



RISE AND SHINE

Made with fresh ingredients, this brunch will get you and your guests off to a healthy start

CARROT, ORANGE AND GINGER SMOOTHIE

(Makes 4)

CHILLED

- 250ml carrot juice
- ice cubes

FRESH

- 3 oranges, segmented
- 3ml fresh ginger, finely grated

STORE CUPBOARD

- 10ml honey or maple syrup
- pinch cayenne pepper (optional)

GRANOLA BREAKFAST TARTLETS

(Makes 4–6)

CHILLED

- 250g plain Greek yoghurt

FRESH

- 200g fresh mixed berries or seasonal fresh fruits

STORE CUPBOARD

- 100g rolled oats
- 30g mixed nuts
- 45ml mixed seeds such as: sunflower seeds, pumpkin seeds
- 30ml desiccated coconut
- 45ml coconut oil
- 60ml honey
- 3ml mixed spice
- 5ml ground cinnamon
- 20ml chia seeds