

Overnight Oats



A Versatile Breakfast



The base...

♡ 40g plain rolled or porridge oats

♡ 160g your favourite low fat or fat-free yoghurt

☆ Remember to always check measurements for accurate calorie readings

Almond Joy

The background of the page features a collage of almond-related images. On the left, there's a close-up of a almond's textured surface. In the center and right, there are several almonds scattered on a light-colored surface, and a white bowl filled with almonds is visible on the right side.

2 teaspoons chia seeds

2 teaspoons maple syrup or honey

2 Tablespoon cocoa powder

1 Tablespoon unsweetened shredded coconut
(plus more for topping, if desired)

1 Tablespoon slivered or sliced almonds
(plus more for topping, if desired)

chocolate chips optional for topping

Apple Crumble

- 
- 2 teaspoons chia seeds
 - 1/2 cup chopped apples (*plus more for topping, if desired*)
 - 1 teaspoon ground cinnamon
 - 1-2 teaspoons maple syrup or honey

Banana Nut



2 teaspoons chia seeds

1/2 very ripe mashed banana
(or chopped up if preferred)

1 teaspoon maple syrup

1/2 tsp ground cinnamon

1/4 tsp nutmeg

2 Tbsp walnuts, chopped

Blueberry Muffin



2 teaspoons chia seeds

1/4 tsp vanilla extract

1 tablespoon almond butter

1-2 teaspoons maple syrup or honey

1/4 cup fresh blueberries plus more for toppings

Carrot Cake



2 teaspoons chia seeds

1 Tbsp maple syrup or honey

1/2 teaspoon ground cinnamon

1 Tbsp grated carrots
(plus more for topping if desired)

1/2 Tbsp shredded coconut
(plus more for topping if desired)

1 teaspoon chopped pecans

1/2 teaspoon raisins optional, plus more for topping

PB + J



1/2 teaspoon coconut sugar or honey (*optional*)

1/2 teaspoon vanilla extract

2 Tablespoons seedless strawberry or raspberry jam
(*plus more for layering*)

2-3 Tablespoons smooth or crunchy peanut butter
(*plus more for layering*)

A handful of strawberries for topping, optional

1/4 teaspoon chopped peanuts for topping, optional



Chocolate

2 - 3 tsp cocoa powder, to taste

1 Tbsp creamy peanut butter (*optional*)

1/2 well-ripened banana, mashed

1/4 tsp vanilla extract

1/2 Tbsp mini chocolate chips for topping (*optional*)

