



# Super Snacks

Simple recipes to super power  
your day





# Overnight Oats

Serves: 1

Ingredients:

- 50g oats
- 2 tbsp yoghurt
- 100ml milk of your choice
- 1 tsp Bioglan Superfoods Digestive Boost

Toppings:

- Sprinkle of cinnamon
- Honey or syrup



Method:

- Stir together all of the ingredients excluding the toppings and place into the fridge.
- In the morning before serving, top with cinnamon and honey or any toppings of your choice! We layered ours with some apple and cinnamon compote.
- Enjoy!









# Mango Smoothie

Serves: 2

- 40g Frozen Mango
- 30g Frozen Pineapple
- 10g Frozen Banana
- 1/2 Avocado
- Greek Yogurt
- 1 tsp Bioglan Superfoods Digestive Boost

MANGONIFICENT

Method:

- Place all the ingredients into a blender and blend until smooth.
- Top with Mango & Pineapple
- Enjoy!









# Vegan Berry Crumble Bars

Serves: 9

## Ingredients:

- 150g rolled porridge oats
- 180g plain flour
- 130g light brown sugar
- 175g coconut oil
- 1/4 tsp baking powder
- 1/4 tsp salt
- 1/2 tsp cinnamon
- For the filling:
- 2 tsp cornflour
- 1 tbsp fresh lemon juice
- 150g strawberry jam
- 400g mixed fresh berries
- 1 tbsp Bioglan Superberries

## Method:

- Preheat the oven to 190C/375F/gas mark 5. Grease a 20cm/8in square tin and line with baking paper. Combine the oats, flour, baking powder, sugar, cinnamon and salt in a mixing bowl. Add the coconut oil and rub in using your hands until the mixture is like breadcrumbs. Tip about two thirds of the mixture into the tin and spread it out evenly pushing it down so it is flat. Bake for 15 minutes until the crumble is golden around the edges.
- To make the filling, mix the cornflour and lemon juice together in a large bowl to make a paste. Stir in the jam followed by the berries and Superberries powder. Add the filling over the base and spread it out evenly. Top with the remaining crumble mixture and bake for a further 25-30 minutes until the crumble is golden and the filling is bubbling.
- Leave to cool in the tin then carefully lift it out by pulling the baking paper out. Cut into squares and serve.
- Store any leftovers in the fridge for up to a week.

BERRYLICIOUS!









# Flax and Chia Hummus

Serves: 4

Ingredients:

- 400g chickpeas
- 1 clove of garlic
- 1 tablespoon Superfoods Flax + Chia
- 1/4 teaspoon cumin
- 1 1/4 teaspoon paprika
- 1 teaspoon salt
- Juice from half a lemon (approx. 2 tablespoons)
- 60ml olive oil

HUMMUS IS  
WHERE THE  
HEART IS

Method:

- Drain and rinse the chickpeas.
- In a food processor or blender, add all the ingredients apart from the oil. Give that a good blend, then turn off your processor and scrape down the sides. If you have a processor (or blender) that allows you to leave an opening in the top while it's running, then use this to slowly pour in the olive oil while it runs. If not, just add the oil in 2-3 batches - if you add it all at once, it may not blend as well.
- Taste and adjust the seasoning if necessary.





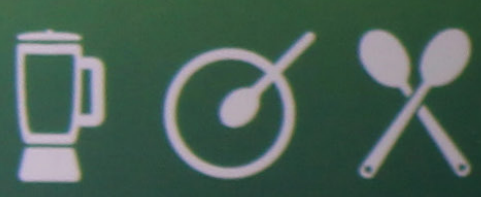


**BIOGLAN®**  
SUPERFOODS

# GREEN BOO

Organic Superfoods Powder

ENERGISE + DEFEND



Add our blend to smoothies and more

Brimming with  
Iron\* and Vitamin B12\*\*



10 REVITALISING SERVINGS PER PACKET

100g e





# Super Mojito

HAPPY HOUR!

Makes: 2

Ingredients:

- Juice of 3 limes, plus an extra lime sliced thinly for decoration
- 2 tsps Green Boost
- 2 passion fruits, plus 1 extra to decorate
- Handful of fresh mint, plus extra to decorate
- 125ml sugar syrup (equal parts sugar and water)
- 100ml dark rum
- Soda water to top up glasses
- Handful of ice

Method:

- In a large jug stir together the lime juice, the pulp from two passion fruits, Green Boost, mint, rum and sugar syrup. Muddle it all together with a wooden spoon and place in the fridge until ready to serve.
- Strain the contents of the jug through a sieve when ready to serve. Fill two glasses with ice and place in the sliced lime. Divide the fruity liquid between the two glasses, top up with soda water and decorate with the passionfruit halves and extra mint sprigs. Enjoy!

