



Sea Health
products



MOTHER EARTH

*Breakfast
& Brunch*



With thanks to
Sea Growth &
Vegan Huggs



Vanilla Finger Lime & Green Kelp Smoothie - A tangy sweet creamsicle



Prep TIME: 5 Minutes

SERVES: 1

The Ingredients

- 1/2 tsp of **Golden Kelp Finger Lime** granules
- 1/2 cup vanilla yogurt or soy ice-cream
- 1 cup spinach leaves (packed)
- 2 teaspoons honey or sugar cane syrup
- 1/2 banana (best frozen)
- 1 tablespoons fresh lime juice (About 1 small lime, depending on juiciness)
- 1/2 teaspoon pure vanilla extract
- 1/2 cup coconut milk
- 1/2 - 1 cup ice

Method

1. Place all ingredients except the ice in a blender or thermo mix and puree until blended.
2. Add ice and puree until smooth.
3. Pour into a glass and serve with a sprinkle of **Golden Kelp Finger Lime** granules and other option toppings such as chia seeds and hemp seeds and a re-useable straw.





Vegan Kelp Breakfast Quesadilla (Flat Toasted Burrito!)



The Ingredients

PREPARATION: 10 Minutes

COOKING TIME: 15 Minutes

SERVES: 4

- 1-2 teaspoons of Plain Golden Kelp granules
- olive oil
- 0.5 onion , diced
- 1 red capsicum , diced
- 1 green capsicum , diced
- 1 block extra firm tofu , pressed & crumbled into small bite-sized pieces (squeeze dry in towelette)
- 0.5 teaspoon turmeric
- 0.5 teaspoon garlic powder
- 0.5 teaspoon cumin powder
- 1 teaspoon sea salt
- 112 g vegan cheese shreds
- 3 10-inch tortillas

Method

1. Heat 2-3 teaspoons of olive oil in a large skillet over medium heat. Add onions, red capsicum, green capsicum. Sprinkle with half of the **Golden Kelp** and salt. Sauté for 5-6 minutes. Remove from pan and set aside.
2. On medium heat, add 1 tablespoon olive oil & stir in turmeric, garlic powder & cumin. Add crumbled tofu and sprinkle with some **Golden Kelp** and salt. Toss to coat. Cook for 5-6 minutes, until lightly browned.
3. Heat a separate large non-stick pan or griddle over medium heat. When heated, place one tortilla in the pan and heat for 15-30 seconds. Flip the tortilla and prepare to assemble.
4. Add $\frac{1}{4}$ cup cheese to the side of the tortilla, towards the closest edge. Add a layer of tofu eggs on top, then a layer of onions & capsicum and top with cheese. Don't overfill.
5. Fold in half to close. Lightly press down tortilla with the spatula. Cook for about 1 minute and flip. Cook other side for $1\frac{1}{2}$ minutes, or until cheese is melted & tortilla is lightly browned. Lightly press with spatula again. Be careful not to burn.
6. Remove from pan. Place in oven on low heat to keep warm. Repeat process for remaining tortillas. Cut in half and sprinkle with red capsicum, parsley (optional) and remaining **Golden Kelp** to serve.





Blueberry & Banana Kelp Breakfast Muffins Vegan & Gluten Free!



PREPARATION: 10 Minutes

COOKING TIME: 20 Minutes

Makes: 12 Muffins

The Ingredients

- 1-2 tsps of Golden Kelp Granules or Powder
- 2 chia eggs (mix together 2 Tbsps chia seed + 6 Tbsps water)
- ½ cup vegan milk + 1 ½ tsps lime juice
- 1 ½ teaspoons baking soda
- ⅓ cup coconut sugar
- ½ teaspoon sea salt
- ½ cup rolled oats (gluten-free)
- ½ cup almond meal
- ¾ cup all-purpose gluten-free flour
- 2 ripe banana, mashed +extra for topping
- ¼ cup coconut oil, melted
- 1 teaspoon pure vanilla extract
- ¼ cup pure maple syrup (or agave)
- ½ cup blueberries (+ extra for topping)

Method

1. Preheat oven to 190°C. Prepare chia eggs in a small bowl and set aside for about 10m.
2. In a separate small bowl, add the almond milk and lime juice. Set aside for 10m. This creates a vegan buttermilk.
3. Combine **Golden Kelp**, baking soda, coconut sugar, salt, oats, almond meal and flour.
4. Mash banana and then add the melted coconut oil, vanilla extract, maple syrup, chia eggs and buttermilk mixture. Whisk.
5. Add the mixes together. Fold batter gently until just combined, add blueberries.
6. Fill each muffin liner about ¾ full. Top each muffin with a few berries & banana slices.
7. Bake for 20min and test with a toothpick.





Treat yourself, your family and Mother Earth with a healthy, seasonal and nutritious breakfast, or brunch.

Shopping List:

We've taken away the hassle with this printable or downloadable list of seasonal ingredients to tick off as you shop!

- Plain Golden Kelp granules
- Golden Kelp Finger Lime granules

- Vanilla yogurt or soy ice-cream (Smoothie)
- Baby spinach leaves (Smoothie)
- Local honey or sugar cane syrup (Smoothie)
- 3+ Bananas (Smoothie and Muffins)
- Fresh limes (Smoothie and Muffins)
- Pure vanilla extract (Smoothie and Muffins)
- Coconut milk (Smoothie and Muffins)

- olive oil (Quesadillas)
- 0.5 onion , diced (Quesadillas)
- 1 red 1 green capsicums (Quesadillas)
- 1 block extra firm tofu (Quesadillas)
- Turmeric (Quesadillas)
- Garlic powder (Quesadillas)
- Cumin powder (Quesadillas)
- Sea salt (Quesadillas and Muffins)
- Vegan cheese (Quesadillas)
- 10-inch tortillas

- Chia seeds (Muffins)
- Baking soda (Muffins)
- Coconut sugar (Muffins)
- Coconut oil (Muffins)
- Rolled oats (gluten-free) (Muffins)
- Almond meal (Muffins)
- All-purpose gluten-free flour (Muffins)
- Pure maple syrup (or agave) (Muffins)
- Blueberries (Muffins)

