

Apple Mug Cake - Microwaved

Servings: 1 | Time: 10min | Estimated cost per person: £1

Average fibre per serving: 5g



Equipment



Bowl



Microwave



Blender

Ingredients



1 tbsp of **porridge oats**



1 apple



1 tsp baking powder



1 **egg**



1 tbsp of cocoa powder

Top tips

Great idea for a quick breakfast or dessert

Add toppings like nuts or fruit for extra fibre and beneficial fats!

Instructions



1. Blend the oats until they turn to flour or use oat flour.
2. First, blend the apple and the egg until bubbles appear. Then, add the rest of the ingredients.
3. Serve the mixture into a microwave safe bowl and microwave for 3mins.
4. Let it cool for a minute, then add your desired toppings. Enjoy while warm !

Allergens (**in bold**): eggs, gluten (oats)



Oat and cinnamon pancakes

Servings: 2-3 | Time: 15-25 minutes | Estimated cost per person: £0.50

Average fibre per serving: 4g



Equipment



Bowl



Oven



Blender



Ingredients

- 1 cup **rolled oats**
- 1 cup milk
- 1 **egg**
- 1 tablespoon maple syrup or honey (optional, for sweetness)
- 1 teaspoon baking powder
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- Pinch of salt

Top tips

- you can blend these into oat flour if you want a smoother batter
- milk options include both dairy and plant based milks like almond milk
- 1 tablespoon melted butter or coconut oil (optional, for extra richness)

Instructions



- 1 Blend Oats: If using rolled oats, blend them into oat flour.
- 2 Mix Wet Ingredients: Whisk together milk, egg, maple syrup, vanilla, and melted butter.
- 3 Mix Dry Ingredients: Combine oat flour, baking powder, cinnamon, and salt.
- 4 Combine: Stir wet and dry ingredients until just combined. Adjust with more milk if needed.
- 5 Cook: Heat a greased skillet over medium. Pour 1/4 cup of batter per pancake. Cook 2-3 minutes per side, until golden.
- 6 Serve: Top with fruit, syrup, or yogurt. Enjoy!

Allergens (**in bold**): eggs, gluten (oats)

Light & Wholesome Tiramisu

Servings: 2 | Time: 10min | Estimated cost per person: £1

Average fibre per serving: 5g



Equipment



Bowl



Spoon



Sieve

Ingredients



50 ml of Black coffee

50 ml of **milk**



2 slices of **whole meal bread**

2 tbsp of **porridge oats**

1 pot of **yoghurt**



1 tsp of cocoa powder

Top tips

Could use some vanilla or other flavoured fat-free Greek yogurt to add a little sweetness

Instructions



1. Mix the black coffee and milk well and soak the bread.
2. Place the soaked bread into another bowl
3. Place the oats and then yoghurt on top of the soaked bread
4. Repeat steps 2 & 3
5. Chill for 2 hours
6. Sift the cocoa powder on top, enjoy!

Allergens (**in bold**): dairy (milk, yoghurt), gluten (bread, oats)

Heart Protective Yogurt

Servings: 1 | Time: 3mins | Estimated cost per person: £1

Average fibre per serving: 7g



Beneficial
Fats



Equipment



Bowl



Spoon



Kinfe and
Cutting board

Ingredients

1 pot of **greek yogurt**

1 banana

1-2 teaspoon of (milled)

brown flaxseed



Top tips

- 1 of 2 dairy a day
- Good source of calcium, fibre and omega 3
- Can choose milled brown flaxseed for better texture

Instructions



1. Cut banana in pieces
2. Put banana pieces into yogurt
3. Put 1-2 tsp of brown flaxseed into yogurt
4. Enjoy!

Allergens (**in bold**): milk (yogurt), seeds (look at the label for more information)



Overnight Oats



Servings: 1 | Time: 3min | Estimated cost per person: £1

Average fibre per serving: 7g

Equipment



Jar



Spoon

Ingredients



3 tbsp of **Porridge oats**

100ml of **Milk**

1 pot of **greek yoghurt**

1 tsp of **flaxseeds**

1 tsp of Honey

1 banana



Top tips

You could top the overnight oats up with any fruits you like, an apple or a handful of berries would be good options as well.

Instructions



1. In a jar (or bowl), mix the oats, milk, and yoghurt.
2. Stir in honey and flaxseeds or chia seeds.
3. Cover and refrigerate overnight for at least 6 hours.
4. Before serving, top with fruits.
5. Enjoy cold or warm it up if preferred!

Allergens (**in bold**): milk (milk, yoghurt), gluten (oats), seeds (look at the label for more information)

Cottage Cheese & Fruit Bowl

Servings: 1 | Time: 10mins | Estimated cost per person: £3

Average fibre per serving: 5g

Beneficial
Fats

High
Fibre

Low salt
tips

Equipment



Bowl

Ingredients

- ½ cup **cottage cheese**
- ½ cup mixed fruit
(banana, berries, mango)
- 1 tsp **flaxseed**



Top tips

- Can choose any fruit, nuts and seeds you like!
- It is a breakfast or snack with fibre and healthy fat, good for your heart!

Instructions

1. Mix all ingredients in a bowl
2. Enjoy!



Allergens (**in bold**): May contain milk, seeds and nuts