

gastropost

FOOD MISSIONS FOR FOOD LOVERS

EDMONTON

YOUR MISSION COMPLETED: BEST BREAKFAST EVER

Good morning, indeed! From bright colourful eats to beat the weekday morning blahs to luxurious feasts to fete the weekend, Gastroposters made getting out of bed easy with their best breakfasts. [Instagram handles in brown](#) and [Twitter in blue](#).



Maegan Lukian
[@maeganlukian](#)
Grilled honey-dip donut for breakfast on National Donut Day



Farah Visram
[@farahvisram](#)
Easy-going Saturday morning breakfast



Linda Baker
[@lindagailbaker1](#)
I crave a gooey homemade cinnamon bun for breakfast



Brooklyn Palmer
First-Time Gastroposter
Nothing like a nutritious smoothie bowl to start your day



Doreen Le Blanc
Frequent Gastroposter
Yogurt, fresh blueberries and granola



Janice McGregor
Frequent Gastroposter
Pancakes with chocolate and caramel syrup drizzle



Pratap Prusty
[@pratapprusty](#)
An East Indian masala dosa: the best way to break the fast



Melanie Villeneuve
[@thenomadicwife](#)
Breakfast is better when shared and loaded with local berries



Roy Eccles
Frequent Gastroposter

Stuffed breakfast avocado with egg, prosciutto, smoked tomato, basil and blackberry for Mother's Day.



Stuart & Katie Gray
[@thegrayhive](#)
Almond butter toast, berries and coconut dream cream



Marla Narten
Frequent Gastroposter
Breakfast for champions at the Highlands Golf Club



Jena Snyder
[@puzzlehouse](#)
Eggs, mushrooms, tomatoes, cheese, green onions and a sausage



Amruta Prusty
First-Time Gastroposter
Waffles with bananas, syrup and whipped cream



Laura Readman
[@lreadman](#)
My best breakfast ever were these delicious lemon curd pancakes



Amrutha Harsha
[@sinfuleating](#)
A tall glass of mangoes, milk, honey and cardamom



Tammy Trevor
First-Time Gastroposter
Eggs Benny: a family favourite on a lazy Sunday morning



Suzanna Wong
[@smwong1](#)
Personal creation: breakfast poutine

JOIN US!

- ✓ Get your food pics & ideas published in the paper
- ✓ Be the first to find out about new Gastropost missions



NEXT MISSION: MEAT VS. VEGETABLES



Summer showdowns! By popular demand, every month this season we're getting into the fighting spirit by presenting a vs. mission. We're giving Gastroposters the power to determine which foods come on top in a series of delicious duels. This week, **it's an epic battle between meat and vegetables**. Do you prefer steaks or salads? Chicken pot pie or eggplant Parmesan? Sausages or spinach? Meat lovers unite! Vegetarians, vegans — and those of you who simply prefer veggies more — come together! Whether you're a carnivore or a herbivore, what are you waiting for? **Show us if it's meat or vegetables that take the plate!**

Photo of steak au poivre by Gastroposter James Ede

MISSION INSPIRATION



"Thursday in the summer is one of my favourite days of the week because it means going to the 124 Street Grand Market," Gastroposter **Jon Timms** says of this truly inspiring veggie vision. "This fresh corn along with the rest of the fresh produce just looked incredible."

GASTROPOST IT

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[gastropost.com](#)

DON'T HESITATE TO GET IN TOUCH WITH US. WE'D LOVE TO HEAR FROM YOU.

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