

nama + green kitchen stories.

# healthy breakfast recipes



“There is something about  
breakfast that has a nice way  
of bringing families together  
in the mornings.

For me, having worked with food for over 15 years and  
my work creating cookbooks, breakfast has always  
been the most fun, because it needs to be quick and  
simple. People always appreciate a good breakfast.”

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**DAVID, GREEN KITCHEN STORIES**



David Frenkiel of Green Kitchen Stories developed and photographed the healthy breakfast recipes in this guide to feature vibrant, plant-based breakfast combinations that appeal to entire families. David has enjoyed living a plant-based lifestyle for the past 25 years—he was motivated to try this way of eating in his teens, and he has stuck to it ever since because it simply made him feel better.

“I started to see the world from a different perspective—the radiance of the fruit and vegetable section in the grocery store or market is full of color and smells incredible compared to other areas,” says David. As someone who supports all ways of eating for others, he chooses plants.

David and his wife, Luise Vandahl, started Green Kitchen Stories with a simple approach: focus on vegetables. They were on a mission to create vegetable-based recipes that appeal to all styles of eating, but fit with their motto:

**eat mostly vegetables.**





Beyond their desire to make these recipes colorful and delicious, they believe all good recipes come with a story. When David was little, he spent a lot of time with his grandfather who was a Swedish farmer. He was up at 4am every morning to feed the animals, then he would come inside to make porridge for the family. David reminisces about waking up to that smell, watching his grandfather stir it, and the sound of the wooden spoon hitting the side of the pot until it was cooked just right.

“That memory means something to me because there are so many things changing in this world, and people are constantly looking for shortcuts, especially when it comes to cooking. But just standing in the kitchen, making the same thing that two generations ago cooked—if I can bring that habit and that dish to my kids—then, even when the cars are flying through the sky, they will still be making porridge the same way my grandfather made it.”



Throughout this guide, David’s brief tips and stories on each recipe are a good reminder to go back to the roots of what food should be: nourishing, vibrant, whole foods that combine to create incredibly delicious, plant-based recipes.

“Cooking solves everything. If we learn how to cook, and teach our kids how to cook, that’s one of the most important things we can do. There’s so much getting lost in the craft and knowledge of preparing food, and I hope we are inspiring people to spend time standing in the kitchen, stirring their porridge, and teaching younger generations to do the same thing.”

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Enjoy these 12 recipes created in David and Luise’s kitchen. Their stories and tips that come with each recipe might be your favorite part.

spiced golden  
pumpkin  
porridge



## Spiced golden pumpkin porridge

### SERVES 4

We are such a porridge family, and I often make seasonal variations (to our kids' frustration). This stunning golden porridge is flavored with pumpkin, and it is made by blending raw pumpkin with water, dates, and warm spices. It's a real winter treat. Don't skimp on the toppings; they are the best bit.

### INGREDIENTS

1 cup (180g) fresh pumpkin, peeled and diced

4 cups (1L) water

4 dates, pitted

1-inch piece fresh turmeric or 1 tsp ground

½-inch piece fresh ginger or ½ tsp ground

1 tsp ground cinnamon

½ tsp ground cardamom

2 tsp sea salt

2 cups (300g) steel-cut oats

1 cup oat milk

### Toppings:

2 pears, thinly sliced

almond butter

cacao nibs

raisins



## PREPARATION

01.

Add pumpkin, water, dates, turmeric, ginger, cinnamon, cardamom, and salt to a blender. Mix on high speed.

02.

Pour into a large saucepan and bring to a boil.

03.

Add the oats and oat milk, and turn down the heat to medium. Let simmer for 15-20 minutes while stirring to make sure the oats don't stick to the bottom of the pan. Add a little more milk if it is starting to feel too thick.

04.

Taste, and adjust the flavor to your liking.

05.

Divide the porridge into bowls. Top with thinly sliced pears (use a mandolin for the thinnest result), almond butter, cacao nibs, raisins, and foamed oat milk.

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**Tip:** You can also make pumpkin porridge in your juicer. Juice the pumpkin along with the fresh turmeric and ginger. You need ½ cup of pumpkin juice to add to the saucepan along with the rest of the ingredients listed in the recipe.



