

**Bestseller Recipe  
Book**

# *Superfood Breakfast*

How to change your  
life with one meal

Recipe Book

**Dr Beata Kulesa**

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**Bestseller  
Recipe Book**

# **Superfood breakfasts**

## **How to change your life with one meal.**

*Dr Beata Kulesa*

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**The author of e-books is Dr. Beata Kulessa, a healthy lifestyle enthusiast and experienced nutrition consultant, who is dedicated to promoting healthy eating and sharing her knowledge on the impact of food on our well-being. Her e-books are not just a collection of recipes, but also provide inspiring tips on taking care of yourself through the kitchen.**



**If you are looking for healthy and delicious dishes that will spice up your life, then this e-book is perfect for you. It is the ideal solution for those who want to incorporate more nutrients into their diet and transition to a healthier lifestyle.**

**Trust the professional and get a series of ebooks on nutrition "Superfood" today! Scan the QR code and see where you can buy B. Kulessa's e-books**







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# I dedicate this book to you.

*I dedicate this book to all those who want to take care of their health and well-being from the early morning. Superfood breakfasts will not only provide you with essential nutrients, but also bring joy and energy for the whole day. Thank you for being part of my culinary journey and I hope that the flavors and aromas contained in these recipes will bring you as much satisfaction as I had while creating them.*

*For all those who fight diabetes every day, for my beloved parents and brother who conquer this condition with a smile on their faces. This book is dedicated to you – my unwavering warriors, who always find the strength to fight for health and well-being.*

*I hope that the recipes for superfood breakfasts in this book will be a valuable inspiration and support in your daily diet. May this book be a guide to health and happiness for you!*

*Dr. Beata Kulesa*



# Happy summer bowl of taste

## Ingredients

- 1/2 cup of oats
- 1 cup of plant-based milk (e.g. almond, coconut) ·
- 1 tablespoon of chia seeds ·
- 1 tablespoon of honey or maple syrup ·
- a handful of favorite fruits (e.g. berries, strawberries, bananas) ·
- a handful of nuts or seeds (e.g. hazelnuts, pumpkin seeds)

## Instruction

1. Put oat flakes into a bowl, pour in plant-based milk and add chia seeds. Mix and let it sit for about 10 minutes for the flakes to absorb the liquid.
2. Add honey or maple syrup and your favorite fruits.
3. Sprinkle with nuts or seeds.
4. You can also add a bit of cinnamon or vanilla for extra flavor. Your superfood breakfast is ready to eat!

Ready!

You can serve immediately or chill in the fridge for the next day.

Enjoy!

It's good to prepare this dish in the evening so that it's ready to eat in the morning. Superfood ingredients such as chia oatmeal, favorite fruits and nuts will give you energy for the whole day!

You can also experiment with additional ingredients, such as hemp seeds, granola or coconut pulp to add excitement.

