

A Healthy Mother's Day brunch menu



I love brunch, mostly because by the time I get around to breakfast, it's often late morning and I crave more savory foods. This brunch menu is perfect for Mother's Day, but it's also great for *any brunch get-together*, especially if you're looking for a whole food and healthy alternative to the sugary, fat-laden menus of regular brunches.

***This article contains links throughout, see end of article for a complete list.**

Healthy Mother's Day Brunch Menu:

Omelets with Avocado, Tomatoes and Aged Parmesan

[You'll find this printable recipe here](#), complete with a video tutorial. Everything else can be prepared ahead of time, so you'll want to make these last and serve them up right away. They will be the main focus of your brunch. These omelets are a nice addition because they are filled with vegetables and not cheese. Use cheese and a dash of lemon juice (you won't be sorry) as a garnish. You can also cut your omelets into threes so guests can take a smaller portion.

Blueberry or Banana Muffins

You'll find both of these recipes in my latest cookbook, "Melt in Your Mouth." They can also be [found here on my website](#). The Blueberry Muffins have a video tutorial and the Banana Muffins are very easy to make. You can make one or both of these. Of course, if you have the time, both would make a really beautiful and dramatic brunch. I like to use a mini muffin tin to make them more dainty and bite-sized.

Sweet and Savory Marinated Veggies

Asparagus, Mushrooms, Kale and Baby Tomatoes

This recipe is the perfect savory component to your brunch and the veggies are uncooked and

visit me at www.melissachappell.com

a gentler and happier approach to health

A Healthy Mother's Day brunch menu

fresh, so it works well as a balance to the rest of the dishes. You can find it in my cookbook, FAVES, and [also here, complete with a video tutorial.](#)

Honey and Mint Fruit Salad

[Find this recipe here](#), you'll find a cute video tutorial, as well. This fruit salad is another fresh dish, and the addition of the honey and mint add an exotic and dramatic component to your brunch.

Chocolate Raspberry Truffle Pie or Cayenne Truffles

Either of these recipes are the perfect decadent finish to your brunch. Make one or both. They will add a dramatic flair to your brunch and can be made days in advance and stored in your freezer. You'll find a video tutorial and recipe for the [Chocolate Raspberry Truffle here](#) and the [Cayenne Truffle recipe here](#). Cut the pie into tiny slivers to make your brunch more dainty. Since this pie is rich and chocolatey, your guests will also appreciate the smaller slices.

Flower Tea

I can't get enough of this tea and drink it almost daily. [You can find it here](#). Add a little honey for the perfect brunch drink. The lavender and hibiscus are yet another way to elevate your brunch to star status.

Schedule:

3-7 days in advance: Make the pie and/or cayenne truffles

1-3 days in advance: Make the muffins and store in an airtight container in the freezer or fridge

1-3 days in advance: Make the veggie marinade and add the veggies so they have time to soak up the juices of the marinade

1-3 days in advance: Make the flower tea and store in the fridge

Day of: Make the fruit salad and store in the fridge
Right before your guests arrive or while they're arriving: Make the omelets

Enjoy!

Complete List of Article Links:

[Omelets with Avocado, Tomatoes and Aged Parmesan](#)

[Blueberry or Banana Muffins](#)

[Sweet and Savory Marinated Veggies](#)

[Honey and Mint Fruit Salad](#)

[Chocolate Raspberry Truffle Pie
or Cayenne Truffles](#)

[Warm Flower Tea](#)

author: melissa chappell

visit me at www.melissachappell.com

a gentler and happier approach to health