



GOT HUNGRY KIDS?

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# QUICK RECIPES FOR DADS

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Breakfast

## BANANA & BLUEBERRY OATMEAL



**COOK TIME**  
10 Minutes



**SERVES**  
Four



**SUITABLE FOR**  
Vegan Friendly

### INGREDIENTS

- 200ml almond milk
- 200ml Water
- 1 Banana
- 50g porridge oats
- 2 tablespoons coconut oil, melted
- 1 teaspoon chia seeds
- 1 tablespoon maple syrup
- 1 teaspoon baking powder



### METHOD

1. Add oats, water, milk, and 1/2 the banana thinly sliced into a saucepan then turn heat to medium.
2. Cook until oats begin to bubble then stir until oats are cooked and creamy, about 3 minutes.
3. Remove pan from heat and stir in brown sugar and vanilla.
4. Pour into a bowl and top with remaining 1/2 sliced banana, blueberries, and any other favourite toppings.

# Overnight Oats recipe



15 Mins



Serves 4



Vegan Friendly



## Ingredients

- Oats
- Chia Seeds
- Nut Butter (we like Almond)
- Choice of milk
- Fruit
- 100% Maple Syrup

## Method

1. Combine the muesli, chia seeds and nut butter. Add a splash of the milk and mix the nut butter into the oats. Then add the rest of the milk and stir to combine.
2. Top with your fruit of choice.
3. Place the lid on the jar and refrigerate overnight, or up to 5 days. When you're ready to serve, add a drizzle of maple syrup and enjoy chilled.





# Vegan Eggs

## BREAKFAST ON THE GO

**Serves: 4 | Prep: 5 Minutes | Cook: 10 Minutes**

### INGREDIENTS

- White Onion
- Garlic
- Extra-Firm Tofu
- Nutritional Yeast
- Lemon
- Salt

### METHOD

1. Chop tofu, onion & garlic
2. Heat non-stick pan and add onion and garlic
3. After 5 minutes add tofu & nutritional yeast
4. Cook for 5-10 minutes
5. Season with lemon & salt
6. Serve immediately