1 Tbsp shredded toasted coconut, for topping (*optional*)

Jaffa Cake



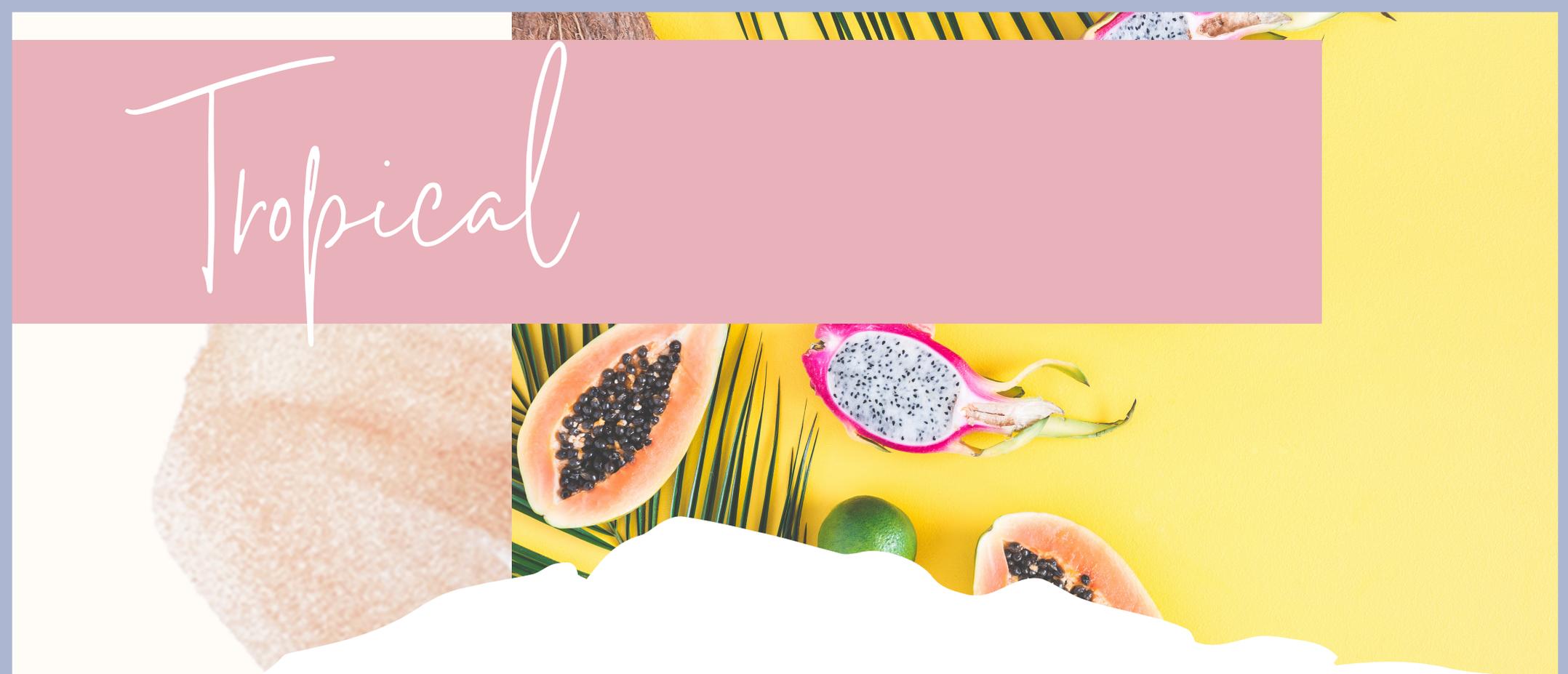
1 1/2 tbs cocoa powder

1 tbs maple syrup

1 tsp vanilla extract

juice and zest of 1 orange

Tropical



1/2 teaspoon vanilla extract

Pinch of salt

0–2 tablespoons honey or maple syrup

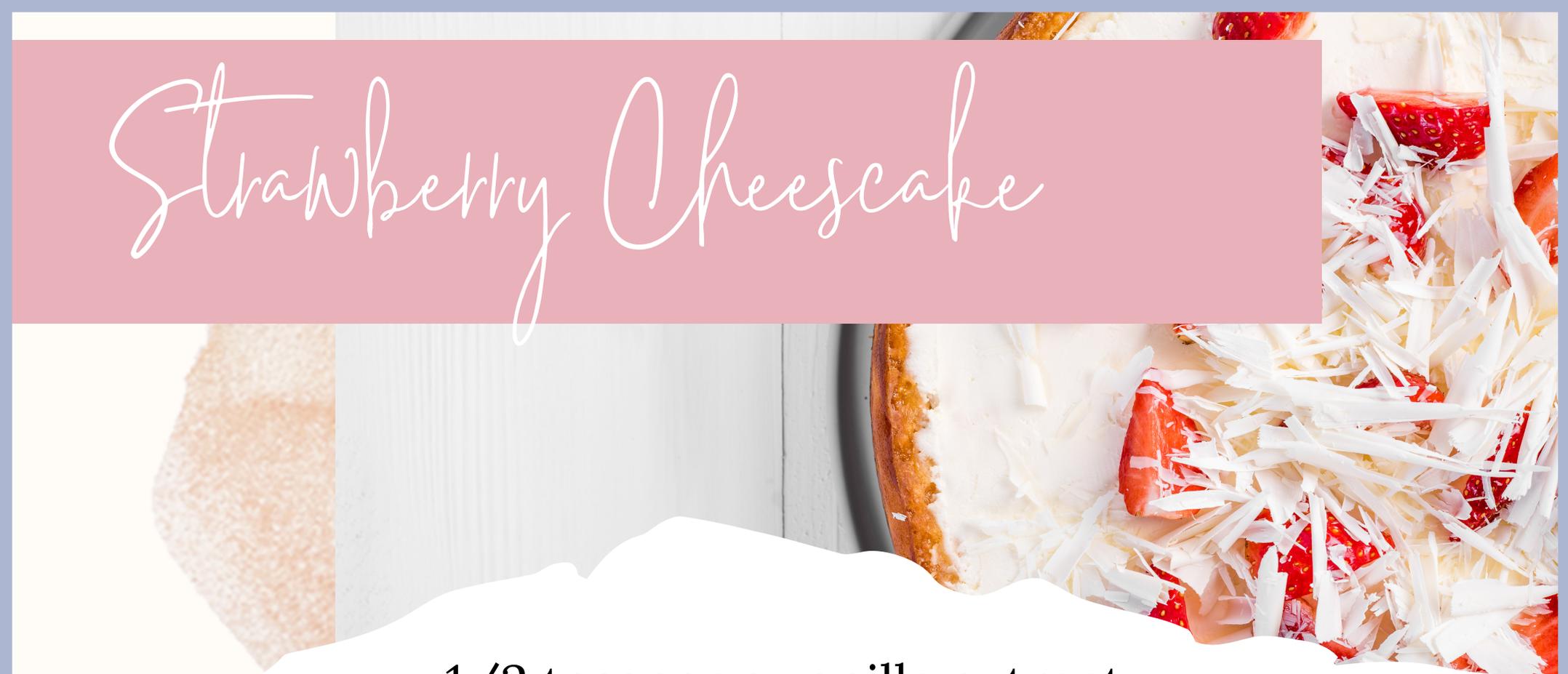
1/3 cup chopped fresh or canned pineapple

1/3 cup chopped ripe mango

1/2 ripe banana, chopped or mashed

2 tablespoons unsweetened flaked coconut

Strawberry Cheesecake



1/2 teaspoon vanilla extract

Pinch of salt

0–2 tablespoons honey or maple syrup

1/4 cup chopped fresh strawberries

3 tablespoons softened cream cheese

Zest and juice of 1/2 lemon

Black Forest



2 small pears, grated

1 tbsp cocoa powder

1 tbsp maple syrup or honey, plus extra to serve (*optional*)

200g cherries, halved and pitted

2 squares dark chocolate, grated



Neapolitan

Chocolate

2 teaspoons cocoa powder
1/2 tablespoon maple syrup
(or any kind of sweetener)

Vanilla

1/4 teaspoon
vanilla extract
1 teaspoon honey

Strawberry

2 large strawberries
1/2 teaspoon chia seeds
1/2 teaspoon honey
pinch of salt

Maple French Toast



1 banana, mashed

1/2 teaspoon cinnamon

1/2 teaspoon vanilla extract

1 tablespoon Maple Syrup

Berries for topping