



SHRINKING *Oats*

Breakfast Recipe Book



Shrinking Oats

The best 150 calorie breakfast! A protein fuelled and fibre rich breakfast option which takes approximately 30 seconds to make is a delicious porridge alternative that will leave you feeling energised.

Shrinking Oats breakfast porridge is packed with nutrients with a unique blend of Oats, Chia seeds, Cinnamon, Linseed and Matcha.

One 40g serving will leave you feeling comfortably full whilst giving your body a variety of nutrients.

- Made with 100% natural ingredients.
- Use for porridge, overnight oats or smoothies
- Slow releasing source of healthy energy
- No need to add milk, just add water and stir away

Each pack contains:

30 day supply of Shrinking Oats

Eat breakfast every day - Research shows dieters are more successful at losing weight - and keeping it off - when they eat breakfast. If you don't already eat breakfast, start. If you are already a breakfast eater, try eating the same breakfast multiple days each week. Repeating the same meals can help you shed pounds, according to research. We recommend our Shrinking Shake to eat yourself slim. It's also portable and ready in less than 5 minutes - take it right out of the door with you. So forget about using any "I don't have time for breakfast" excuses. Start your morning off with this Shrinking Shake that is healthy, delicious and super quick to make, it's also dairy-free and vegan with zero refined sugar. Super filling Shrinking Shake is thick and creamy with such a delicious texture that's different from your typical shake because it's blended with the best



natural ingredients oats which are a gluten free whole grain and a great source of important vitamins, minerals, fibre and antioxidants, cinnamon for its power effects on health and metabolism, ground flaxseeds which adds a delicious nutty flavour. Flaxseeds are a great source of protein and fibre, as well as a rich source of vitamins and minerals. Add a banana for a great source of fibre and protein meaning it's really delicious and a healthy way to start your day. It also couldn't be any easier to throw together too. Your children will love this as well!



Here are the Shrinking Oat recipes we love!

Shrinking Oats Yogurt

- 4 tbsp Shrinking Oats
- 4 tbsp Alpro coconut yoghurt (you may prefer almond or rice milk), all great dairy free alternatives, banana, sliced
- 2 strawberries
- 5 grapes. keeps you full till lunch time, fat busting and dairy free!



Shrinking Oats

- 4 tbsp Shrinking Oats,
- hot water mix
- a drizzle of organic honey or maple syrup
- fruit optional, we love banana or pink apples



Shrinking Oat Smoothie!

- 4 tbsp Shrinking Oats
- 4 tbsp of Alpro yoghurt,
- Banana
- frozen berries or whichever fruit you prefer and blend, super smoothie.



Overnight Shrinking Oats!

- 4 tbsp of Shrinking Oats,
- 4 tbsp of Alpro yoghurt
- mix and leave covered overnight in the fridge. simply add fruit in the morning, a quick easy, low calorie breakfast on the go!
- More drinks and smoothie recipes: blender needed

**Nuts about Nutrition!**

- 2 tbsp Shrinking Oats
- 10 few cashew nuts
- 2 handfuls of kale
- 1 orange
- 1/2 red bell pepper
- 1/2 avacado
- 1/2 tsp pure vanilla extract
- top up with water and blend.



Berry Choconana Krush

- 2 tbsp Shrinking Oats
- 10 almonds
- 1 cup blackberries
- 1/2 cup cooked black beans
- 1/2 banana
- 2 tbsp raw cacao
- top up with water and blend.



Morning Zing Zinger

- 4 tbsp Shrinking Oats
- 2 handfuls spinach
- 1 apple sliced
- 1 tbsp olive oil
- top up with water and blend



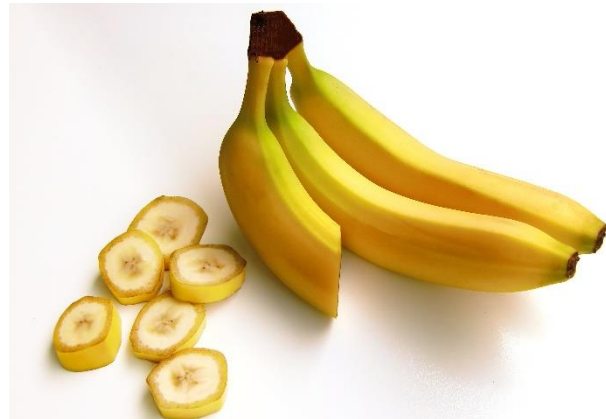
Berry Chocacado Bliss

- 2 tbsp Shrinking Oats
- 2 handfuls spinach
- 2 tbsp raw cacao powder
- 1 cup blueberries
- 1/2 avocado
- top up with water and blend



