates and mix into the base with the thyme before cooking.

04. Cook the eggs in the olive oil, stirring until completely set.

05. Serve the corn couscous with the eggs, divided into four portions.

KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you will eat.

RECIPE 25 / 40

Savory egg muffins with tomato and basil

4 servings · Approximate time: 35 minutes

INGREDIENTS

- 8 medium eggs
- 160 g ricotta
- 100 ml milk
- 40 g oat flour
- 10 ml olive oil
- 2 g salt
- 120 g diced tomatoes
- 5 g chopped basil

METHOD

01. Preheat the oven to 180 °C and grease 12 muffin cups.

02. Beat the eggs, ricotta, milk, flour, and salt with a fork.

03. Mix the tomatoes and basil into the filling before cooking.

04. Fill the muffin cups three quarters full.

05. Bake for 20 to 25 minutes, until the centers are set and reach 74 °C. Serve three per person.

KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you will eat.

RECIPE 26 / 40

Savory egg muffins with spinach and ricotta

4 servings · Approximate time: 35 minutes

INGREDIENTS

- 8 medium eggs
- 160 g ricotta
- 100 ml milk
- 40 g oat flour
- 10 ml olive oil
- 2 g salt
- 100 g chopped spinach
- 100 g crumbled ricotta

METHOD

01. Preheat the oven to 180 °C and grease 12 muffin cups.

02. Beat the eggs, ricotta, milk, flour, and salt with a fork.

03. Wilt the spinach in a nonstick skillet and add to the base with the ricotta before cooking.

04. Fill the muffin cups three quarters full.

05. Bake for 20 to 25 minutes, until the centers are set and reach 74 °C. Serve three per person.

KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you will eat.

RECIPE 27 / 40

Savory egg muffins with corn and scallions

4 servings · Approximate time: 35 minutes

INGREDIENTS

- 8 medium eggs
- 160 g ricotta
- 100 ml milk
- 40 g oat flour
- 10 ml olive oil
- 2 g salt
- 120 g cooked corn, drained
- 10 g chopped scallions

METHOD

01. Preheat the oven to 180 °C and grease 12 muffin cups.

02. Beat the eggs, ricotta, milk, flour, and salt with a fork.

03. Mix the corn and scallions into the base before cooking.

04. Fill the muffin cups three quarters full.

05. Bake for 20 to 25 minutes, until the centers are set and reach 74 °C. Serve three per person.

KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you will eat.

RECIPE 28 / 40

Savory egg muffins with mushrooms and thyme

4 servings · Approximate time: 35 minutes

INGREDIENTS

- 8 medium eggs
- 160 g ricotta
- 100 ml milk
- 40 g oat flour
- 10 ml olive oil
- 2 g salt
- 150 g chopped mushrooms
- 2 g dried thyme

METHOD

01. Preheat the oven to 180 °C and grease 12 muffin cups.

02. Beat the eggs, ricotta, milk, flour, and salt with a fork.

03. Sauté the mushrooms until their moisture evaporates and mix into the base with the thyme before cooking.

04. Fill the muffin cups three quarters full.

05. Bake for 20 to 25 minutes, until the centers are set and reach 74 °C. Serve three per person.

KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you will eat.

RECIPE 29 / 40

Scrambled egg sandwich with tomato and basil

4 servings · Approximate time: 20 minutes

INGREDIENTS

- 8 medium eggs
- 8 slices whole-wheat bread, 25 g each
- 100 g ricotta
- 10 ml olive oil
- 2 g salt
- 120 g diced tomatoes
- 5 g chopped basil

METHOD

01. Beat the eggs with the salt and crumbled ricotta.

02. Mix the tomatoes and basil into the filling before cooking.

03. Cook in the olive oil over medium-low heat, stirring until the eggs are completely set.

04. Toast the bread slices.

05. Assemble four sandwiches and serve immediately.

KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

STORAGE

Keep the cooked eggs refrigerated for up to 3 days and assemble the sandwich just before eating.

RECIPE 30 / 40

Scrambled egg sandwich with spinach and ricotta

4 servings · Approximate time: 20 minutes

INGREDIENTS

- 8 medium eggs
- 8 slices whole-wheat bread, 25 g each
- 100 g ricotta
- 10 ml olive oil
- 2 g salt
- 100 g chopped spinach
- 100 g crumbled ricotta

METHOD

01. Beat the eggs with the salt and crumbled ricotta.
02. Wilt the spinach in a nonstick skillet and add to the base with the ricotta before cooking.
03. Cook in the olive oil over medium-low heat, stirring until the eggs are completely set.
04. Toast the bread slices.
05. Assemble four sandwiches and serve immediately.

KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

STORAGE

Keep the cooked eggs refrigerated for up to 3 days and assemble the sandwich just before eating.

RECIPE 31 / 40

Scrambled egg sandwich with corn and scallions

4 servings · Approximate time: 20 minutes

INGREDIENTS

- 8 medium eggs
- 8 slices whole-wheat bread, 25 g each
- 100 g ricotta
- 10 ml olive oil
- 2 g salt
- 120 g cooked corn, drained
- 10 g chopped scallions

METHOD

01. Beat the eggs with the salt and crumbled ricotta.
02. Mix the corn and scallions into the base before cooking.
03. Cook in the olive oil over medium-low heat, stirring until the eggs are completely set.
04. Toast the bread slices.
05. Assemble four sandwiches and serve immediately.

KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

STORAGE

Keep the cooked eggs refrigerated for up to 3 days and assemble the sandwich just before eating.

