

## **Breakfast Recipe**

Start your day with purpose. Nourishment for mind and mood

Welcome to Tango Fresh Kenyan breakfast recipes for a brighter, balanced day

Mornings are powerful. They hold the quiet potential to shape how we think, feel, and show up in the world. What we choose to nourish our bodies with at the start of the day can either set us up for clarity and calm or leave us playing catch-up with our energy and emotions.

That's why this special collection of 10 Kenyan breakfast recipes was thoughtfully crafted with your emotional wellness and mental clarity in mind. Each recipe draws from ingredients that are not only local and accessible, but also deeply nourishing supporting mood balance, brain power, and sustained energy in a way that feels natural and comforting.

You'll find these recipes grouped into three mood-supporting categories:

- Energizing breakfasts – for mornings when you need a vibrant lift
- For mental focus & brain power – to help sharpen your thoughts and stay productive
- Mood-soothing and balancing meals – for slow, grounding starts that ease stress

Expect meals that are:

- Easy to prepare
- Rooted in Kenyan tradition
- Rich in nutrients that support your mind and mood
- Delicious and satisfying

Whether you're sipping warm uji with a touch of baobab or enjoying a sukuma scramble on a peaceful morning, these recipes are here to help you build a morning routine that's intentional, joyful, and nourishing on every level.

So take a deep breath, step into your kitchen, and begin your day with meals made to uplift you mind, body, and soul.

# Table of content

## 1. Energizing breakfasts

These meals are rich in complex carbs, natural sugars, and energizing nutrients like iron and B vitamins to fight fatigue and kickstart your day with steady, sustained vitality.

- Uji (Fermented Millet Porridge) with Baobab and Honey
- Sweet Potato & Sukuma Wiki (Collard Greens) Scramble
- Avocado & Mango Smoothie with Chia Seeds
- Mandazi with Peanut Butter Dip
- Chapati Wrap with Boiled Eggs and Kachumbari

## 2. For mental focus & brain power

Packed with omega-3s, antioxidants, and brain-supporting minerals like zinc and magnesium, these breakfasts fuel concentration, memory, and mental clarity.

- Ndengu (Green Gram) Pancakes with Honey Drizzle
- Omena (Silverfish) & Sweet Potato Salad
- Whole Grain Millet Bread with Avocado & Tomato

## 3. Mood-soothing and balancing meals

With calming ingredients like potassium-rich bananas, healthy fats, and herbal infusions, these meals help regulate mood, reduce anxiety, and promote emotional stability.

- Banana & Peanut Butter Porridge
- Herbal Tea with Mandazi

## 1. Uji (fermented millet porridge) with baobab and honey

Rich in magnesium, which helps relax the nervous system and reduce fatigue, while supporting gut health. The addition of baobab boosts vitamin C and antioxidants for emotional resilience, and honey adds a gentle energy lift and mood boost.



**Prep time:** 15 mins

**Serves:** 2

### Ingredients:

- 1 cup millet flour
- 3 cups water
- 2 tbsp baobab powder
- 1 tbsp honey
- Pinch of salt

### Instructions:

1. Mix millet flour with 1 cup cold water to form a smooth paste.
2. Boil remaining 2 cups water with a pinch of salt.
3. Slowly add millet paste to boiling water, stirring continuously to avoid lumps.
4. Cook for 10 minutes until thickened.
5. Stir in baobab powder and honey. Serve warm.

## 2. Sweet Potato & Sukuma Wiki (Collard Greens) Scramble

Supports stable blood sugar levels and long-lasting energy, helping to prevent mood crashes. The combination of sweet potato's complex carbs and sukuma wiki's iron and folate promotes mental clarity and emotional balance.



**Prep time:** 20 mins

**Serves:** 2

### Ingredients:

- 1 large sweet potato, peeled and diced
- 2 cups chopped sukuma wiki
- 2 eggs
- 1 tbsp olive oil
- Salt and pepper to taste

### Instructions:

1. Boil or steam sweet potato until soft (about 10 mins).
2. Heat oil in pan, sauté sukuma wiki until wilted.
3. Add sweet potato and lightly mash.
4. Whisk eggs and pour into pan, scramble together with sweet potato and greens.
5. Season with salt and pepper. Serve warm.

### 3. Avocado & Mango Smoothie with Chia Seeds

This creamy smoothie blends avocado's healthy fats, mango's vitamin C, and chia seeds' omega-3s to nourish the brain and reduce inflammation. It's perfect for boosting mental energy, stabilizing mood, and supporting emotional resilience throughout the day.



**Prep time:** 5 mins

**Serves:** 1

#### **Ingredients:**

- 1/2 avocado
- 1/2 ripe mango
- 1 cup milk or almond milk
- 1 tbsp chia seeds
- 1 tsp local honey (optional)

#### **Instructions:**

1. Blend avocado, mango, milk, and honey until smooth.
2. Stir in chia seeds and let sit for 2 mins to thicken. Serve chilled.

