



Healthy Breakfast

健康早餐

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Delicious Oatmeal

美味燕麦



SERVING SIZE

份量

1 Pax 人份



PREPARATION TIME

预备时间

5 mins 分钟



COOKING TIME

烹饪时间

8 mins 分钟

INGREDIENTS 材料

250 ml Water

250 毫升水

250 ml Low Fat Milk

250 毫升低脂肪牛奶

1 cup Rolled Oats

1 杯燕麦

1 Apple

1 粒苹果

Honey

蜜糖

Sea Salt

海盐

DIRECTIONS 做法

1. Cut the apple into cubes.
把苹果切成丁。
2. In a small soup pot, under high heat, add in sea salt, oatmeal, apples and water.
把海盐，燕麦，苹果和水加入锅里，高温烹煮。
3. Bring to boil, turn the heat down to low and let it simmer for another 8 to 10 minutes.
水滚了后，把火降低继续煮8至10分钟。
4. Pour in low fat milk, add a light drizzle of honey and serve.
倒入低脂肪牛奶，加入一点蜜糖，即可享用。





Antioxidant Smoothie

抗氧化冰沙



SERVING SIZE

份量

2 Pax 人份



PREPARATION TIME

预备时间

10 mins 分钟

INGREDIENTS 材料

½ cup Grapes

½ 杯葡萄

½ cup Strawberries

½ 杯草莓

½ cup Blackberries

½ 杯黑莓

½ Orange

½ 粒橙

1 cup Plain Yoghurt

1 杯原味酸奶

1 cup Ice

1 杯冰块

DIRECTIONS 做法

1. Wash all the ingredients well.
将所有的水果清洗干净。
2. Place all the fruits into a blender and blend until all the fruits are well mixed.
将所有的水果倒入机器搅拌先。
3. Add in the yoghurt and ice and blend until the mixture is smooth.
再加入酸奶和冰块继续搅拌。





Flax Seed with Berry Pancake

亚麻籽蓝莓薄煎饼



SERVING SIZE

份量

2 Pax 人份



PREPARATION TIME

预备时间

15 mins 分钟



COOKING TIME

烹饪时间

15 mins 分钟

INGREDIENTS 材料

2 cups Wholemeal Flour

2 杯全麦面粉

½ cup Egg White

½ 杯蛋白

500 ml Low Fat Milk

500 毫升低脂肪牛奶

2 tsp Baking Powder

2 茶匙苏打粉

1 tsp Sea Salt

1 茶匙海盐

2 tbsp Canola Oil

2 大汤匙菜籽油

40 g Flax Seed

40 克亚麻籽

70 g Blueberry

70 克蓝莓

1 tsp Organic Honey

1 茶匙有机蜜糖

DIRECTIONS 做法

1. Combine the dry ingredients and mix well.
把干的材料混合。
2. In a separate bowl, add egg whites, milk and oil.
在另一个碗里加入蛋白、奶和油。
3. Add the mixture to the dry ingredients and mix well.
搅拌均匀后倒入干材料里，一起混合。
4. Preheat the pan, add the batter.
把锅先弄热，倒入面糊。
5. Observe the batter until bubbles are formed and the edges are slightly golden, flip and cook.
观察面糊直到看到泡泡和煎饼的角落稍微变金色后，翻面。
6. Mash the blueberry and add a teaspoon of honey, drizzle over pancake and serve.
把蓝莓给轻微搅碎然后加入1茶匙的蜜糖，淋在煎饼上即可享用。





Kale Juice

甘蓝蔬果汁



SERVING SIZE

份量

1 Pax 人份



PREPARATION TIME

预备时间

5 mins 分钟

INGREDIENTS 材料

2 cups Kale
2 杯羽衣甘蓝

1 Apple
1 粒苹果

250 ml Coconut Water
250 毫升椰水

DIRECTIONS 做法

1. Blend all of the ingredients together until a consistency is obtained.
把所有的材料混合即可享用。





Breakfast Burrito

早餐卷饼



SERVING SIZE

份量

1 Pax 人份



PREPARATION TIME

预备时间

10 mins 分钟



COOKING TIME

烹饪时间

15 mins 分钟

INGREDIENTS 材料

2 tsp Olive Oil

2 茶匙橄榄油

50 g Chopped Red Onion

50 克红葱

1 cup Spinach

1 杯菠菜

2 Eggs

2 鸡蛋

Soy/Almond Milk

豆奶或杏仁奶

10 g Mozzarella Cheese

10 克莫泽雷勒干酪

1 piece Whole Wheat Tortilla

1 片全麦卷饼

Black Pepper, herbs

黑胡椒粉, 香料

DIRECTIONS 做法

1. In a skillet, sauté the onion for 1 minute.
在热锅里, 将红葱慢炒1分钟。
2. Add in the spinach and cook for 1 minute.
加入菠菜, 炒1分钟。
3. In a bowl, whisk together egg, black pepper, herbs and a splash of milk, add it to the vegetable.
另外搅拌蛋, 黑胡椒粉, 香料和少许奶, 加入菜里。
4. Add mozzarella, scramble the ingredients together until cooked.
再加入干酪, 一起炒熟。
5. Place the scrambled product onto the tortilla, folding the bottom up first and then fold both sides together.
把炒熟的菜摆在卷饼中央, 把卷饼往下卷上然后旁边卷进。





Berry Smoothie

多莓冰沙



SERVING SIZE

份量

1 Pax 人份



PREPARATION TIME

预备时间

10 mins 分钟



COOKING TIME

烹饪时间

15 mins 分钟

INGREDIENTS 材料

36 g Blueberry

36 克蓝莓

36 g Raspberry

36 克覆盆子

36 g Blackberry

36 克黑莓

125 ml Coconut Water

125 毫升椰水

250 ml Water

250 毫升水

18 g Rolled Oats

18 克燕麦

DIRECTIONS 做法

1. Blend all of the ingredients together until a smoothie consistency is obtained.
把所有的材料混合成奶昔即可享用。





Berry Almond Muesli

莓与杏穆兹利



SERVING SIZE

份量

1 Pax 人份



PREPARATION TIME

预备时间

20 mins 分钟

INGREDIENTS 材料

70 g Oats (not instant oats)

70 克麦片(不要用快熟麦)

1 tbsp Flaxseed

1 大汤匙亚麻籽

Sea Salt

海盐

70 g Raspberry

70 克覆盆子

36 g Blueberry

36 克蓝莓

36 g Blackberry

36 克黑莓

2 tbsp Organic Honey

2 大汤匙有机蜜糖

3 tbsp Roasted Almonds

3 大汤匙烤杏仁果

250 ml Light Buttermilk

250 毫升脱脂乳

½ tsp Vanilla Extract

½ 茶匙香草精

DIRECTIONS 做法

1. Cook oats, flax seeds with water, season with a little sea salt and turn off heat.
用水煮燕麦和亚麻籽。加入少许海盐调味，然后熄火。
2. In another bowl, coarsely mash the raspberries, blueberries and blackberries with honey.
把覆盆子，蓝莓和黑莓给轻轻搅拌然后加点蜜糖。
3. Add buttermilk, vanilla extract and berry mixture to the oats.
将乳，香草精和梅汁渣加入燕麦里一起搅拌。
4. Stir well, top up with blueberry, blackberry, almonds and serve.
最后加入蓝莓，黑莓和杏仁果即可享用。







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