

## QUICK BREAKFAST IDEAS

### Strawberries and Cream

#### Ingredients

- 1/2 cup old rolled oats
- 1/2 cup milk of your choice
- 1/2 cup strawberries, chopped
- 1/4 cup plain/vanilla yogurt
- 1 tablespoon mini chocolate chips

#### Instructions

Add 1/2 cup oats and a pinch of salt to the bottom of a Mason jar or Tupperware container.

Add 1/2 cup plain or flavoured yogurt on top of the oats

Add fruit on top of the yogurt, then cover with milk of choice, including almond or cashew milk.

Put the lid on the container, shake everything together, and let it sit overnight.



### Spicy avocado on toast

#### Ingredients

- 2 slices bread of your choice toasted.
- 1/2 a ripe avocado
- 1-2 Tbsp (5-10 g)
- Pinch red pepper flake

#### Instructions

Toast bread in the oven or toaster. Top with ripe avocado and use a fork to smash. Top with parmesan cheese and red pepper flake.

You can also add an optional egg

