



Mother's Day Brunch Menu

Created by Big Wellbeing Co.



Mother's Day Brunch Menu

Big Wellbeing Co.

Cooking your mum a day of delicious meals is a wonderful way to show her your love and appreciation. Preparing her some yummy dishes and treating her to a day of indulgence and relaxation will create lasting memories that she'll cherish for years to come.

Hi, my name is Tegan & I'm a clinical Naturopath with a strong focus on nutrition & Pilates instructor. My aim is to support my clients as they work towards improving their wellbeing goals.

I believe that both food & movement are powerful forms of medicine. There is nothing better than enjoying delicious, nutrient-dense food to help raise our mood and energy levels. Movement helps to reduce stress, build resilience & support your body as you age.

If you are looking for further support with your health I offer the following services:

- Personalised Meal Planning
- Naturopathy Consultations
- Group Zoom Pilates Classes
- 1:1 Zoom Pilates Sessions

For all bookings head to www.bigwellbeingco.com.au or email me directly at hello@bigwellbeingco.com.au

Tegan Barton
Naturopath (BHSc), Pilates Instructor.

Mother's Day Brunch Menu

1 day

	Sun
Drink	Mimosa Mocktail
Appetizer 1	Fruit Cocktail Salad
Appetizer 2	Beet & Goat Cheese Tart
Main Dish 1	Asparagus & Pea Frittata
Main Dish 2	Lemon Strawberry French Toast Casserole
Dessert	Raspberry Coconut Panna Cotta

Mother's Day Brunch Menu

33 items

Fruits

- 1 Banana
- 1/2 cup Blueberries
- 1/4 Cantaloupe
- 1/2 cup Grapes
- 1 Lemon
- 2 tbsps Lemon Juice
- 1/2 Navel Orange
- 1 cup Raspberries
- 3 1/2 cups Strawberries

Breakfast

- 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- 1/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 1 cup Frozen Peas
- 198 grams Puff Pastry

Vegetables

- 2 cups Asparagus
- 1 cup Baby Spinach
- 2 Beet
- 1/4 cup Chives
- 1 tbsp Mint Leaves
- 1 cup Red Onion

Boxed & Canned

- 2 cups Canned Coconut Milk

Baking

- 9 grams Gelatin
- 7 grams Unbleached All Purpose Flour
- 1 1/2 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- 1/2 cup Goat Cheese
- 680 grams Sourdough Bread

Condiments & Oils

- 2 1/3 tbsps Extra Virgin Olive Oil

Cold

- 1/4 cup Butter
- 1/2 cup Cow's Milk, Whole
- 13 Egg
- 2 cups Orange Juice
- 1/2 cup Plain Cow's Yogurt, Whole Milk

Other

- 2 cups Sparkling Water

Mimosa Mocktail

3 ingredients · 5 minutes · 4 servings



Directions

1. Pour orange juice in a glass and top with sparkling water. Garnish with an orange slice. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Ingredients

- 2 cups Orange Juice
- 2 cups Sparkling Water
- 1/2 Navel Orange (cut into wedges)

Fruit Cocktail Salad

5 ingredients · 10 minutes · 3 servings



Directions

1. Add all of the fruit to a bowl and mix to combine. Divide into bowls or onto plates. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days. Add the banana just before serving.

Serving Size

One serving is approximately 3/4 cup.

Additional Toppings

Nuts, seeds, coconut flakes, honey and/or maple syrup.

Ingredients

- 1/2 cup Grapes
- 1 Banana (sliced)
- 1/4 Cantaloupe (small, chopped)
- 1 cup Strawberries (chopped)
- 1/2 cup Blueberries

Beet & Goat Cheese Tart

7 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Use the flour to lightly dust onto a flat surface. Roll out the puff pastry into a rectangle, about 1/2 inch (13 mm) thick.
3. Spread half of the goat cheese evenly on top of the puff pastry. Arrange the sliced beet on top and season with salt and pepper.
4. Transfer the tart to the baking sheet and bake in the oven for 20 to 25 minutes or until golden brown. Drizzle with olive oil and top with the remaining goat cheese and mint leaves. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

7 oz (200 grams) of puff pastry was used to make four servings. One serving is approximately one slice.

