

Class Date: 30 April 2020

Ingredients for 4 great recipes for plant based energising breakfasts

Chia Pudding with homemade hemp milk

- Chia seeds
- Hemp hearts (or any other nuts or seeds, pumpkin, sunflower, almonds)
- Cinnamon or cardamom or both
- Fruit toppings (Whatever you have available)

Overnight Peanut butter Oats

- Oats
- Plant milk
- 1 apple
- Cinnamon
- Cacao nibs/cacao

Scandi Snowballs

- Oats
- Coconut oil
- Sweetener (agave, maple, honey)
- Desiccated coconut

Pancakes

- Flax seeds
- Peanut butter
- Baking powder
- Bicarbonate of soda
- Salt
- Plant milk
- Oat flour (you can make it by whizzing up oats)
- Buckwheat flour
- Coconut oil
- 1 apple or 1 banana