



Muesli with Black Cherry

Breakfast

Serves: 12

Shopping & Ingredients List:

For muesli (makes 12 servings)

- 100g **Oat Flakes**
- 30g **Bran**
- 2 tbsp **Sunflower Seeds**
- 2 tbsp **Pumpkin Seeds**
- 2 tbsp **Linseed**
- 2 tbsp **Poppy Seeds**
- 2 tbsp **Almonds**
- 2 tbsp **Hazelnuts**
- 2 tbsp **Coconut Flakes**
- 50g **Ground Almonds**

For base & topping

- 100g **0% Total Greek Yogurt**
- 10 **Black Cherries**, stoned
or 10 Strawberries, handful
Blueberries/Raspberries



Method

1. Mix together muesli ingredients & store in air-tight container.
2. When making for 1 person, measure out 30g of muesli mix & layer with yogurt & fruit.

Macro info per serving

Protein
16.4g

Carbs
45.2g

Fat
9.4g

Energy
331kcal



Jewelled Porridge

Breakfast

Serves: 1



Shopping & Ingredients List:

30g Jumbo Oats *
2 tbsp Pumpkin Seeds
1 tbsp Chopped Walnuts
1 small Banana, sliced
2 tbsp Pomegranate Seeds
½ tsp Ground Cinnamon

**can use gluten free if required*

Method

1. Heat 300ml water, oats & cinnamon in a pan, stirring well until porridge has thickened. Takes 4-5 mins.
2. Pour into a bowl & top with remaining ingredients.

Macro info per serving

Protein
11g

Carbs
29g

Fat
23g

Energy
367kcal



Overnight Breakfast Shake

Breakfast

Serves: 1

Shopping & Ingredients List:

- 1 small tub of **0% Total Greek Yogurt**
- 30g **Jumbo Porridge Oats**
- 1 tsp **Sunflower Seeds**
- 1-2 fresh **Apricots** chopped
- 20g **Blanched Almonds** chopped



Method

1. Mix all the ingredients together with 100ml water & leave overnight in the fridge.
2. Next morning take 2-3 ice cubes & another 50-100ml water & blend with overnight oats to make a thick shake for breakfast.

Macro info per serving

Protein
15g

Carbs
35g

Fat
15g

Energy
335kcal



Plum & Honey Yogurt

Breakfast

Serves: 1

Shopping & Ingredients List:

- 4 **Plums**, cut into pieces
- 1 **tbsp Honey**
- 100g **0% Total Yogurt**



Method

1. In a small saucepan simmer the plums with 100ml water until a thick, lumpy puree. You may need to add more water.
2. Place puree in a container, mix through honey & chill in fridge overnight.
3. For breakfast layer the yogurt & plum puree.

Macro info per serving

Protein
12g

Carbs
52g

Fat
1g

Energy
265kcal



Spiced Pear Porridge

Breakfast

Serves: 1

Shopping & Ingredients List:

30g jumbo **Porridge Oats***
250ml **Skimmed Milk**
1 **Pear**, peeled & diced
½ tsp **Cinnamon**
¼ tsp grated **Nutmeg**
1 tsp **Honey**

**can use gluten-free if required*



Method

1. Place everything in saucepan & simmer, stirring until porridge has tickened. Serve immediately.

Macro info per serving

Protein
15g

Carbs
64g

Fat
5g

Energy
353kcal



Creamy Blueberry Porridge

Breakfast

Serves: 2



Shopping & Ingredients List:

- 6 tbsp Porridge Oats
- 100ml tub 0% Total Greek Yogurt
- 175g pack Frozen Blueberries

Method

1. Put the oats in a non-stick pan with 400ml water & cook over the heat, stirring occasionally for about 2 minutes until thickened. Remove from the heat & add a third of the yogurt.
2. Meanwhile, tip the blueberries into a pan with 1 tbsp water & gently poach until the blueberries have thawed & they are tender, but still holding their shape.
3. Spoon the porridge into mugs, stir in the remaining yogurt & spoon over the blueberries.

Macro info per serving

Protein
9g

Carbs
24g

Fat
2g

Energy
168kcal