#### 4. Mandazi with Peanut Butter Dip

Offers a comforting blend of quick-release energy and sustained fuel from the protein and healthy fats in peanut butter. This helps stabilize blood sugar and mood, making it a grounding, feel-good treat when you need emotional warmth and endurance.



**Prep time:** 30 mins (including frying)

**Serves:** 4

##### **Ingredients:**

- 2 cups all-purpose flour
- 1/2 cup coconut milk
- 2 tbsp sugar
- 1 tsp yeast
- Oil for frying
- 1/4 cup peanut butter

##### **Instructions:**

1. Mix flour, sugar, and yeast. Add coconut milk and knead into dough. Let rise 20 mins.
2. Roll dough and cut into triangles. Fry in hot oil until golden.
3. Serve with peanut butter dip.

## 5. Chapati Wrap with Eggs and Kachumbari

This meal offers sustained energy, high-quality protein and choline to support brain health and mental focus. The fresh kachumbari adds a burst of vitamins and antioxidants, helping to reduce inflammation and uplift mood.



**Prep time:** 25 mins

**Serves:** 2

### Ingredients:

- 2 chapatis
- 4 fried eggs
- 1 cup kachumbari (tomato, onion, coriander, chili)
- Salt and pepper

### Instructions:

1. Lay chapati flat, place eggs on top.
2. Spoon kachumbari over eggs.
3. Roll up and serve immediately.

## 6. Ndengu (Green Gram) Pancakes with Honey Drizzle

Ndengu is packed with folate, iron, and plant-based protein, which support the production of mood-regulating neurotransmitters like serotonin. Paired with honey, a natural energy booster, this meal helps enhance brain function while promoting emotional balance.



**Prep time:** 30 mins

**Serves:** 3

### **Ingredients:**

- 1 cup soaked and blended ndengu
- 1/4 cup flour
- 1 egg
- 1/2 tsp salt
- Honey for topping

### **Instructions:**

1. Mix blended ndengu, flour, egg, and salt to form batter.
2. Heat pan, pour batter to form small pancakes. Cook 3 mins each side.
3. Serve drizzled with honey.

## 7. Omena (Silverfish) & Sweet Potato Salad

Supports emotional balance and brain health through omega-3s from omena, while sweet potatoes provide steady energy and antioxidants that reduce inflammation. Together, they promote a calm mind and stable mood, making it perfect for emotional restoration.



**Prep time:** 20 mins

**Serves:** 2

### Ingredients:

- 1 cup dried omena, cleaned and rinsed
- 2 medium sweet potatoes, boiled and cubed
- 1/2 red onion, sliced
- 1 tbsp olive oil
- Salt and pepper

### Instructions:

1. Pan-fry omena in olive oil until crispy.
2. Combine omena, sweet potatoes, and onions in bowl.
3. Toss gently, season, and serve.

## 8. Whole Grain Millet Bread with Avocado & Tomato

This meal supports brain health and emotional balance by improving blood circulation and delivering steady energy through whole grains. The avocado and tomato add healthy fats and antioxidants that reduce inflammation and support a calm, focused mind.



**Prep time:** 10 mins

**Serves:** 1

### **Ingredients:**

- 2 slices millet bread (locally baked)
- 1/2 avocado, sliced
- 1 small tomato, sliced
- Salt, pepper, lemon juice

### **Instructions:**

1. Toast millet bread.
2. Top with avocado and tomato slices.
3. Season with salt, pepper, and lemon juice.

## 9. Banana & Peanut Butter Porridge

This hearty porridge is rich in potassium and vitamin B6 from bananas, which support serotonin production and mood regulation. Peanut butter provides protein and healthy fats that stabilize blood sugar levels and keep you emotionally balanced throughout the morning.



**Prep time:** 15 mins

**Serves:** 2

### Ingredients:

- 1 cup maize meal (for porridge)
- 3 cups water
- 1 ripe banana, mashed
- 2 tbsp peanut butter
- Honey to taste

### Instructions:

1. Prepare maize porridge by boiling maize meal in water until thickened.
2. Stir in mashed banana and peanut butter.
3. Sweeten with honey and serve warm.

## 10. Herbal Tea with Mandazi

This calming combo helps ease the mind and body. Herbal teas like chamomile or lemongrass gently relax the nervous system, while the soft, lightly sweet mandazi offers comforting, grounding energy. Perfect for unwinding after a long day or settling into a restful evening.



**Prep time:** 10 mins + mandazi preparation (refer recipe 4)

**Serves:** 2

### **Ingredients:**

- 2 cups boiling water
- 2 herbal tea bags (chamomile, lemon grass)
- Mandazi (see recipe 4)

### **Instructions:**

1. Brew herbal tea by steeping bags in boiling water for 5 mins.
2. Serve warm with mandazi on the side.