

2025
FEBRUARY

el gusto

Summer Breakfast



GLUTEN AND DAIRY ALLERGY
FRIENDLY ENTERTAINING
COLLECTION 2025

MENU PLANNER



RELIABLE | RESOURCEFUL | INTERESTING | INSPIRING

— menu —

GRAIN

Chia Pudding Smoothie Bowl

SWEET

Gluten and Dairy-Free Waffle & Pancake Batter

SAVOURY

Breakfast Sausage

DRINK

Mango Sunrise

Enjoy!

ALLERGY FRIENDLY PLANNER

Q1 2025

FOOD

GRAIN

CHIA PUDDING SMOOTHIE BOWL

A SIMPLY DELIGHTFUL WAY TO START YOUR MORNING. THIS SMOOTHIE BOWL IS DELICIOUS AND VISUALLY PLEASING.

PREP TIME: 10 MINS | TOTAL TIME: 10 MINS



SWEET

GLUTEN AND DAIRY-FREE WAFFLE & PANCAKE BATTER

WHIP UP CRISPY GOLDEN WAFFLES OR PANCAKES THAT EVERYONE CAN ENJOY.

PREP TIME: 10 MINS | TOTAL TIME: 25 MINS



SAVOURY

BREAKFAST SAUSAGE

THESE PATTIES GOT A MAJOR BOOST IN THE FLAVOUR DEPARTMENT AND TOOK YOUR STANDARD TO THE NEXT LEVEL.

PREP TIME: 25 MINS | TOTAL TIME: 50 MINS



DRINK

DRINK

MANGO SUNRISE

ENJOY A TROPICAL FLAVOUR BURST IN THIS HEALTHY BREAKFAST BEVERAGE THAT IS LOW IN FAT AND HIGH IN VITAMIN C.

PREP TIME: 10 MINS | TOTAL TIME: 10 MINS



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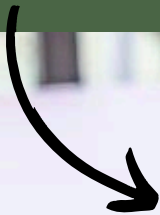
*Have questions about this menu?
Mrs Gusto is here to help.*

ASK HERE

**Click here for the PDF
Menu card**

**Click here to be creative and get our
templete in Canva.**

**Click here to
be inspired...**



BROUGHT TO YOU BY *el gusto*