

Overnight Oats Three Ways



Ingredients

Blackberry and Apple (vegan)

42g Porridge Oats

70g Frozen or Fresh Blackberries

40g Apple Sauce

8g Chia Seeds

20ml Maple Syrup (or 20g Honey if not vegan)

160ml Unsweetened Almond Milk

Raspberry and Almond Butter (vegan)

42g Porridge Oats

70g Fresh or Frozen Raspberries

40g Almond Butter

8g Chia Seeds

20ml Maple Syrup (or 20g Honey if not vegan)

160ml Unsweetened Soya Milk

Blueberry and Tropical (vegan)

42g Porridge Oats

35g Fresh or Frozen Blueberries

35g Tropical Blend

Pinch of Ginger or Cinnamon

20ml Maple Syrup (or 20g Honey if not vegan)

150ml Unsweetened Almond Milk

Method

These keep well in the fridge for up to 5 days.

Mix all the ingredients together, put into a jar or glass, cover and refrigerate overnight (or at least 4 hours).

Add the toppings on the day you're going to eat.

Oat, Almond and Fruit Breakfast Balls



Ingredients

135g Porridge Oats

80g Dried Mixed Fruit

100g Set Honey

100g Almond Butter

½ tsp Ground Ginger

½ tsp Ground Cinnamon

1 tsp Vanilla Essence

10g Wheatgrass Powder

10g Chia Seeds

35ml Coconut Water

Method

Put all the ingredients except the coconut water into a bowl and mix well.

Add the coconut water and mix to a sticky ball.

Divide the mixture in 12 and roll into balls.

Put on a tray to refrigerate until hard.



Very Berry Smoothie



Ingredients

130g Four Seasons Frozen Summer Fruits, defrosted

1 Banana

100ml Cranberry Juice

15ml The Pantry Lemon Juice

Method

Chop up all of the fruit, then place in a blender with all the other ingredients.

Blend until smooth and serve immediately.

Mango, Pineapple and Kale Smoothie



Ingredients

200g Mango Chunks

200g Pineapple Chunks

30g Curly Kale

200ml Rio D'Oro Apple juice

Method

Chop the kale finely.

Put all the ingredients into a food processor and pulse till well blended and serve.

Breakfast.

Breakfast kick-starts your metabolism, helping you burn calories throughout the day. It also gives you the energy you need to get things done and helps you focus at work or at school. Those are just a few reasons why it's the most important meal of the day.

Boiled egg with soldiers



1 medium free-range egg

1 wholemeal bread slice

Small piece of softened butter, for spreading

1. Half-fill a small saucepan with water. Put on the hob over a medium heat and bring to the boil. Once boiling, gently lower the egg into the saucepan using a long-handled, slotted spoon. As soon as the water comes back to the boil, set the timer for 4 minutes. This will give you a lovely soft-boiled egg with a runny yolk, which is perfect for dipping your toast soldiers into. If you want the yolk to be slightly firmer, boil the egg for 5 minutes. If you want a hard-boiled egg with a firm yolk you will need to boil it for 7 minutes.
2. When the egg is done, carefully lift it out of the pan with a slotted spoon. Put it into an egg cup.
3. Pop the bread into the toaster and toast until golden brown. Put it on a chopping board and spread it with butter, then cut it into long strips to dip into the egg. Serve the egg with salt and pepper pots.

