



Flip Shelton's Breakfast Menu – Friday 3 September

BURIED TREASURE PORRIDGE

(Shhh: Mum and Dad will think this is a healthy porridge, then discover a buried treasure of chocolate!)

What you need:

- ½ cup (45 grams) rolled oats
- 1 cup milk of choice or water
- 25 grams slivered almonds or chopped walnuts
- 25 grams shredded coconut
- ¼ teaspoon cinnamon

Plus your favourite chocolate – i.e., 1-2 Ferrero Rocher balls; Freddo frog; some squares of Old Gold (my dad's favourite) or Toblerone; or a tablespoon Nutella or 1 teaspoon powdered cacao

What to do:

1. Place rolled oats and milk/water into a saucepan and bring to the boil. Reduce heat and cook on low for about 5 minutes or until desired consistency is reached (you might add more liquid).
2. Transfer ½ of the cooked porridge into a bowl, then add the chocolate to create a 'buried treasure'...add the rest of the cooked porridge to the bowl covering the treasure.
3. To serve, sprinkle with cinnamon and top with almonds and shredded coconut.

GOLDEN SMOOTHIE

Perfect for the parent who always puts in a Gold-Medal performance!

What you need:

- 1 cup mango, chopped and peeled
- 1 cup pineapple (or banana), chopped
- 1 cup coconut water
- few mint leaves

What to do:

1. Pop all ingredients into a blender and blend (remember to put on the lid!)
2. Adjust to suit taste.
3. Serve in a tall glass with some ice cubes.

MUESLI BALLS

This is fabulous as a breakfast on the run or a morning snack. (Also works well as an afternoon tea or midnight munchie!)

What you need:

- $\frac{3}{4}$ cup (75 g) rolled oats
- $\frac{3}{4}$ cup (60 g) shredded coconut
- $\frac{3}{4}$ cup (130 g) nuts & seeds – my favourite combo – almonds, pumpkin and sunflower seeds (but any combo works)
- 2 cups (approx. 250 g) pitted dates (I prefer medjool)
- 2 tablespoons desiccated coconut – for rolling

What to do:

1. Put all ingredients into blender (except desiccated coconut) and blend for 2 minutes until the mixture is crumbly
2. Transfer to a bowl to work safely
3. Roll into 16 balls
4. Place desiccated coconut into bowl (or a zip lock bag) and roll balls until evenly coated
5. Transfer to a container and chill in fridge for 30 minutes before eating.

Flip has added a promo code of **Heyington20** to her website, www.flipsmuesli.com.au for a 20% discount on all her products including her book Smart Snacks, valid from now until the end of September 2021.