

Breakfast Bonanza

Oatly Brilliant!



Brainy Breakfast Bars

Ideal for breakfast on the go!

Ingredients:

- 100g butter
- 100g brown sugar
- 4 tablespoons honey
- 250g oats
- 2 tablespoons sunflower seeds
- 2 tablespoons linseeds
- 1 tablespoon pumpkin seeds

Equipment:

- Hob
- Saucepan
- Wooden spoon
- Mixing bowl
- Shallow oven-proof dish
- Oven

Method

1. Melt the butter in a pan, add the sugar and honey and heat until combined.
2. Put the oats and seeds in a bowl and add the butter, sugar and honey mixture. Mix well.
3. Transfer to a greased oven-proof dish
4. Bake at 180°C until golden

Try adding dried fruit such as apricots, raisins or cranberries, or adding different nuts or seeds such as sesame seeds, cashew nuts or soy nuts.

Perfect Porridge

Oats are a good source of slow-release energy, helping to control dips in concentration and alertness. Porridge is also readily adapted to suit a wide variety of tastes!

Basic Porridge Recipe

Ingredients:

- 50g oats
- 350ml milk or water

Equipment:

- Hob
- Saucepan
- Wooden spoon

Method

1. Put the oats and milk or water into a saucepan.
2. Bring to the boil then simmer for 5 minutes.

Topping Ideas

- Dried fruit such as mango, cherries or coconut
- Fresh fruit such as bananas, blueberries or raspberries
- Honey or golden syrup
- Cinnamon or nutmeg
- Seeds for example sunflower, pumpkin or linseeds
- Nuts such as almonds, hazelnuts or soy nuts
- Reduced-sugar jam
- Reduced-fat peanut butter