

## Baked Egg and Avocado Boats

The fatty richness of avocado and egg helps to maintain healthy blood flow to the brain, while lowering blood pressure and helping to improve memory and communication among brain cells. This savoury breakfast will curb your hunger all morning, allowing you to accomplish a lengthy to-do list at work!

### Ingredients

- Small ripe avocado
- 2 large eggs
- Sea salt and pepper, to taste
- 2 tsp (10mL) fresh or prepared basil or sundried tomato pesto

### Directions

1. Preheat regular or toaster oven to 425F (220°C).
2. Cut avocado in half, lengthwise, and remove pit. If necessary, scoop out some avocado to make room for the egg. Snack on the extra avocado. Season avocado with a good pinch of salt and pepper and place each half onto a small baking sheet.
3. Crack each egg into a small bowl then slide each one into the avocado hole.
4. Spoon 1 tsp (5mL) of pesto on top of each egg.
5. Bake for 13-15 minutes, or until egg yolk is set but still a little runny.
6. Serve on its own or spiked with hot sauce or salsa

Serves 1-2

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## Cherry Berry Chia Pudding

Nutrient-packed and fibre-loaded, chia seeds also contain more Omega-3 fats than wild salmon per ounce! This means super brain power and a full stomach.

### Ingredients

- 6 dates, pitted and chopped
- 1 ½ cups (375mL) coconut milk
- 1 tsp (5mL) vanilla extract
- 1 cup (250mL) frozen and thawed cherries
- 1 cup (250mL) frozen and thawed blueberries (or mixed berries)
- 8 Tbsp (125mL) chia seeds
- Coconut strips, walnut, pumpkin seeds and fresh fruit (optional)

### Directions

1. Place dates, coconut milk, and vanilla in a blender and puree until smooth.
2. Add the thawed berries and their juices. Blend on low just to combine. Stir in the chia seeds with a long handled spoon.
3. Pour the chia pudding into single serving jars, or containers, measuring 1 cup (250mL). Leave enough room on top to add additional toppings and a lid.
4. Refrigerate 6 hours or overnight to allow the chia seeds to thicken the pudding. Top with coconut, walnuts, pumpkin seeds and or fresh fruit (such as sliced bananas, berries or kiwi) if you like.
5. Pudding will keep refrigerated for 3 days.

Makes about 4 servings

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