



## Dessert For Breakfast

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Gluten-Free, Whole Food, and occasionally Vegan Recipes to make your morning a little sweeter

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*Holly Inglis - The Healthy Hunter*  
*Photography by Elyse Hamilton and Holly Inglis*

# Morning!

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Get ready for breakfast to be a whole lot more yum! From the super healthy to the slightly more indulgent you'll find 8 refined sugar free sweet treats to make your morning... or save them for dessert!

These recipes suit a variety of diets, from vegan, gluten free, fructose friendly, dairy friendly they span the lot. To make it easier for you I've made a few little lists for you.

HH. x

## **Gluten Free**

Chocolate and Raspberry  
Chia Pudding  
Strawberry and Muesli  
Parfait  
Spiced Coconut and  
Turmeric Porridge  
Bannofee Waffles  
Quinoa Pancakes with  
Cinnamon swirl  
Mint Choc Chip Smoothie  
Bowl

## **Vegan**

Chocolate and Raspberry  
Chia Pudding  
Strawberry and Muesli  
Parfait  
Spiced Coconut and  
Turmeric Porridge  
Mint Choc Chip Smoothie  
Bowl

## **Dairy Free**

Chocolate and Raspberry  
Chia Pudding  
Chocolate, peanut butter  
and caramelised banana  
French toast  
Strawberry and Muesli  
Parfait  
Spiced Coconut and  
Turmeric Porridge  
Bannofee Waffles  
Mint Choc Chip Smoothie  
Bowl

## **Fructose Friendly**

Everything!



## Mint Choc Chip Smoothie Bowl

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One of my all time favourite flavour combinations. As a bonus this bowl is filled with brain boosting omega 3's and greens. Indulgence you can feel good about.

