

WORLD'S BIGGEST BRUNCH FOR MS



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HOMEMADE BAKED BEANS

These beans make a great brunch addition. They are packed full of flavor and are a great source of protein too!

Time: 30 mins | **Skill Level:** Easy | **Serves:** 2

INGREDIENTS LIST: (US Imperial / Metric)

- | | |
|---|--|
| ☐ 1/2 onion | ☐ 1 tbsp brown sugar |
| ☐ 1 garlic clove | ☐ 1 tbsp soy sauce |
| ☐ 1 tbsp tomato puree | ☐ 2 cups / 400 g cannellini beans can |
| ☐ 1/2 tsp smoked paprika | ☐ 4 oz / 100 g tomato passata |
| ☐ 1/4 tsp rosemary dried | |

INSTRUCTIONS:

1. Heat a non stick pan and dry fry the onion and garlic, adding a dash of water if it begins to stick.
2. Add the tomato puree, paprika, rosemary, brown sugar and soy sauce. Cook for a couple more minutes.
3. Add the beans and passata and simmer for at least 5 minutes until the sauce has thickened.
4. Season with black pepper, it should already taste salty due to the soy sauce and serve warm on toast.



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BANANA POLENTA LOAF CAKE

This is the perfect cake to enjoy with a cuppa! Filled with dried fruit, nuts and banana. Recipe kindly sent in by Sue and adapted from Guardian Recipes.

Time: 90 mins | **Skill Level:** Intermediate | **Serves:** 8

INGREDIENTS LIST: (US Imperial / Metric)

- | | |
|---|--|
| ☐ 2 cups / 250 g dates, stoned | ☐ 1 cup / 200 g raisins |
| ☐ 7 fl oz / 200 ml boiling water | ☐ 200 g sultanas |
| ☐ 2 bananas | ☐ 4 oz / 100 g polenta |
| ☐ 1 cup / 100 g pecans - | ☐ 2 tsp cinnamon |
| 2/3 cup / 85g roughly chopped, | ☐ 2 tsp baking powder |
| the rest left whole | ☐ 2 egg whites |

INSTRUCTIONS:

1. Preheat the oven to 320°F / 160°C and line a loaf tin with baking paper
2. Place the dates in a saucepan with the boiling water and simmer for 20 minutes
3. Drain the liquid into a jug and set to one side.
4. Put the dates into a food processor, alongside the bananas and 3.5 fl oz / 100ml of date liquid and whizz until smooth.
5. Mix the nuts, dried fruit, polenta, cinnamon and baking powder in a bowl.
6. Add the date puree and stir until combined.
7. Whisk the egg whites to soft peaks and fold into the cake mix.
8. Tip the mixture into the tin and bake for 1 hour.
9. Leave to stand for 10 minutes in the tin and wait until completely cool before cutting into slices

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BREAKFAST PANCAKES

Try these delicious and simple Overcoming MS-friendly pancakes for breakfast. Thanks so much to Kim for sharing this recipe.

Time: 15 mins | **Skill Level:** Easy | **Serves:** 1

INGREDIENTS LIST: (US Imperial / Metric)

- | | |
|---|---|
| ☐ 1 cup / 128 g of all-purpose flour | ☐ 2 egg whites |
| ☐ 2 tsp baking powder | ☐ 1 ripe banana - mashed |
| ☐ ½ tsp salt | ☐ fruit to serve |
| ☐ 1 tbsp maple syrup, optional | ☐ sprinkle of cinnamon, to serve |
| ☐ 1 cup / 233 ml almond milk | ☐ nut butter, to serve |

INSTRUCTIONS:

1. In a large bowl, sift together the flour, baking powder and salt
2. In another bowl, beat the egg whites and add the almond milk, maple syrup (if using) and mashed banana.
3. Add the wet ingredients to the dry ingredients and whisk until smooth.
4. Heat a large pan over a medium-high heat. Pour a small circle of batter for each pancake. Wait until bubbles form to flip.
5. Finally, serve with fruit, cinnamon or nut butter..

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CHIA SEED BREAKFAST POT

This is a great Overcoming MS-friendly breakfast option that you can prepare the night before and then just top with your favourite fruits and nuts in the morning.

Time: 10 hrs | **Skill Level:** Easy | **Serves:** 2

INGREDIENTS LIST: (US Imperial / Metric)

- | | |
|--|--|
| ☐ 3 tbsp chia seeds | ☐ 1/4 tsp vanilla extract |
| ☐ 5 fl oz / 150 ml non-dairy milk | ☐ seasonal fruit, for topping |
| ☐ 1 banana | ☐ nuts, for topping |
| ☐ 1/4 tsp cinnamon | |

INSTRUCTIONS:

1. The night before, mash the banana in a bowl or clean jar and combine with chia seeds.
2. Mix the milk, cinnamon and vanilla and pour over the banana and seed mix.
3. Stir to combine all the ingredients and leave in the fridge overnight.
4. The following morning, top with your favourites fruits and nuts such as raspberries, strawberries, blueberries, passion fruit, sliced almonds, chopped walnuts or hazelnuts.