# raspberry- soaked oats

with coconut & pistachio sprinkle



## Raspberry-soaked oats with coconut & pistachio sprinkle

### SERVES 4

For years, we have been making orange oats by soaking rolled oats in fresh orange juice. It's a great time-saver in the morning and feels a bit lighter than warm porridge.

Recently, we've added a fun twist: blending oranges with raspberries and ginger into a fresh, sweet, and tangy mix that we fold through the oats and leave in the fridge overnight.

### INGREDIENTS

2 cups (200g) raspberries (fresh or frozen)

2 oranges, peeled

1-inch piece ginger

2 cups (200g) rolled oats

2 Tbsp sunflower seeds

1 tsp lemon juice, optional

1 tsp maple syrup, optional

### To serve:

yogurt, or coconut yogurt

1 handful pistachios, finely chopped

1 handful unsweetened desiccated coconut, toasted

salt, to taste

## PREPARATION

01.

Add the raspberries to the blender along with the peeled oranges and ginger (save a handful of raspberries for serving).

03.

Mix on high speed until smooth and pour into a bowl.

04.

Combine oats, seeds, lemon juice, and maple syrup with the raspberry mixture, and let it soak for 1 hour or overnight.

05.

Serve the raspberry oats in bowls topped with coconut, yogurt, pistachio sprinkle, and a handful of raspberries.

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**Tip:** You can also make this recipe in your juicer. Juice fresh raspberries (or let frozen berries thaw before juicing) along with the peeled oranges and ginger.



# green smoothie

with passionfruit



## Green smoothie with passionfruit

### SERVES 2

This is our ultimate green breakfast smoothie with a little tropical twist. It is packed with kale, which makes it nutrient-dense and gives it a vibrant green color. Avocado makes it creamy and rich, while the dates and pineapple provide sweetness. It also has a fresh zing from lemon juice and ginger.

The passionfruit is a party trick that the kids enjoy—add the seeds to the bottom of the glass, and watch them climb up on the sides as you pour the smoothie.

### INGREDIENTS

2 large kale leaves, stems removed (2 cups / 40g)

1½ cups (375mL) almond milk

2-3 dates, pitted

1½ cups (180g) frozen pineapple

½ avocado

1 large lemon, juiced

1-inch piece ginger

2 passionfruits



## PREPARATION

**01.**

Add all ingredients, except the passionfruit, to the blender and mix on high speed until smooth.

**02.**

Cut the passionfruit in half, and scoop out the seeds, dividing them into two large glasses.

**03.**

Pour the green smoothie over the passionfruit, and watch the seeds climb up the glasses.



# blueberry cardamom smoothie

with yogurt & granola



## Blueberry cardamom smoothie with yogurt & granola

### SERVES 4

Blueberries and cardamom is the most heavenly combo! This is an easy blueberry smoothie with frozen cauliflower to make it a little thicker and creamier. Add some almond butter for a dose of healthy fat.

The layers of yogurt are not just pretty, but also make the smoothie more breakfast-friendly, especially when topped with granola.

### INGREDIENTS

1½ cups (180g) frozen wild blueberries

½ cup (50g) frozen cauliflower

2 cups (250mL) oat milk

4 dates, pitted

1 Tbsp almond butter

1 tsp freshly ground cardamom

### To serve:

½ cup yogurt, or coconut yogurt

½ cup granola

1 handful blueberries



## PREPARATION

**01.**

Add all ingredients to the blender, and mix on high speed until smooth.

**02.**

Taste and adjust the flavor to your preference.

**03.**

Smudge a few dollops of yogurt against the inside of small glasses, then fill it up with the smoothie.

**04.**

Top with granola and blueberries.

# build your own smoothie bowl



## Build your own smoothie bowl

### SERVES 3

Our kids have become obsessed with the Nama sorbet attachment and raid the freezer for ALL the berries. It came to the point that we had to make it a weekend treat, so now we use it to make weekend breakfast smoothie bowls. We usually prepare a topping buffet and let them pick frozen berries, fruit, and yogurt to make their own smoothie bowl.

