



Breakfasts *Recipes*

Layered Overnight Oats

Serves 2



35g chia seeds

20g ground almonds

30g oats

½ tsp. ground cardamom

4 tps. lucuma powder

½ tsp. salt

¼ tsp. nutmeg

260 ml almond milk

2 Medjool dates, chopped

2 tbsps. carrot & apple puree

Broken walnuts

Toasted coconut flakes

Add the oats, chia seeds and ground almonds along with the spices, salt and lucuma powder to a glass jar. Gradually add the almond milk and the chopped dates, stirring all the time until you have a well-blended mixture. Refrigerate overnight.

To assemble, create layers of oat mixture and apple purée in dessert glasses or bowls. Top with a scattering of walnuts and toasted coconut flakes before serving.

Carrot, Apple & Ginger Purée

1 large Bramley apple	3cm piece of ginger, peeled & grated
4 Medjool dates, finely chopped	Caffeine-free Vanilla chai teabag (Pukka)
200g carrots (total peeled weight)	100ml boiling water

First brew the chai; place the teabag into a measuring jug and fill with around 100ml of boiling water; leave to stand for 5 minutes. Peel the carrots and cut into small cubes. Place the carrot into a medium saucepan along with 3 tbsps. chai and bring to simmer point. Simmer gently for 10 minutes or until the carrots are soft. Meanwhile peel the apple and cut into cubes. When the carrots are nearly cooked, add the apple and the dates. Reduce the heat and leave to simmer gently for 5-7 minutes or until the apple is soft. Add the ginger and blitz the mixture with a stick blender until smooth, adding more chai if necessary.

Chia & Coconut Breakfast Pots

Makes 4

4 tsps. tahini	1 tsp. cinnamon
250ml coconut cream	½ tsp. ground nutmeg
700ml unsweetened coconut milk	pinch of salt
1 tsp. honey	100g chia seeds

Use 4 jam jars with lids, sterilise in boiling water and dry in a warm oven prior to use.

Add everything except the chia seeds to a tall beaker and blend well with a stick blender. When the mixture is smooth and slightly frothy add the chia seeds and blend again. Refrigerate for several hours or overnight.

Blueberry Smoothie

Serves 1

½ glass frozen blueberries	1 tbsp. tahini
1 glass oat milk	1 tbsp. oat or coconut yoghurt
1 tsp. acai powder	tiny pinch of sea-salt

Blend together all the ingredients in a blender and then serve. If you want a thinner consistency add filtered, chilled water.

Tahini Porridge

Serves 1

40g oats	1 dsp. tahini
10g ground linseeds	½ tsp. cinnamon
1 tbsp. sunflower seeds	Pinch of ground vanilla pod
170 - 200ml almond or rice milk	¼ tsp. sea-salt

Place the oats, seeds, cinnamon and salt in a pan and stir continuously over a medium heat until creamy. Stir in the tahini and serve topped with additional fruit and/or coconut yoghurt.

Protein Granola

1tbsp. runny honey	100g of rolled oats
1 tbsp. of coconut oil, melted	100g ground almonds
½ tsp. salt	100g oat bran
½ tsp. of ground star-anise	50g sunflower seeds
1 tsp. of cinnamon	100g ground flaxseeds
1 tsp. of ground vanilla bean	50g chopped nuts of your choice

Preheat the oven to 150°C. Melt the coconut oil in a large pan and then add everything except the ground flaxseeds and chopped nuts. Spread on a large baking tray and bake for 20 minutes, stirring after 10 minutes. Add the nuts and bake for a further 10 minutes or until golden. The mix will get crunchier as it dries. Cool before storing in an air-tight container.

Cashew Nut Porridge with Pomegranate Seeds

Serves 1

40g oats	Pinch of ground vanilla pod
10g ground cashew nuts	¼ tsp. sea-salt
1 tbsp. sunflower seeds	
170 - 200ml almond or rice milk	Topping
1 dsp. cashew or almond butter	Sliced Plum or pear
½ tsp. cinnamon	Pomegranate seeds

Place the oats, ground cashews, cinnamon, seeds and salt in a pan and stir continuously over a medium heat until thick and creamy. Stir in the nut butter and serve topped with additional fruit and/or coconut yoghurt.

Paleo Bircher's Muesli

Serves 1

20g organic, gluten-free oats	½ tsp. cinnamon
10g flaked almonds	1-2 tsps. dried cranberries
10g milled flaxseeds	¼ tsp. sea-salt
1 dsp. sunflower seeds	110ml almond milk (approx.)
1 dsp. Lucuma powder	
1 tbsp. tahini	Topping
	Sliced Plum, fig or pear

Stir together all dry ingredients in a breakfast bowl and then add the almond milk. Stir until well mixed and then refrigerate overnight. Serve with fresh fruit, coconut yoghurt and/or extra flaked almonds.