

# Healthy Plant Based Breakfast **SWAPS**

Elena Holmes MSc



**PLANT-BASED**  
Health Professionals UK

**Cornflakes**  
with milk

**Porridge with unsweetened plant-based milk**

**SWAP THIS**



**Porridge with water and salt (a savoury alternative)**

**SWAP**



**For more flavour and nutrients,**  
Add sliced banana, apple, pear, berries (frozen fruit can be cheaper), applesauce, chopped walnuts or mixed seeds)

**Toast**  
with jam or marmalade

**SWAP THIS**



**Wholemeal or wholegrain sourdough toast**

**SWAP**



**Brown rice cakes or crispbread with peanut butter etc**

**SWAP**

**Marmite**



**With peanut butter, Marmite, hummus, mashed avocado, or applesauce**



**To learn more, join this free challenge**



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**Scrambled  
eggs**



**Chickpea (gram)  
flour scramble**

**SWAP THIS**



**Tofu scramble**  
with a pinch of turmeric  
or curry powder



For more taste and nutri-  
ents, add sliced tomato,  
spinach leaves, or sliced  
mushrooms

**SWAP**

**Chickpea omelette**



**SWAP**

**Yoghurt**



**Unsweetened  
plant-based yoghurt  
(soya, coconut, or almond)  
with berries, sliced banana,  
cinnamon, or seeds**

**SWAP THIS**



**Unsweetened  
applesauce or maple  
syrup with  
plant-based yoghurt**

**Applesauce**



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**Beans**  
on white toast

**SWAP THIS**



**Wholemeal**  
**toast**  
with beans

**Wholemeal toast**  
with scrambled tofu and  
tomato slices



**SWAP**



**SWAP**

**SWAP**



With  
mushrooms



With  
hummus

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