

BREAKFAST SMOOTHIE BOWL

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Ingredients

- 250g live, plain, dairy yogurt or vegan, plain yogurt
- 2 ripe, medium sized, peeled bananas
- 30g rolled oats
- 120g frozen mixed berries, defrosted
- 80g muesli (no-added-sugar)
- 20g mixed seeds i.e., sunflower, pumpkin, poppy, linseeds
- 30g walnuts, chopped
- 150g fresh seasonal fruit such as blueberries, raspberries, kiwi fruit, blackberries, strawberries

Method



Peanut Butter

 Preheat the oven to 200C/180C fan/gas 6. Add the peanuts to a large baking tray, place in the oven and roast for 10 mins, once golden, remove from the oven and leave to cool. Add the peanuts to a food blender and add the salt. Blend for 3-5 mins, until you're left with a smooth nut butter.



Chia Jam

 Add the strawberries to a small saucepan over a medium-high heat, stirring occasionally until the fruit begins to break down. Use a spoon to mash the fruit leaving some chunks. Stir in the chia seeds. Remove from the heat and leave to cool for 5 minutes.



Oats

Mix the oats, kefir or milk, apple and 1 tbsp of peanut butter in a jar. Leave for 2 hours or overnight in the fridge.



To Serve

Top the oats with an extra tbsp peanut butter and 2 tbsp chia jam.

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KEFIR TZATZIKI WITH SWEET POTATO WEDGES

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Ingredients

- 250g shop bought kefir natural yoghurt
- 1 cucumber, grated
- · 1 garlic clove, minced
- · handful of parsley, finely chopped
- 1 tbsp lemon juice
- ½ tsp paprika
- 1 200g tin of chickpeas
- · sea salt
- 2 sweet potatoes
- 1 tbsp olive oil

Method



Preheat the oven to 200C/180C fan/gas 6. Slice the sweet potatoes into wedges. Place on a baking tray, drizzle with olive oil and season. Cook for 35-40 minutes.



For the kefir tzatziki, squeeze the liquid from the grated cucumber. Mix the cucumber, garlic, lemon juice, salt, paprika, chickpeas and most of the parsley into the thickened <u>kefir</u> until well combined.



Garnish with the remaining parsley and a drizzle of extra virgin olive oil. Serve with the sweet potato wedges.



MILK KEFIR

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Ingredients

- 5g milk kefir grains per 250ml milk
- · 250ml whole milk

Equipment

- 500ml jar
- gauze
- wooden or plastic spatula
- · plastic sieve
- · rubber band

Method



Wash your jar in hot soapy water, then place it in the oven at 100°C for 15-20 mins to sterilise it, then leave to cool.



Add the milk kefir grains to the 500ml jar and pour the milk over the top. Give the milk a gentle stir with a clean spoon to evenly distribute the microbes. Cover the jar with the gauze and fix it in place with a rubber band.



Set aside for 24 hours at room temperature, keeping the jar away from direct sunlight.



After 24 hours, stir and judge its taste and consistency. When the milk has thickened and tastes pleasantly tangy, it's ready. If not, replace the gauze and rubber band and continue fermenting at room temperature for another 24 hours.



Once ready, strain the grains out by pouring the jars contents through a sieve over a bowl to catch the finalised kefir. Transfer milk kefir to a clip top bottle, it can be used immediately or covered tightly and stored in the fridge for up to one week.



STRAWBERRY CHIA JAM AND PEANUT BUTTER OVERNIGHT OATS

thegutstuff.com

Ingredients

chia jam

- 300g fresh or frozen strawberries
- · 1 tbsp chia seeds

peanut butter

- · 250g peanuts
- · sea salt

oats

- 80g oats
 - 300ml kefir/yogurt or milk (dairy, plant, nut
 - · or other milk)
- · 2 grated apples with skin on

Method



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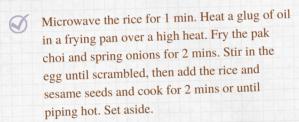
SPICY TERIYAKI PRAWNS & SESAME FRIED RICE

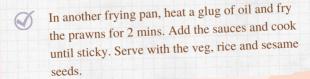
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Ingredients

- c125g microwave brown basmati rice
- oil, for frying
- · 2 baby pak choi, halved
- 2 spring onions, cut into 3cm slices
- 1 medium egg, lightly beaten
- 1 tbsp toasted sesame seeds, plus more to serve
- 50g raw king prawns
- 3 tbsp teriyaki sauce
- 2 tsp chilli sauce (such as sriracha)

Method







SPINACH & CHICKPEA CURRY

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Ingredients

- 2 tbsp mild curry paste
- · 1 onion, chopped
- · 400g can cherry tomatoes
- 2 x 400g cans chickpeas, drained and rinsed
- 250g bag baby leaf spinach
- squeeze lemon juice
- · basmati rice, to serve

Method

