

RECIPE



RECIPE TITLE

Smoothie Bowl

FOR

4 Servings

FROM THE FEATURE

The Alpro Day

CONTRIBUTOR

Alpro
www.alpro.com

SISTERMAG
N°30

INGREDIENTS

Alpro Go On
Quarkalternative
Natur

1 Half Glass Oatmeal

Alpro Sojadrink
Natur

1 Banana

For one Red Smoothie:
Berries (raspberries,
currants, blueberries)

For one green Smoothie:
Spinach, Pear, Kiwi

Toppings:

fresh fruits, Chia,
Linseed, desiccated
coconut

STEPS

1. Puree the banana with the Alpro Quarkalternative and the oatmeal until they get a creamy consistency.
2. Add your fruit or vegetables. If the Smoothie Bowl is too firm, gradually add some Alpro Soyadrink.
3. Fill your smoothie mixture and a flat bowl or a glass and decorate it as you wish - for example in individual lines!

RECIPE



RECIPE TITLE

Vegan Breakfast Cookies

FOR

7-8 Cookies

FROM THE FEATURE

The Alpro Day

CONTRIBUTOR

Alpro
www.alpro.com

SISTERMAG
N°30

INGREDIENTS

1		ripe banana
1		cup of oatmeal
2	tbsp	apple sauce
1-2	tbsp	Alpro Oatmeal
1	tsp	cinnamon
		Kakaonibs, small apple pieces or raisins as desired
		Agave syrup or other sweetener as desired

STEPS

1. Blend all ingredients in a large bowl until they reach an even consistency. If the dough is too thick or thin, add some oatmeal or alpro oatmeal as required.
2. Give the dough a spoonful of a sheet of baking paper and shape it into flat, round biscuits.
3. Bake the biscuits in the preheated oven at 180 ° C for about 25-30 minutes or until the biscuits are golden brown. Cook the finished cookies for a few minutes on the tin, then let them cool on a grate.
4. Tip: The finished biscuits hold in a closed container for about one week, so they can also be prepared in larger quantities.

RECIPE



RECIPE TITLE

Overnight oats

FOR

2 Portions

FROM THE FEATURE

The Alpro Day

CONTRIBUTOR

Alpro
www.alpro.com

SISTERMAG
N°30

INGREDIENTS

30	g	rolled oats
25	g	almonds, chopped
100	g	Alpro Simply Plain Big Pot
120	ml	cup Alpro Oat Drink
1/2		banana
		Pinch of salt
		Pinch of cinnamon
		fresh berries

STEPS

1. Stir all the ingredients except the almonds together in a bowl.
2. Place in fridge overnight to let the magic happen.
3. In the morning top with some crunchy nuts.
4. And that's it. Enjoy!

RECIPE



RECIPE TITLE

Heaven can wait Porridge

FOR

1 Portion

FROM THE FEATURE

The Alpro Day

CONTRIBUTOR

Alpro
www.alpro.com

SISTERMAG
N°30

INGREDIENTS

1		apple
1		fresh lemon
250	ml	Alpro Almond Unsweetened
75	g	porridge oats
		Honey
		Sprigs of mint
		Pinch of cinnamon
		fresh mint, chopped
		Whole, skin on almonds, chopped

STEPS

1. Core and finely chop the apple and squeeze a little lemon juice over it.
2. Pour the Alpro Almond Unsweetened into a small pan with a pinch of cinnamon and the porridge oats.
3. Cook for 3 minutes, remove from the heat, sweeten with honey and add the freshly chopped mint. Leave to cool for a minute.
4. Divide the apple between 4 bowls, pour the porridge over it and then sprinkle on the chopped almonds. Add a sprig of mint as a final flourish.

RECIPE



RECIPE TITLE

Oat Bites

FOR

10 Servings

FROM THE FEATURE

The Alpro Day

CONTRIBUTOR

Alpro
www.alpro.com

SISTERMAG
N°30

INGREDIENTS

1	tbsp	coconut oil
1½	tbsp	honey
1	tbsp	cinnamon
120	g	apple sauce
125	g	oats
150	g	frozen raspberries
80	ml	Alpro Oat Original Drink

STEPS

1. Pre-heat the oven to 180°C / fan 160oC / gas 4.
2. Melt the coconut oil and mix with the apple sauce until well blended and smooth. Add the Alpro Oat Original, honey and cinnamon and mix well to produce a smooth texture. Add the oats and blend well. Fold in the raspberries.
3. Pour the batter into a greased 15cm square baking tray and bake in the middle of the oven for 15-20 minutes until golden brown.
4. Let it cool down to room temperature before dividing into 10 equal portions. Enjoy!