

Who we are

At Easy Health Wellness we are continually striving to deliver an effective service to you.

Our Dietitians specializes in lifestyle diseases for example Diabetes, cholesterol, hypertension and obesity. We have successfully helped clients lose 5 kg up to 105 kg. We also treat gut diseases like IBS and constipation

We do not use injections, medications or short cut methods.

We also have the latest in scale in technology, the Tanita BC-1000 scale which measures your Body fat, BMI, Metabolic age, Bone mass, Body water, visceral fat (fat around your organs) and daily calorie intake

Contact Us

Phone: 012 997 2783 / 072 916 8227

Email: info@easyhealthwellness.com

orders@easyhealthwellness.com

Web: www.easyhealthwellness.com

[Online shop available on website.](#)

Office hours:

Mon-Thurs: 09h00 - 17h00

Fridays: 09h00 – 16h00

Saturdays: 08h30 – 11h30

Father's day Breakfast Treat Booklet



Easy Health Wellness

REAL FOOD. SUSTAINABLE LIVING



Easy Health Wellness
749 RUBENSTEIN DRIVE, DELTA PARK B3,
MORELETA PARK

Table of Contents

Cinnamon Bun French toast.....	1
Strawberry Cheesecake French toast.....	2
Protein packed Fruit Bowl	3
Banana Zucchini Overnight “Zoats”.....	4
Oatmeal With Bacon and Maple Syrup	5

We appreciate the role fathers play in our lives. Therefore we put a twist on some traditional breakfast recipes, to make father's day even more special.

Father's day

A father is a source of strength,

A teacher and a guide,

The one his family looks up to

With loving trust and pride...

A father is a helper

With a willing hand to lend,

A partner, an adviser,

And the finest kind of friend

Oatmeal With Bacon and Maple Syrup

Ingredients:

- 1 slice bacon
- 1 serving quick-cooking or old-fashioned rolled oats
- 1 tablespoon maple syrup



Method:

1. Cook the bacon in a large skillet over medium heat until crisp, 6 to 8 minutes; break in half.
2. Prepare the oats according to the package directions.
3. Drizzle with the maple syrup and serve with the bacon.

Banana Zucchini Overnight Zoats

Ingredients:

- 1 medium ripe banana
- 1 cup old-fashioned oats
- 1½ cups vanilla flavored milk (Clover Mmm Milk)
- 1 tsp chia seeds (optional)
- 1 cup grated zucchini ½ tsp cinnamon



Toppings of choice: walnuts, sliced banana, almond butter, chocolate chips, coconut, maple syrup, etc.

Method:

1. Place banana in a medium bowl and mash with a fork.
2. Add the rest of the ingredients and stir to combine. Cover and place in refrigerator for 4-6 hours or overnight.

NO COOKING

Cinnamon Bun French Toast

Ingredients:

- 115 g low fat cream cheese
- 2 tsp. vanilla extract
- 1 tsp. nutmeg
- 1 tbsp. butter
- ¼ cup low fat cream
- 3 tbsp. Cinnamon
- 2 tbsp. Brown sugar/Xylitol
- 1 tbsp. granulated sugar/Xylitol (for garnish)



Method:

1. In medium bowl mix cream cheese, vanilla, cinnamon, nutmeg, and heavy cream
2. Dunk 2 slices of bread in egg wash
3. Melt butter in a skillet on medium-low heat and cook bread for 2-3 minutes or until crumbs are crispy and bread is more solid
4. Stack the toast and pour sauce over, garnish with berries.

Egg Wash: 4 eggs, 1 cup milk, 1 tbsp. Vanilla, 1 tbsp. Cinnamon Wisk all ingredients together in medium-large bowl to create egg wash

Strawberry Cheesecake French Toast

INGREDIENTS:

- 115g low fat cream cheese, warmed up for spreading
- 2 tsp. vanilla extract
- 2 tbsp. lemon juice
- 1 ½ cups diced strawberries
- ¾ cup low fat cream (optional)
- 1 tbsp. cinnamon
- 1 tbsp. granulated sugar/Xylitol
- Maple syrup, for serving



Method:

1. Mix in a bowl cream cheese, vanilla, lemon juice and low fat cream (optional)
2. Take 2 slices of bread and spread mixture on both
3. Press sliced strawberries on both slices & press together
4. Dunk in egg wash (see previous recipe)
5. Melt butter in a skillet on medium-low heat and cook bread for 2-3 minutes or until crumbs are crispy and bread is more solid
6. Stack and garnish with strawberries and confectioners' sugar / Xylitol.
Add maple syrup to preference

Protein packed Fruit Bowl

Ingredients:

- Yoghurt
- 1 scoop Easy Protein plus meal replacement (Vanilla)
- Kiwi, cranberry, coconut shavings, orange, chia seeds

Use any fruit of your choice

Method:

1. Mix yoghurt and protein powder and add to bowl
Layer fruit.
2. Serve cold.



We have protein powder and Xylitol

Available at the clinic. Orders can be placed online.

