

## RECIPE



RECIPE TITLE

**Banana Chocolate Granola**

FROM THE FEATURE

Alpro Breakfast Club

CONTRIBUTOR

SISTERMAG

N°33

### INGREDIENTS

- 500 g (or 1 pot) Alternative to Yoghurt with Coconut
- 2 bananas
- 12 tbsp granola
- 60 g chocolate (70% cocoa solids), grated (optional)

### STEPS

1. Chop the bananas into pieces.
2. Pour the Alternative to Yoghurt with Coconut into a bowl.
3. Add the banana pieces, granola and grated chocolate.
4. Enjoy your banana split!

## RECIPE



RECIPE TITLE

**Red Velvet Smoothie**

FROM THE FEATURE

Alpro Breakfast Club

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### INGREDIENTS

200 g Alternative to Yoghurt

70 g beetroot, cooked and chopped

70 g pink grapefruit, cut into pieces

### STEPS

1. Put all the juicy ingredients, including the Alternative to Yoghurt, into a blender.
2. Let your blender work its magic.
3. Enjoy the velvety goodness!

## RECIPE



RECIPE TITLE

**Red Fruit Breakfast**

FROM THE FEATURE

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### INGREDIENTS

600 ml Almond roasted Unsweetened

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120 g bran flakes

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400 g red fruit

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4 tbsp almond flakes, roasted

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### STEPS

1. Divide the bran flakes between four bowls and top with the Almond roasted Unsweetened.
2. Top with the red fruit and roasted almond flakes.
3. Quickly! Serve immediately.

## RECIPE



RECIPE TITLE

**Spicy Avocado on Toast**

FROM THE FEATURE

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### INGREDIENTS

2 1/2 tbsp Alternative to Quark

4 slices bread

1 avocado

1/2 tsp chilli flakes

1 1/2 tsp lemon juice

### STEPS

1. Toast the bread slices.
2. Peel, stone and mash the avocado with a drizzle of lemon juice. Add the Alternative to Quark and chilli flakes, season.
3. Spread the avocado mix on the toasts with some extra chilli flakes. Yum!

## RECIPE



RECIPE TITLE

**Oat Pancakes**

FROM THE FEATURE

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### INGREDIENTS

45 ml Oat Original Drink

15 g plain flour

11 g quick cooking oats

1/4 tbsp caster sugar

1/4 tsp baking powder

1/10 tsp salt

1/3 tsp vanilla extract,

1/2 tbsp vegetable oil

1 egg

### STEPS

1. Place all the ingredients, including the Oat Original Drink, in a food processor and blend until smooth.
2. Heat a lightly oiled frying pan over medium heat.
3. Pour or scoop the batter onto the griddle, using approximately 12-25ml of the batter mix for each pancake.
4. Brown on both sides and serve hot. Oat-so-tasty!