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### Breakfast of champions

Start your day off strong with these delicious power bowls for breakfast. Pre-cook a batch of whole oats the night before and store in the fridge for up to 3 days. Gently warm in the microwave with a dash of milk for a filling breakfast with almost no clean-up!

#### 1. Peanut butter boost

Stir 1 Tbsp (15ml) peanut butter through 1 cup (250ml) warm cooked oats. Add a pinch of nutmeg and 1 tsp (5ml) brown sugar. Spoon into a serving bowl and garnish with 1 sliced banana and 1 Tbsp (15ml) toasted coconut flakes. Drizzle with honey (optional) just before serving. Serves 1.

#### 2. Berry blast

Heat  $\frac{1}{3}$  cup (60ml) mixed berries with 1 Tbsp (15ml) brown sugar and 2 Tbsp (30ml) water. Cook for 3-5 minutes to create a syrup. Fold through 1 cup (250ml) cooked oats. Spoon into a serving bowl and top with extra berries and 1 Tbsp (15ml) chopped walnuts. Garnish with mint leaves and whole berries. Serves 1.

#### 3. Tutti frutti

Heat  $\frac{1}{4}$  cup (60ml) almond milk and stir through 1 cup (250ml) cooked oats. Add a pinch of cinnamon and 1 Tbsp (15ml) honey. Spoon into a serving bowl and garnish with 1 sliced kiwi, 1 Tbsp (15ml) chopped pistachios and 1 sliced orange or grapefruit. Drizzle with honey

(optional) just before serving. Serves 1.



#### Power smoothies for busy students

These great smoothie recipes will help you get started in the morning, plus they're easy to take with you on the run. Prep some frozen fruit in advance and store in the freezer for smoothies in a jiffy!

##### 1. Moments in the sun

Blend 1 tub (150g) PnP coconut yoghurt, 1 small frozen banana cut into chunks, 1 tsp (5ml) ground turmeric, 1 tub (90g) passion fruit pulp and a pinch of pink Himalayan salt together until smooth. Serve with a squeeze of passion fruit.

##### 2. More, please

Blend 2 Tbsp (30ml) PnP Livewell peanut butter,  $\frac{1}{4}$  punnet (30g) fresh coconut chunks, 1 cup (250ml) double-cream plain yoghurt and 1 Tbsp (15ml) cocoa powder together until smooth. Add honey and a sprinkle of coconut flakes.

##### 3. Passion punch

Blend 1 handful rinsed and thoroughly chopped raw spinach,  $\frac{1}{2}$  cup (125ml) PnP Free From soya milk,  $\frac{1}{2}$  punnet (150g) peeled litchis, 2 Tbsp (30ml) passion fruit pulp, 5 mint leaves and a few ice cubes together until smooth. Add honey to taste and serve with a sprig of mint.



### Snack o'clock

Keep your energy up with these tasty snack recipes. Choose sweet or savoury, depending on your mood. These are great lunchbox top-ups, too!

#### 1. Puffed rice and nut bars

Place 3 cups (115g) puffed rice, 1 packet (100g) almond flakes,  $\frac{1}{2}$  packet (50g) pecan nuts,  $\frac{1}{4}$  cup (60ml) sesame seeds and  $\frac{1}{4}$  cup (60ml) pumpkin seeds in a large bowl. Heat  $\frac{1}{2}$  cup (175g) honey and  $\frac{1}{2}$  cup (140g) PnP Livewell smooth peanut butter. Add to dry ingredients and stir until coated. Press into an 18x18cm baking tin lined with baking paper. Drizzle with  $\frac{1}{2}$  cup (125ml) melted dark chocolate. Set aside to set. Slice and serve. Makes 36 squares.

#### 2. White bean dip

Place 1 can (400g) drained butter beans in a bowl. Add 2 Tbsp (30ml) tahini, 1 finely chopped garlic clove, 1 Tbsp (15ml) olive oil, juice (60ml) and grated lemon peel of 1 lemon, and a handful of finely chopped dill. Mash with a fork and serve with baby vegetables or crackers. Serves 6.

#### 3. Homemade chai tidbits

Blitz 2 cups (500ml) oats. Add 2 packets (200g) chopped dried apricots, 1 packet (100g) chopped almonds,  $\frac{1}{4}$  cup (60ml) honey,  $\frac{1}{4}$  cup (60g) melted butter, 2 tsp (10ml) ground cinnamon, 1 tsp (5ml) ground ginger and a pinch each of ground cloves, ground nutmeg, white pepper and ground cardamom. Roll into 6 ropes and snip into 1cm pieces. Toss into  $\frac{1}{4}$  cup (25g) desiccated coconut. Store in an airtight container. Makes 100 nuggets.