

Breakfast Smoothies

Place ingredients into a blender and blend until smooth

FRUIT SMOOTHIE

1 banana chopped or 1/2 cup of fruit

3/4 cup milk

1/4 cup yoghurt

2T rolled oats

1 T seeds

1/2 tsp honey or maple syrup



PROTEIN POWER SMOOTHIE

1/2 cup milk

1/2 cup Greek yoghurt

1 banana- chopped

2T skim milk powder

1T peanut butter

1T milo

GREEN MACHINE SMOOTHIE

Handful of baby spinach

1 bobby banana (or 1/2 banana)

1 kiwifruit

1T seeds

1 cup milk



BOOST YOUR...

Vitamin intake by adding vegetables such as baby spinach, grated beetroot, carrot, or cooked cauliflower

Protein by adding skim milk powder, nuts, nut butter, or seeds and choosing milk/yoghurts higher in protein

Fibre by adding rolled oats, wheat germ, wheat biscuits, or vegetables

Healthy fats by adding nuts, nut butters, seeds, or avocado

Make Breakfast in Advanced with...

OVERNIGHT OATS

Serves 2 - 3

1 cup rolled oats
1 grated apple (skin on)
1 cup milk
1/2 cup plain yoghurt
3 T seeds e.g. pumpkin, sunflower,
linseed or chia
2 T dried fruit e.g. raisins or
chopped dates/apricots

Method

Mix all ingredients together, cover and refrigerate.

This keeps well for a couple of days.

Scoop what you need into a container before heading out the door.



CRUNCHY NUT TOPPER

Sprinkle this crunchy topper over porridge, wheat biscuits, or plain yoghurt. You can also add 1 - 2T to any of your smoothies.

Ingredients

70g or 1/2 cup each of:
Slivered Almonds
Pumpkin seeds
Sunflower seeds
Chopped peanuts
Plus (optional)
2 T desiccated coconut

Method

Dry fry on low heat in a large non-stick pan almonds, seeds and desiccated coconut.

Stir regularly until nut/seed mixture is lightly toasted.

Add chopped peanuts.

Store in an airtight container.

If you have a sweet tooth you can also add a little dried fruit with the peanuts.