



# *"Healthy Mornings: Recipes With Protein"*

*"Fuel your body, love your mornings."*

*H G Silva*



## **Introduction**

- 1. Strawberry Protein Smoothie**
  - 2. 2-Ingredient Brownie (Banana + Cocoa)**
  - 3. Banana and Egg Pancake**
  - 4. Chocolate Fondant Cake**
  - 5. Gluten-Free Toast with Scrambled Eggs & Avocado**
  - 6. Stuffed Omelet with Gluten-Free Bread**
  - 7. Mini Gluten-Free Egg & Tomato Tostie**
- Final Notes & Extra Tips**





## ***Introduction***

*Hi! I'm the creator of NutriHealthLife.net,  
and this is a little part of my journey.*

*After discovering I have a gluten intolerance,  
I learned — with support and study — that  
it's possible to eat well, feel good, and enjoy  
real food. These recipes helped me build a  
healthier morning routine, filled with flavor  
and protein.*

*Now I want to share them with you — simple,  
quick, and gluten-free ideas to start your day  
with energy and care.*

*Because small changes can lead to big results.*

# ***Strawberry Protein Smoothie***

## ***Ingredients:***

*1 cup strawberries (fresh or frozen)*

*1 scoop vanilla or plain protein powder*

*$\frac{3}{4}$  cup (200 ml) plant-based or regular milk*

*Ice cubes (optional)*

*1 tsp honey or sweetener (optional)*

## ***Instructions:***

*Add all ingredients to a blender.*

*Blend until smooth and creamy.*

*Serve immediately.*

## ***Nutritional Information (per serving):***

*Calories: 180*

*Protein: 20g*

*Carbohydrates: 12g*

*Fat: 4g*



**"Start small, stay strong, and let your energy shine."**

## ***Brownie (Banana + Cocoa)***

### ***Ingredients:***

*2 ripe bananas*

*2 tablespoons unsweetened cocoa powder*

### ***Instructions:***

*Mash the bananas in a bowl.*

*Mix in the cocoa powder until fully combined.*

*Pour into a small baking dish or muffin tray.*

*Bake at 350°F (180°C) for 15–20 minutes.*

*Let cool before serving.*

***Nutritional Information*** (per serving — 1 piece):

*Calories: 110*

*Protein: 2g*

*Carbohydrates: 23g*

*Fat: 2g*



**"Simplicity is powerful — just like you."**



## ***Banana and Egg Pancake***

### ***Ingredients:***

*1 ripe banana*

*2 eggs*

### ***Instructions:***

*Mash the banana and whisk in the eggs.*

*Heat a nonstick skillet over medium heat.*

*Pour small portions of batter and cook for 1–2 minutes each side.*

*Serve warm.*

### ***Nutritional Information (per serving):***

*Calories: 200*

*Protein: 10g*

*Carbohydrates: 20g*

*Fat: 9g*

**"Fuel your body, love your mornings."**

# ***Chocolate Fondant Cake***

## ***Ingredients:***

*4 eggs, separated*

*250g dark chocolate (70% cocoa or fondant)*

## ***Instructions:***

*Preheat oven to 350°F (180°C).*

*Melt the chocolate and set aside to cool slightly.*

*Separate the egg whites and yolks.*

*Whisk egg whites until stiff peaks form.*

*Mix the melted chocolate with egg yolks until smooth.*

*Gently fold in the egg whites in batches until the mixture resembles a mousse.*

*Pour into a lined cake pan and bake for 20–25 minutes.*

*The center should remain soft and slightly gooey.*

## ***Nutritional Information (per slice — 1/6):***

*Calories: 280*

*Protein: 6g*

*Carbohydrates: 20g*

*Fat: 20g*

**"You can be sweet and strong — both at once."**



# ***Gluten-Free Toast with Scrambled Eggs & Avocado***

## ***Ingredients:***

*1 slice gluten-free bread*

*2 eggs*

*½ avocado*

*Salt and pepper to taste*

*Olive oil or butter (optional)*

## ***Instructions:***

*Toast the bread.*

*Scramble the eggs in a pan with oil or butter.*

*Mash the avocado with a pinch of salt.*

*Assemble: toast, avocado, and eggs.*

***Nutritional Information (per serving):***

*Calories: 350*

*Protein: 13g*

*Carbohydrates: 18g*

*Fat: 25g*



**"Your morning sets the tone. Make it count."**



# ***Stuffed Omelet with Gluten-Free Bread***

## ***Ingredients:***

*2 eggs*

*Fillings of choice: cheese, spinach, tomato,  
etc.*

*1 slice gluten-free bread*

*Salt and pepper to taste*

## ***Instructions:***

*Beat the eggs and season.*

*Pour into a heated nonstick pan and cook  
over medium heat.*

*Add your filling to one half, fold the omelet,  
and cook through.*

*Serve with toasted gluten-free bread.*

## ***Nutritional Information (per serving):***

*Calories: 320*

*Protein: 18g*

*Carbohydrates: 12g*

*Fat: 22g*



**"Nourish yourself. You're building something beautiful."**

## *Mini Gluten-Free Egg & Tomato Toastie*

### *Ingredients:*

*2 slices gluten-free bread*

*1 egg*

*1 slice fresh tomato*

*Optional: slice of cheese*

*Salt and pepper*



### *Instructions:*

*Cook the egg to your preference.*

*Assemble sandwich with egg, tomato, and cheese (if using).*

*Toast in a sandwich press or pan until golden and crisp.*

### *Nutritional Information (per toastie):*

*Calories: 250*

*Protein: 12g*

*Carbohydrates: 20g*

*Fat: 13g*



**"One mindful bite at a time — progress is in the practice."**

*Start each day with intention, fuel, and  
love.*

*These recipes are more than food — they  
are small steps toward a stronger body, a  
clearer mind, and a more joyful life. You  
deserve mornings that support your  
dreams.*

*A gift from my kitchen to yours.  
With all my heart, I hope these ideas bring  
light, health, and motivation to your days.*

*HG Silva*

**Follow more healthy recipes & tips at  
[NutriHealthLife.net](http://NutriHealthLife.net)**

*NutriHealthLife*

