



Oat Breakfast Ideas

Oats are brilliant for breakfast and giving you a steady supply of energy to start the day.

Porridge can get a bit boring but there's also homemade granola or muesli as well as many other recipes. These recipes below are just some I like, all are designed to be portions for one.

Overnight Oats

Ingredients:

- 40g rolled [oats](#)
- 1 [apple](#), chopped as you prefer
- 20g mixed nuts, roughly chopped
- ¼ tsp ground [cinnamon](#)
- ¼ tsp ground [nutmeg](#)
- 100g full-fat or 0% Greek [yoghurt](#) or thick yogurt
- 50ml [milk](#)
- Handful of [blueberries](#)
- 10g [flaked almonds](#) or seeds scattered on top

Method:

- 1) Mix everything together the night before and leave ready for morning

Tips:

- Use up fruit and nuts which you have, for example a banana or raspberries
- Frozen berries are good too and often cheaper with less waste
- Don't worry if you don't have the cinnamon or nutmeg, just make it without



Alternative porridge:

Choose your milk- coconut, almond or oat are other alternatives to milk. The recipe can of course be made with normal milk or any alternatives. Try to use what you have in the cupboard rather than making a special trip.

I mention whole or rolled oats because these will allow for a slower digestion than instant oats and therefore keep you feeling satisfied for longer.

This is a more adventurous recipe!

Ingredients:

- 40g Rolled Oats
- 200ml Coconut milk
- 100ml Water
- Zest of half an Orange
- Sweeten with Maple Syrup or Honey

Tips:

Good additions to your standard porridge are:

- 1) 15g Chopped nuts/seed mix
- 2) 20g Nut butter (cashew, peanut, almond) Look for wholenut mixes such as Whole Earth
- 3) Berry mix- A handful of blueberries or whatever you have around



No flour Protein Pancakes

Maybe one to try on a weekend...

Ingredients:

- 1 ripe banana mashed
- 2 large eggs whisked a bit
- 30g oats
- ¼ tsp cinnamon
- 1 scoop of plain or vanilla protein powder (ask me for advice if you're unsure which)
- Serve with a dollop of 0% Greek yogurt and a drizzle of maple syrup.

Method:

- 1) Mix all the ingredients in a blender
- 2) Add a scoop one at a time to a hot frying pan and cook as you would a normal pancake



Breakfast smoothie

Good for a busy day, super quick and easy!

Ingredients:

- 1 banana
- 90g frozen mixed berries
- 30g rolled oats
- 190ml semi-skimmed milk
- 50g natural yogurt

Method:

- 1) Blend them all together
- 2) Pour in and glass and enjoy

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