

2025
FEBRUARY

el gusto

Winter Breakfast



GLUTEN ALLERGY FRIENDLY
ENTERTAINING COLLECTION 2025

MENU PLANNER



RELIABLE | RESOURCEFUL | INTERESTING | INSPIRING

MENU



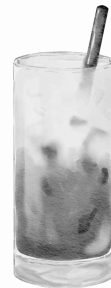
Quick Fry Pan Granola



**Three Cheese Breakfast
Spinach Frittata**



Flourless Banana Bread



Iced Coffee

ENJOY!

ALLERGY FRIENDLY PLANNER

Q1 2025

FOOD

GRAIN

QUICK FRY PAN GRANOLA

SUPER QUICK PAN-FRY GRANOLA. MAKE THIS INSTEAD OF OR IF YOU RUN OUT OF STORE BOUGHT.

PREP TIME: 10 MINS | TOTAL TIME: 10 MINS



SAVOURY

THREE CHEESE BREAKFAST SPINACH FRITTATA

SIMPLE TO MAKE AND BEAUTIFUL TO SERVE AND MAKES A SATISFYING BREAKFAST.

PREP TIME: 15 MINS | TOTAL TIME: 40 MINS



SWEET

FLOURLESS BANANA BREAD

ONLY FOUR INGREDIENTS NEEDED TO MAKE THIS SUPER TASTING BANANA BREAD, AND IT'S GLUTEN FREE TOO!

PREP TIME: 15 MINS | TOTAL TIME: 50 MINS



MRS GUSTO TIP: THIS IS DAIRY FREE AS WELL, JUST MAKE SURE YOU ARE USING DAIRY FREE CHOCOLATE CHIPS.



DRINK

DRINK

ICED COFFEE

NEED A "PICK ME UP?" TRY THIS REFRESHING ICED COFFEE, POURED ON TOP OF A SCOOP OF ICE-CREAM.

PREP TIME: 15 MINS | TOTAL TIME: 15 MINS



BROUGHT TO YOU BY *el gusto*

ALLERGY FRIENDLY PLANNER

Q1 2025



*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 gūsto*