

Breakfast Shake

NOURISH



Nourish is a breakfast drink powder we created to encourage multiple prebiotic effects.

Prebiotics are foods and nutrients that feed and encourage the growth and activity of beneficial microorganisms (microflora) that live in your gut (your microbiome).

You drink our breakfast shake recipe before eating other food.

This quick shake recipe is also perfect for people who are not fans of eating first thing in the morning but can still benefit from a good dose of prebiotics.

Ingredients

1 rounded teaspoon of Nourish powder.

¼ cup of organic plant-based milk – Bonsoy, Almond, Coconut, or Hemp milk.

¼ cup hot water.

Instructions

Pour the milk and then the hot water into a sturdy glass or teacup.

Add the Nourish powder and whisk until the powder dissolves into the liquid.

Enjoy every morning before you eat other food.

Recipe Notes

- You can buy mini milk frothers, which are ideal for whisking the ingredients together. We stock mini frothers if you can't find one locally.
- Plant-based milk is used in this recipe to create a delicious drink that is rich in nutrients and contains anti-inflammatory properties.
- If you drink animal milk, make sure you only use organic dairy products.

High Fibre Smoothie

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The dietary fibre content in this smoothie recipe is approximately 15 grams toward your daily target of 25 grams of fibre for female adults and 30 grams for men.

We chose high-fibre organic apples for our smoothie because they also contain beneficial bacteria and are considered a probiotic food.

But you can also add your favourite smoothie ingredients to this recipe. Visit our **Nourish Prebiotic Breakfast Drink blog** for more smoothie options and ways to boost your daily fibre.

Smoothie Ingredients

- 1 rounded teaspoon of Nourish (prebiotic action).
- 1 Granny Smith apple medium size (\approx 4-5g fibre).
- 1 tbs Chia seeds (\approx 5-6g dietary fibre).
- 1 cup (250ml) unsweetened activated almond milk (\approx 3-4g fibre).
- 2 Medjool dates to sweeten (\approx 1g fibre each).

Instructions

Add the almond milk and Nourish powder to your blender first and blend until combined.

Core the apple to remove the seeds. Apple seeds contain small amounts of cyanogenic glycoside (cyanide), which can accumulate to toxic levels, especially if you are eating an apple a day.

Leave the skin on and chop the apple into smaller pieces.

Then add the chopped apple and dates little by little until well blended.

Adding the apple and dates slowly won't overload your blender.

The final step is blending in the chia seeds.

Add more milk if necessary until you create your favourite smoothie thickness.

It's a simple recipe yet rich in fibre and nourishing for beneficial gut microflora.