We have listed three easy combos:

### INGREDIENTS

#### **Pink Strawberry Bowl**

- 1 handful frozen strawberries
- 1 handful frozen banana, sliced
- 1 handful frozen yogurt cubes\*

#### **Tropic Bowl**

- 1 handful frozen pineapple
- 1 handful frozen mango
- a few fresh mint leaves

#### **Blackberry Bowl**

- 1 handful frozen blackberries
- 1 handful blueberries
- 1 frozen banana, sliced

## INGREDIENTS

### Topping suggestions:

nut butter (almond, hazelnut, or peanut)

granola

toasted coconut flakes

fresh passionfruit

berries

goldenberries

hemp seeds

## PREPARATION

### 01.

To make the smoothie bowls, use the Nama sorbet attachment.

### 02.

Add any frozen fruit or berries and watch your pure fruit smoothie bowls come to life.

### 03.

When they are ready, scoop into bowls and add toppings of your choice.

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**\*Tip:** To make frozen yogurt, simply freeze yogurt in ice cubes. They work great in smoothie bowls!

very  
green  
juice



06.

## Very green juice

### SERVES 2

Here is a fresh and hydrating juice when you need a break from all things sweet. However, if you do want to add a bit of sweetness, consider adding an apple.

### INGREDIENTS

- 1 large cucumber
- 2 celery stalks
- 1 handful spinach
- 1 handful kale (or more spinach)
- 1 lemon, peeled
- 1 apple, optional

### PREPARATION

01.

Rinse the vegetables.

02.

Cut the cucumber and celery into 1-inch chunks.

03.

Add to the juicer along with the other ingredients.

04.

Pour into a glass filled with ice. Enjoy!





# matcha chia pudding



## Matcha chia pudding

### SERVES 4

This is a twist on chia pudding that we make using homemade matcha cashew milk. We like our chia pudding layered with coconut yogurt, nut butter, fruit, and a sprinkle of pistachios. The matcha cashew milk is also a delicious beverage on its own.

### INGREDIENTS

½ cup (60g) cashew nuts  
2 cups (500mL) water  
2-3 tsp maple syrup  
1 tsp matcha powder  
½ tsp vanilla  
pinch sea salt  
1 small handful of spinach, optional  
3 Tbsp chia seeds

### To serve:

Greek yogurt, or coconut yogurt  
peanut butter  
fruit and berries of choice  
pistachios, finely chopped

## PREPARATION

01.

Soak the cashews in water for 30 minutes. Strain.

02.

Add to the blender along with water, maple syrup, matcha powder, vanilla, and salt. Blend on high speed until smooth.

03.

Taste, and adjust the flavor to your liking.

04.

To make the pudding, pour 1 cup matcha cashew milk into a jar. Add chia seeds.

05.

Give the jar a good shake, or stir every minute for the first 5-6 minutes, then let it sit for 20 minutes.

06.

Divide the chia pudding into two smaller glasses. Layer with yogurt or coconut yogurt, nut butter, and fresh fruit.

07.

Top with pistachios and enjoy!

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**Tip:** When making the matcha cashew milk, you can add a handful of spinach to the blender to make it a bit more green and nutrient-dense.

pomegranate,  
beet & ginger  
shots



08.

## Pomegranate, beet & ginger shots

**MAKES 8 SMALL GLASSES**

Here is a fierce morning drink to start your day off right. Fresh pomegranate is the perfect match to earthy beetroot, zingy lemon, and intense ginger. Make a big batch and store the leftovers in the fridge for tomorrow.

### **INGREDIENTS**

1 medium-sized pomegranate (1 cup seeds)

2 medium beets

1 lemon

1-inch piece ginger

### **PREPARATION**

**01.**

Cut the pomegranate in half, and scoop out the seeds.

**02.**

Peel the lemon, and peel or scrub the beetroot and cut into big chunks.

**03.**

Add to the juicer along with ginger.

**04.**

Taste, and adjust the flavor to your liking.

**05.**

Pour into shot glasses, adding ice if you like.

# green pancakes

with blueberries



## Green pancakes with blueberries

### SERVES 4

We have been using our blender to make pancake batters for years. It's such a quick way to make a batter, and it also allows us to boost the pancakes with vegetables. Simply blend spinach, beetroot, or carrot along with the batter to make it a little more nutrient-dense.

We sometimes add cottage cheese for some extra protein, making them more savory than sweet.