More Flavor

Add thyme, rosemary, and/or chili flakes.

Dairy-Free

Use dairy-free cheese instead.

Ingredients

7 grams Unbleached All Purpose Flour (for dusting)

198 grams Puff Pastry (thawed)

1/4 cup Goat Cheese (divided)

2 Beet (peeled, sliced)

Sea Salt & Black Pepper (to taste)

1 tsp Extra Virgin Olive Oil

1 tbsp Mint Leaves

Asparagus & Pea Frittata

10 ingredients · 30 minutes · 8 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. In a large bowl, whisk the eggs and the yogurt together and season with salt and pepper. Set aside.
3. Heat the oil in an oven-safe skillet over medium heat. Add the onions and sauté for three to four minutes, or until softened.
4. Add the asparagus and sauté another one to two minutes. Add the peas and baby spinach, and sauté another one to two minutes, or until the spinach is wilted. Season with salt and pepper.
5. Pour the egg mixture over the vegetables and top with small dollops of cheese.
6. Transfer the skillet to the oven and cook for 15 to 20 minutes, or until the eggs are set.
7. Let sit for five minutes before cutting into wedges. Sprinkle with chives, if desired, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

A 12-inch skillet was used to make eight servings. One serving is one slice of frittata.

Ingredients

- 10 Egg (large)
- 1/2 cup Plain Cow's Yogurt, Whole Milk
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Extra Virgin Olive Oil
- 1 cup Red Onion (chopped)
- 2 cups Asparagus (ends trimmed and cut into 1/2-inch pieces)
- 1 cup Frozen Peas (thawed)
- 1 cup Baby Spinach
- 1/4 cup Goat Cheese
- 1/4 cup Chives (chopped, optional)

Lemon Strawberry French Toast Casserole

9 ingredients · 45 minutes · 6 servings



Directions

1. Preheat the oven to 375°F (190°C).
2. In a large bowl, whisk together the eggs, butter, milk, maple syrup, lemon juice, lemon zest, vanilla, and salt until well combined.
3. Dip the pieces of sourdough bread into the batter, ensuring all sides are soaked. Transfer the bread into a casserole dish, filling the casserole dish completely.
4. Evenly stuff the strawberry pieces in between the slices of bread until they are all used up. Bake in the oven for 30 minutes or until starting to brown.
5. Serve with extra maple syrup and strawberries, if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

A 10 x 7-inch baking dish was used to make six servings.

More Flavor

Stuff the bread with ricotta cheese.

Additional Toppings

Chocolate chips, whipped cream, additional fresh fruit.

Gluten-Free

Use gluten-free bread.

Dairy-Free

Use vegan butter and milk instead.

Ingredients

- 3 Egg
- 1/4 cup Butter (melted)
- 1/2 cup Cow's Milk, Whole
- 1/2 cup Maple Syrup
- 1 Lemon (juiced, zested)
- 1 tsp Vanilla Extract
- 1/4 tsp Sea Salt
- 680 grams Sourdough Bread (sliced, halved)
- 2 1/2 cups Strawberries (chopped)

Raspberry Coconut Panna Cotta

7 ingredients · 4 hours · 3 servings



Directions

1. In a medium bowl, add the lemon juice and then sprinkle the gelatin on top. Let it sit for two to three minutes. Do not mix.
2. In a small pot over medium-low heat, add the coconut milk and maple syrup. Whisk to combine. Allow it to heat through for two to three minutes or until warm. Do not let it boil.
3. Add the warm coconut milk to the gelatin mix and use a whisk to mix as you pour. Add the vanilla and sea salt and stir to combine.
4. Pour the coconut milk mixture into a blender and add the raspberries. Blend on high until smooth and creamy. Pour into jars and place in the fridge for four hours to set. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is an eight-ounce ramekin portion.

Additional Toppings

Top with additional raspberries.

No Maple Syrup

Use honey instead.

Ingredients

- 2 **tbps** Lemon Juice
- 9 **grams** Gelatin
- 2 **cups** Canned Coconut Milk (full fat, divided)
- 1 **tbps** Maple Syrup
- 1/2 **tsp** Vanilla Extract
- 1/8 **tsp** Sea Salt
- 1 **cup** Raspberries