



# Breakfast Menu

## Overnight Oats

*Plant Based Milk ( or your usual milk )*

*Organic oats*

*Mixed Fruit ~ Frozen/ Dried*

*Nuts /seeds /chia/hemp/pumpkin*

*Desiccated Coconut*

*Soaked in plant based milk of your choice, to this are numerous mixes and creations .I like to use a little desiccated coconut some goji berries or frozen fruit of some sort , berries are great as is mango ,grated/stewed apple works well with cinnamon and or cardamom. Adding nuts/ seeds adds texture as well as allowing them to soften for easier digestion.*

*Often I will add turmeric which makes a lovely mellow yellow breakfast ☼*

*If the weather changes overnight and it's a few degrees cooler simply warm up as porridge.*

*Add a dollop of yogurt ~ my favourite is Coconut Collaborative a few sliced fresh strawberries/banana / sprinkle of seeds if not already in the oats .*



## Smoothies

### Superfood Kickstart

*¾ pint Plant Based Milk*

*1 tsp each of Hemp Powder/ raw cacao powder/  
Maca powder*

*2 tsp nut butter*

*1 dessert spoon oats*

*½ banana (ideally frozen)*

*Blitz all adjusting to sweeten with a little date  
syrup if required .*

### Green Goddess

*1/2 pink grapefruit*

*½ orange*

*3 Kiwi fruit*

*½ banana (ideally frozen)*

*Handful of greens- spinach/ kale / Swiss chard*

*½ - 1 teaspoon of Spirulina*

*½ cup water or coconut water*

*Simply blitz all and enjoy .*

*Any leftover pour into lolly moulds and freeze!*



### Mango Marvel

*1 banana ( preferably frozen)*

*1 Orange*

*1 Cup Pineapple*

*1 Cup Mango (fresh or frozen)*

*2 Handfuls of. Lettuce from the garden ( if you have)*

*Blitz and enjoy*

**Saaaat Nam** 