



BRING BACK BREAKFAST



Pistachio Mess



#BringBackBreakfast





Pistachio Mess

Prepare approximately 5-10mins

Ingredients

- **200g Jersey Dairy natural yogurt**
- **3 fresh ripe figs**
- **2 tsp crushed pistachios**
- **1 tsp honey**

246Kcal
25.6g Carbohydrate
20.9g of which are sugars
13g Protein
10.2g Fat
2.4g Fibre

Method

Spoon yogurt into your favourite breakfast bowl.

Cut figs into quarters (peel optional).

Crush pistachios with flat side of knife and sprinkle over the yogurt and figs.

Finish with a drizzle of honey.

For more recipes visit
jerseydairy.com/bringbackbreakfast



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BRING BACK BREAKFAST



Berry Crunch



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Jersey Dairy natural yogurt



Jersey Dairy strawberry yogurt

Endorsed by Kit Chamier
Registered Sport and
Exercise Nutritionist
(SENr)



Berry Crunch

Prepare approximately 5-10mins

Ingredients

- 100g Jersey Dairy natural yogurt
- 100g Jersey Dairy strawberry yogurt
- 30g grape nuts
- 150g blueberries, raspberries, strawberries combination

323Kcal
46.8g Carbohydrate
23.6g of which are sugars
14.3g Protein
8.8g Fat
7.5g Fibre

Method

Gently swirl together the natural and strawberry yogurt with a large spoon.

Chop selection of berries into quarters.

Sprinkle fruit and grape nuts over yogurt.

For more recipes visit
jerseydairy.com/bringbackbreakfast



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BRING BACK BREAKFAST



Sticky Toffee
Smoothie



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Jersey Dairy toffee yogurt



Jersey Dairy natural yogurt



Jersey Dairy 1% milk



Jersey Dairy 4.5% milk

Endorsed by Kit Chamier
Registered Sport and
Exercise Nutritionist
(SENr)



Sticky Toffee Smoothie

Prepare approximately 5-10mins

Ingredients

- **100g Jersey Dairy toffee yogurt**
- **50g Jersey Dairy natural yogurt**
- **300ml Jersey Dairy 1% milk
or 300ml Jersey Dairy 4.5% milk**
- **1 banana**
- **3 pitted dates**

Method

Chop banana and dates.
Blend together all ingredients.

For more recipes visit
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Jersey Dairy 1% milk

447Kcal
71g Carbohydrate
65g of which are sugars
21.1g Protein
8.8g Fat
2.2g Fibre

Jersey Dairy 4.5% milk

566 Kcal
71g Carbohydrate
63g of which are sugars
20.5g Protein
22.3g Fat
2.2g Fibre



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BRING BACK BREAKFAST



Carrot Cake
Overnight Oats



#BringBackBreakfast





Jersey Dairy natural yogurt



Jersey Dairy 1% milk

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Carrot Cake Overnight Oats

Prepare approximately 5-10mins

Ingredients

- 40g rolled porridge oats
- 30g finely grated carrot
- 2 tbsp Jersey Dairy natural yogurt
- 125ml Jersey Dairy 1% milk
- 1/4 tsp ground cinnamon
- Pinch of mixed spice
- Pinch of salt
- 1 tsp honey
- 1 tsp sultanas
- 2 tsp chopped walnuts

Method

Mix together oats, carrots, spice and cinnamon with the milk and a pinch of salt and chill in the fridge overnight.

Stir in the honey, sultanas and walnuts, finally adding the yogurt.

For more recipes visit
jerseydairy.com/bringbackbreakfast

376Kcal
46.8g Carbohydrate
18.4g of which are sugars
13.6g Protein
15g Fat
5.5g Fibre



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BRING BACK BREAKFAST



Blueberry Oats



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Jersey Dairy 1% milk



Jersey Dairy 4.5% milk



Jersey Dairy natural yogurt

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Registered Sport and
Exercise Nutritionist
(SENr)



Blueberry Oats

Prepare approximately 5-10mins

Ingredients

- 40g porridge oats
- 350ml Jersey Dairy 1% milk
or 350ml Jersey Dairy 4.5% milk
- 1 tbsp Jersey Dairy natural yogurt
- 150g frozen blueberries
- 1/2 tsp vanilla essence
- 1 tsp flaked almonds
- 1 tsp honey (optional)

Jersey Dairy 1% milk

416Kcal

55.4g Carbohydrate

27.6g of which are sugars

22.5g Protein

11.9g Fat

8.3g Fibre

Jersey Dairy 4.5% milk

525Kcal

54.6g Carbohydrate

23.2g of which are sugars

23.4g Protein

24g Fat

8.3g Fibre

Method

Bring oats and milk to the boil and then let simmer for 4-5 minutes, stirring occasionally. Alternatively microwave on high for 3 minutes, stirring halfway through.

Meanwhile heat blueberries in a pan with a tsp of water, the vanilla essence and honey [optional]. Heat on a medium to low heat until they have thawed but still hold their shape.

Serve porridge, with yogurt and blueberry mix drizzled on top. Finish with flaked almonds.

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