

EDIBLE PLANT POTS

150g cottage cheese
50g wholemeal croutons, buy them and blitz them to a powder in the food processor
your choice of vegetables; carrots, cucumber, things you can eat raw or lightly cooked.

METHOD:

Layer the cottage cheese into a glass, mug or even a clean plant pot, top with the crumb to make the 'soil'. Push in the veggies to make it look like a garden, simple! Pretty to look at and tasty to eat, plus it'll give you a boost!



SOFT BOILED EGGS AND MARMITE SOLDIERS

2 eggs
2 slices toasted wholemeal bread
Marmite

METHOD:

Heat a saucepan of salted water until it boils, add the eggs and set a timer for 6 minutes. Take your warm toast, spread with butter and Marmite and slice into 'soldiers'. Take the tops off the eggs and get dipping!



HONEY, FRUIT AND NUT GRANOLA BARS

Pre-heat the oven to 160°C.

100g butter, melted
200g porridge oats
200g mixed nuts and seeds, buy them already done to save time and money
100g bag mixed dried fruit, cranberries, golden raisins etc.
85ml runny honey

METHOD:

Mix everything in a large bowl, pour the mix into a baking paper lined baking tray and bake for 30 minutes, allow to cool before slicing.



COCONUT CHIA POT AND FRUIT COMPOTE

30g chia seeds
100ml coconut milk
Your favourite selection of berries, lightly dusted with caster sugar and left for about an hour to macerate (they will create their own syrup).
Toasted coconut shavings

METHOD:

Soak the chia seeds in the coconut milk for about 20 minutes. Arrange the fruit on a plate or top the chia seeds with them and finally top with the toasted coconut.



CINNAMON BAKED PLUMS AND APPLES, OAT CRUMBLE, CRÈME FRAICHE

2 ripe plums, stone removed and quartered
2 red eating apples, cored and 1cm diced
45g caster sugar
100ml water
75g porridge oats
15g butter, melted
¼ teaspoon vanilla extract
80ml crème fraiche

METHOD:

Preheat the oven to 180°C.
Boil the water and sugar until half of the water has gone, add the plums and apples, remove from the heat and leave for 5 minutes. Mix the melted butter and the oats. Put the apple and plum mix into an ovenproof dish and top with the oats. Bake for 15 minutes. Stir the vanilla extract into the crème fraiche. Spoon the crème fraiche on top of the crumble and get stuck in!



PEANUT BUTTER AND BANANA WHOLEMEAL TOASTIE

Toast 3 slices of wholemeal bread and make a triple decker, layering crunchy peanut butter with thinly sliced bananas.

