

MAKE YOUR OWN POT! ✨

Nourish your
reusable pot!
and
LOVE your
gut...



START YOUR DAY WITH A SIMPLE HIGH
PROTEIN, NON PROCESSED BREAKFAST POT ✨

WHAT TO DO...



1 Grab yourself a pot and a spoon.

2 Use your spoon to add in oats.

3 Use your spoon to add in seeds & fruits. Try something new!

4 Head for the fridge.
Add either full fat yoghurt, milk or milk alternative.

5 Reuse your pot and repeat...



WHAT'S IN IT FOR ME?



FRUITS

Dried Apricots
Dried Blueberries
Dried Cranberries
Dates

High in essential minerals.
Vitamin C
Fibre

Adding fresh or frozen berries is even better



SEEDS

Sunflower seeds
Pumpkin seeds
Milled brown linseed
Chia seeds

Rich in essential minerals - zinc, copper, magnesium and calcium.
Antioxidants, fibre and protein
Stabilise blood sugar
Slow releasing



OATS

Jumbo or wholegrain

Improve Cholesterol and blood sugar levels.

Rich in essential vitamins and minerals



FULL FAT YOGURT!

Live yogurt, Kefir,
Milk or Milk
Alternative

Live yogurts and Kefir are healthy probiotics, supporting our immune system via our microbes.
Avoid sweetened yogurts