

# Healthy Plant Based Breakfast **SWAPS**

Elena Holmes MSc



**PLANT-BASED**  
Health Professionals UK

**Cornflakes**  
with milk

**Porridge with**  
unsweetened  
plant-based  
milk



**SWAP THIS**



**SWAP**

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



**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**



**SWAP**

**Wholemeal or  
wholegrain  
sourdough  
toast**



**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

**SWAP THIS**



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



**Chickpea (gram)  
flour scramble**

**SWAP**

**Chickpea omelette**



**SWAP**



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

**Yoghurt**

**SWAP THIS**



Unsweetened  
applesauce or maple  
syrup with  
plant-based yoghurt



**SWAP**

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

**SWAP**  
**Applesauce**



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**Beans  
on white toast**

**SWAP THIS**



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



**Wholemeal  
toast  
with beans**



**SWAP**

**SWAP**



**With  
mushrooms**



**With  
hummus**

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