

# 9 Healthy Breakfast Recipes That Are Filled With Flavour



Publication: 26 July 2022  
Reading time: 3 minutes



Rise and shine, it's breakfast time!

Eggs are a staple of a delicious, protein-packed morning meal. The amount of ways they can be prepared seems almost endless. And with 13 essential vitamins and nutrients, eggs will give any dish a healthy kick.

So we picked out a few healthy breakfast ideas inspired by eggs and jam-packed with flavour. Try one of these out for breakfast soon!

## 1. Wholemeal Spinach Crepes



We love a good veggie crepe. Made with spinach and feta, these wholemeal crepes are mouthwatering and super simple to make.

## **2. Spanakopita Baked Eggs**



\_This Spanakopita Baked Eggs dish is a veggie-forward one-pan delight. Grab some silverbeet or spinach, along with leek, dill, and parsley to create a dish that not only tastes good, but warms your tummy too!

### **3. Vegetable Rosti with Poached Eggs**





A veggie rosti is a brunch favourite. We opted to level this one up with a poached egg. The two together? Flavour explosion.

#### **4. Spinach & Feta Omelette**



In a rush? You can still have a healthy, filling breakfast. Whip up this spinach and feta omelette in just 7 minutes. We opt for parsley and pine nuts for healthy fillings, but as with any omelette, feel free to get creative with your favourite toppings and seasonings.

## **5. Sweet Potato Waffles**





How's this sweet yet savoury combo!? These Sweet Potato Waffles are for those moments when you're feeling a dessert-style breakfast but don't want a sugar overload. For this recipe we take a green approach, topping with spinach and avocado. The end result is just so delicious!

## **6. Protein-Packed Banana Porridge**



A good porridge can be quite deceiving. They're quick and easy to make. They're packed with protein and fibre. And they'll really fill you up. Try this simple recipe out when you're in a rush.

## **7. Soft-Boiled Egg, Avocado & Vegemite**





These egg soldiers are the epitome of fun. Super quick and equally as creative, avocado and vegemite come together upon delicious thick slices of wholegrain. The kids will love them, and you might love them more!

## **8. Egg Muffins Three Ways**





There's something here for everyone to enjoy in this three-way egg muffin recipe. A healthy breakfast option that can be served hot or cold, or packed away for lunch!

**9. Banana, Blueberry and Almond Pancakes**



Of course, we couldn't finish this list without catering to the sweet tooth in all of us. These Blueberry, Banana, and Almond Pancakes are a quintessential breakfast dish, and we can't get enough of them.

So there you have it! A few breakfast recipe ideas that are equally healthy as delicious. For more recipe inspo, make sure you check out our complete [list of breakfast recipes](#). Enjoy!