RECIPE 32 / 40

Scrambled egg sandwich with mushrooms and thyme

4 servings · Approximate time: 20 minutes

INGREDIENTS

- 8 medium eggs
- 8 slices whole-wheat bread, 25 g each
- 100 g ricotta
- 10 ml olive oil
- 2 g salt
- 150 g chopped mushrooms
- 2 g dried thyme

METHOD

01. Beat the eggs with the salt and crumbled ricotta.

02. Sauté the mushrooms until their moisture evaporates and mix into the base with the thyme before cooking.

03. Cook in the olive oil over medium-low heat, stirring until the eggs are completely set.

04. Toast the bread slices.

05. Assemble four sandwiches and serve immediately.

KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

STORAGE

Keep the cooked eggs refrigerated for up to 3 days and assemble the sandwich just before eating.

RECIPE 33 / 40

Oatmeal with yogurt with banana and cinnamon

4 servings · Approximate time: 20 minutes

INGREDIENTS

- 160 g quick oats
- 600 ml milk
- 400 g plain yogurt
- 20 g honey
- 200 g ripe banana, diced
- 2 g ground cinnamon

METHOD

01. Mix the oats and milk in a small saucepan.
02. Cook over low heat for 6 to 8 minutes, stirring until thickened.
03. Fold in the diced banana and cinnamon.
04. Turn off the heat and let cool for 3 minutes.
05. Stir in the yogurt and honey and divide among four bowls.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 34 / 40

Oatmeal with yogurt with strawberry and vanilla

4 servings · Approximate time: 20 minutes

INGREDIENTS

- 160 g quick oats
- 600 ml milk
- 400 g plain yogurt
- 20 g honey
- 200 g chopped strawberries
- 2 ml vanilla extract

METHOD

01. Mix the oats and milk in a small saucepan.
02. Cook over low heat for 6 to 8 minutes, stirring until thickened.
03. Fold in the strawberries and vanilla.
04. Turn off the heat and let cool for 3 minutes.
05. Stir in the yogurt and honey and divide among four bowls.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 35 / 40

Oatmeal with yogurt with apple and raisins

4 servings · Approximate time: 20 minutes

INGREDIENTS

- 160 g quick oats
- 600 ml milk
- 400 g plain yogurt
- 20 g honey
- 200 g grated apple
- 30 g raisins

METHOD

01. Mix the oats and milk in a small saucepan.
02. Cook over low heat for 6 to 8 minutes, stirring until thickened.
03. Mix in the grated apple and raisins.
04. Turn off the heat and let cool for 3 minutes.
05. Stir in the yogurt and honey and divide among four bowls.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 36 / 40

Oatmeal with yogurt with mango and coconut

4 servings · Approximate time: 20 minutes

INGREDIENTS

- 160 g quick oats
- 600 ml milk
- 400 g plain yogurt
- 20 g honey
- 200 g finely diced mango
- 20 g unsweetened dried coconut

METHOD

01. Mix the oats and milk in a small saucepan.
02. Cook over low heat for 6 to 8 minutes, stirring until thickened.
03. Fold in the mango and shredded coconut.
04. Turn off the heat and let cool for 3 minutes.
05. Stir in the yogurt and honey and divide among four bowls.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 37 / 40

Spoonable baked oats with banana and cinnamon

4 servings · Approximate time: 45 minutes

INGREDIENTS

- 160 g rolled oats
- 4 medium eggs
- 400 g plain yogurt
- 100 ml milk
- 6 g baking powder
- 10 ml oil
- 200 g ripe banana, diced
- 2 g ground cinnamon

METHOD

01. Preheat the oven to 180 °C and grease a small baking pan.

02. Mix the eggs, yogurt, milk, and oats.

03. Fold in the diced banana and cinnamon.

04. Fold in the baking powder and transfer to the pan.

05. Bake for 25 to 35 minutes, until the center is set and reaches 74 °C. Divide into four portions.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 38 / 40

Spoonable baked oats with strawberry and vanilla

4 servings · Approximate time: 45 minutes

INGREDIENTS

- 160 g rolled oats
- 4 medium eggs
- 400 g plain yogurt
- 100 ml milk
- 6 g baking powder
- 10 ml oil
- 200 g chopped strawberries
- 2 ml vanilla extract

METHOD

01. Preheat the oven to 180 °C and grease a small baking pan.

02. Mix the eggs, yogurt, milk, and oats.

03. Fold in the strawberries and vanilla.

04. Fold in the baking powder and transfer to the pan.

05. Bake for 25 to 35 minutes, until the center is set and reaches 74 °C. Divide into four portions.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 39 / 40

Spoonable baked oats with apple and raisins

4 servings · Approximate time: 45 minutes

INGREDIENTS

- 160 g rolled oats
- 4 medium eggs
- 400 g plain yogurt
- 100 ml milk
- 6 g baking powder
- 10 ml oil
- 200 g grated apple
- 30 g raisins

METHOD

01. Preheat the oven to 180 °C and grease a small baking pan.

02. Mix the eggs, yogurt, milk, and oats.

03. Mix in the grated apple and raisins.

04. Fold in the baking powder and transfer to the pan.

05. Bake for 25 to 35 minutes, until the center is set and reaches 74 °C. Divide into four portions.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 40 / 40

Spoonable baked oats with mango and coconut

4 servings · Approximate time: 45 minutes

INGREDIENTS

- 160 g rolled oats
- 4 medium eggs
- 400 g plain yogurt
- 100 ml milk
- 6 g baking powder
- 10 ml oil
- 200 g finely diced mango
- 20 g unsweetened dried coconut

METHOD

01. Preheat the oven to 180 °C and grease a small baking pan.

02. Mix the eggs, yogurt, milk, and oats.

03. Fold in the mango and shredded coconut.

04. Fold in the baking powder and transfer to the pan.

05. Bake for 25 to 35 minutes, until the center is set and reaches 74 °C. Divide into four portions.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.