

RECIPES

CACAO PEANUT BUTTER SMOOTHIE

1 cup almond Milk
1 heaped Tbs Cacao powder
1-2 Tbs peanut butter
1 frozen banana
2 tsp Mummy Milk Powder
Ice
Squeeze of honey (optional)
Blend & enjoy!

BERRY SMOOTHIE

1 cup fresh or frozen berries
2 tablespoons of yoghurt (your choice)
2 tsp of our Mummy Milk Powder
100ml milk (your choice)
1 tsp chia seeds
1 tsp honey
Blend & enjoy!

PINEAPPLE SMOOTHIE

1 frozen banana
4-5 pineapple pieces
Cucumber slices 1/2 kiwi (skin on)
1/4 avocado
Handful of baby spinach
Unsweetened almond milk
2 tsp of our Mummy Milk Powder
Blend & enjoy!

OVERNIGHT OATS

- 1/3 cup oats
- 1 Tbs chia seeds
- 2 tsp of our Mummy Milk Powder
- 1/2 cup milk (your choice)
- Handful of blueberries (can use frozen)
- Squeeze of honey

Combine the rolled oats and chia seeds with your choice of milk in a mason jar or bowl. Add a few blueberries, cover and leave in the fridge overnight. The next morning, you can heat the glass jar up in the microwave for a hot breakfast or enjoy cold straight from the fridge. Add fresh fruit, crushed nuts and a squeeze of honey.

CHOC CACAO BLISS BALLS

- 1 cup almonds
- 2 tsp of Mummy Milk Powder
- 1/3 cup raw cacao
- 1/2 cup shredded coconut + 1/2 cup for rolling
- 1/2 cup cranberries
- 3 medjool dates
- 1-3 Tbs boiling water

Blitz almonds in food processor 1-2 mins
Add all remaining ingredients (except water) and blitz for another 1-2 mins
Once mixture is combined, slowly add water until all ingredients are combined (you may not need all water).
Roll into balls and in cover in coconut.
Place in fridge to set