



Goodmorning!

Breakfast has most of my life been the most important meal of my day. Especially breakfast during weekends. As a child I grew up with two working parents, which for the eighties was quite special. That is why our weekends were extraordinary, especially our Sunday rituals. Saturday was hockey day and grocery shopping day, but on Sunday me and my sister would crawl in bed with our mom and dad to drink coffee and listen to Meta de Vries on the radio. Meta would decide what we were going to do that day. After carefully listening to all the activities Meta had planned out, and making our own plan for that day, me and my sister went down to sit with our parents at the breakfast table.

During my stay in America and England, breakfast also had an important place in my life. Especially because those lands have a real breakfast culture. I adored the Saturdays where me and my surrogate family went down to the local greasy spoon to enjoy a full English breakfast. In America on the other hand, I learned all sorts of extraordinary breakfast combinations. Normally I would have never eaten chocolate cake for breakfast, but because it was on the menu, and because I was 18 years old, and because there was no supervision from my parents, I ate chocolate cake for breakfast, lunch and dinner, everyday.

This weekend breakfast book contains 52 recipes for every Sunday of the year. For the week with our King's birthday, you can for example eat 'Orange Apples' filled with yoghurt and granola, and with thanksgiving your breakfast will contain a lovely club sandwich with chicken en sweet potato. All recipes from this book can be mixed and matched, so you can make a delicious theme breakfast.

Have a lovely Sunday and a nice breakfast,



Yvonne Eijkenduijn
www.yvestown.com



CHUTNEY,
JAM &
SPREADS



FLOUR,
NUTS &
CEREAL

- WEEK 4 hummus 20
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NEW YEAR HANGOVER BREAKFAST

It might happen that on the first of January your mouth is dry, your head hurts and the lights are too bright for your eyes. In that case, a big breakfast is recommended. And other than the stories you have been told: a fat bite will rather maintain the hangover in stead of reduce it. But what to do to get rid of it?

Tomato, egg and cereal. Tomatoes contain fructose and vitamine C which will give your liver a healthy boost. Eggs will give you amino acids like cysteine and taurine. Taurine strengthens the liver and cysteine breaks down acetaldehyde, the cause of your nasty headache. The cereal is just an addition to make it more tasty.

FOR TWO SANDWICHES

Ingredients guacamole

- 1 ripe avocado
- 1 bunch of tomatoes
- 1 small red onion
- 1/2 clove of garlic
- salt & pepper

Other ingredients

- 2 darkbrown soft whole-wheat buns
- 1 beef tomato
- 2 eggs
- Pinch of dried thyme
- Pinch of dried rosemary

PREPARATION OF THE GUACAMOLE (THE FUNDAMENT)

Puree the avocado with a fork in a bowl. Cut the other ingredients in very small parts. Mix everything together with the avocado.

And also

Cut the buns in half and put on each two spoonfuls of guacamole, 1 slice of beef tomato, 1 baked egg with thyme and rosemary and 1 slice of beef tomato. Put the top of the bun back on.





2

NUTELLA CAKE *in a cup*

Do you fancy some cake, but do not want to wait an hour for the oven? This recipe will provide you with a cake fix within just a few minutes. Very convenient for in the morning, but also when you really feel like cake, right now.

FOR 1 CUP OF CAKE

4 spoonfulls of self-raising flour
2 spoonfulls of light brown caster sugar
1 egg
3 spoonfulls of semi-skimmed milk
3 spoonfulls of corn oil
3 spoonfulls of Nutella chocolate spread

PREPARATION

Mix everything in order in a buttered cup. Use a fork or a small garde. Put them in the microwave at 1000 watt for 2.50 minutes

APPLE SPINACH SMOOTHIE

FOR ONE BIG GLASS OR TWO SMALL GLASSES

1 granny smith (or other sour) apple
2 handfuls of washed leaf spinach
100 ml fresh orange juice
15 gr. fresh ginger
Half a lemon juice

PREPARATION

Put all the ingredients in a blender and mix it to a smooth substance.

Nice combination with



WEEK 5
WEEK 42





4

HUMMUS

FOR 1 BOWL

800 gr. (or 2 cans) chickpeas
100 ml extra vergine olive oil
Half a lemon juice
1 bunch of parsley
2 cloves of garlic
1,5 teaspoons of salt
1/2 teaspoon of soy sauce
1 teaspoon ground cumin
1/2 teaspoon ground black pepper
50 ml water
1/2 red pepper, to garnish

PREPARATION

Mix all ingredients in a blender or with a mixer to a smooth substance. Put the hummus in a bowl, drizzle it with olive oil and garnish it with red the pepper

Nice
combination with

KNÄCKEBRÖD
BREAD