### INGREDIENTS

- 1 large banana
- 1 handful spinach
- 3 eggs
- $\frac{3}{4}$  cup (75g) almond flour
- $\frac{3}{4}$  cup (115g) rice flour
- $\frac{1}{3}$  cup (80mL) oat milk
- 1 tsp baking powder
- 1 tsp sea salt
- 1 Tbsp cottage cheese, optional
- butter or coconut oil, for frying

### To serve:

- $\frac{1}{2}$  cup fresh or frozen blueberries
- honey or maple syrup



## PREPARATION

**01.**

Add all ingredients to the blender, and mix on high speed until smooth.

**02.**

Place a large frying pan on medium to high heat with a dollop of butter.

**03.**

When the pan is hot and the butter melted, pour the batter into 4-inch (10cm) pancakes.

**04.**

Fry until small bubbles appear on the surface of each pancake (about 45 seconds), then flip and fry on the other side until golden.

**05.**

Serve topped with flash-heated blueberries and a drizzle of honey or maple syrup.



grapefruit  
& thyme juice



10.

## Grapefruit & thyme juice

### SERVES 2

We always keep pink grapefruit at home during the winter. It is delicious cut in half and spooned but also excellent as a morning juice. We balance its tangy, slightly bitter flavor with sweetness from a carrot and herbal notes from thyme.

Consider adding a few drops of maple syrup for added sweetness—our kids love it.

### INGREDIENTS

- 2 grapefruits
- 1 medium carrot
- 4 sprigs thyme
- 1-2 tsp maple syrup, optional

### PREPARATION

01.

Peel the grapefruits, scrub and wash the carrot.

02.

Add to the juicer along with two sprigs of thyme.

03.

Taste the juice, and add a little maple syrup if preferred.

04.

Pour into two glasses filled with ice and grapefruit slices. Enjoy!



coffee  
& date shake



11.

## Coffee & date shake

**MAKES 1 LARGE GLASS OR 2 SMALLER GLASSES**

Here is a real treat! This coffee shake is inspired by Vietnamese street coffee, and we make it by combining a sweet hazelnut and date shake with strong coffee.

### INGREDIENTS

2-3 dates, pitted

1 cup oat milk

2 Tbsp hazelnut butter

1 pinch salt

1 pinch vanilla

½ cup espresso or strong coffee

ice

### PREPARATION

**01.**

Add all ingredients except coffee to the blender, and mix on high speed.

**02.**

Add ice to one tall glass or two shorter ones.

**03.**

Pour the coffee over ice.

**04.**

Slowly pour the date shake into the coffee. Enjoy!

# sourdough toast

with creamy bean spread,  
cucumbers & avocado



## Sourdough toast with creamy bean spread, cucumbers & avocado

### SERVES 6

We are still very much an avocado toast family, but I like to make it even tastier by adding a creamy spread to the warm toast. For this spread, we blend cream cheese and white beans with lots of lemon and fresh herbs, and it is delicious.

Use any fresh herbs you prefer—we like a mix of parsley, mint, and dill.

### INGREDIENTS

15 oz (400g) can white beans, drained

8 oz cream cheese, or plant-based cream cheese

1 garlic clove

1 lemon, juiced (zest reserved)

3 Tbsp olive oil

2 tsp salt

freshly ground black pepper

1 large handful mixed fresh herbs

### To serve:

6 slices sourdough bread, toasted

cucumber

avocado



## PREPARATION

01.

Add all ingredients except the herbs to the blender and blend until smooth.

02.

Chop the herbs finely and stir half through the spread.

03.

Add to a serving bowl and sprinkle the rest of the herbs on top along with olive oil, lemon zest, and black pepper.

04.

Arrange toasted bread slices on a platter with the spread, sliced cucumber, and avocado.

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**Tip:** You can also make this spread as a dip, paired with fresh vegetables like sliced carrots, celery, and radishes.



# green kitchen stories.

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David Frenkiel and Luise Vindahl are the globally influential faces behind **Green Kitchen Stories**. For the past 15 years, they have been helping people around the world eat more greens through their blog, apps, **cookbooks**, and **social media**.

Luise is a nutritional therapist and newly examined midwife and David is a chef, photographer, and food product developer. They live in Stockholm with their three children. Their latest book is called **Quick+Slow**.