Kapow Papow Zinger

- 4 tbsp Shrinking Oats
- 2 handfuls spinach
- 2 tbsp sesame seeds
- 1 banana
- top up with water and blend

**Wild Thing**

- 2 tbsp Shrinking Oats
- 2 tbsp sunflower seeds
- 1 cup strawberries
- 1 handful spinach
- 1 handful parsley
- 1 tbsp sesame seeds
- 1/2 orange
- top up with water and blend

**Citus Aid**

- 2 tbsp Shrinking Oats
- 2 cm ginger
- 2 tbsp honey
- 1 orange
- 1/2 lemon
- 1/2 lime
- 1 pinch sea salt
- top with water and blend



Skin Glow Refresher

- 2 tbsp Shrinking Oats
- 10 walnuts
- 1 cup papaya
- 1/2 avocado
- top up with water and blend

**Tropical Glow Go Go**

- 2 tbsp Shrinking Oats
- 2 handfuls spinach
- 2 tbsp sunflower seeds
- 1 cup papaya
- 1 cup pineapple
- top up with water and blend

**Chanana Cha Cha**

- 2 tbsp Shrinking Oats
- 10 walnuts
- 2 handfuls spinach
- 1 banana
- 1 cup cherries
- top up with water or almond milk and blend



Na Na Nature Cure

- 2 tbsp Shrinking Oats
- 10 walnuts
- 2 handfuls spinach
- 1/2 avocado
- 1/2 banana
- top up with water and blend



On The Go Go

- 2 tbsp Shrinking Oats
- 10 almonds
- 2 handfuls spinach
- 1 banana
- 1/2 cup of cherries
- 1/2 cup blueberries
- top up with water and blend



Caulifornia Krush

- 2 tbsp Shrinking Oats
- 2 handfuls Kale
- 2 brazil nuts
- 1 apple
- 1/2 cup blackberries
- 1/2 cup cauliflower
- top up with water and blend



Very Verde Vitalitea

- 2 tbsp Shrinking Oats
- 2 handfuls spinach
- 1 apple
- juice of 1/2 lime
- top up with water or Shrinking Tea pm and blend



OMG Vitalitea

- 2 tbsp Shrinking Oats
- 2 handfuls spinach
- 1 banana
- 1/2 courgette
- top up with Shrinking Tea PM



Rice Carb Boom

- 3 tbsp Shrinking Oats
- 2 handfuls spinach
- 1 banana
- 1 brazil nut
- 1/2 orange peeled
- 1/3 cup cooked brown rice
- top up with almond milk and blend



Very Berry Bliss

- 2 tbsp Shrinking Oats
- 2 handfuls turnip greens or kale
- 1/2 avocado
- 1/2 cup blueberries
- 1/2 raspberries
- 1/2 cup blackberries
- top up with Shrinking Tea AM and blend



Verde Va Va Voom

- 2 Shrinking Oats
- 2 handful kale
- 1 cup shredded cabbage
- 1 cup pineapple
- 1 tbsp sunflower seeds
- 1/2 avocado
- top up with water and blend



Lean Green Cleansing Machine

- 2 tbsp Shrinking Oats
- 2 handfuls round lettuce
- 1 small raw new potato cut in quarters
- 1 kiwi fruit peeled
- 1/2 cup pineapple
- top up with water or coconut water and blend



A Spice Surprise

- 2 tbsp Shrinking Oats
- 2 handfuls lettuce
- 1 ripe pear (skin on)
- 1 tsp cinnamon
- 1 1/2 cm slice peeled ginger root
- 1/2 banana
- 1/2 tsp nutmeg
- top up with water or almond milk and blend

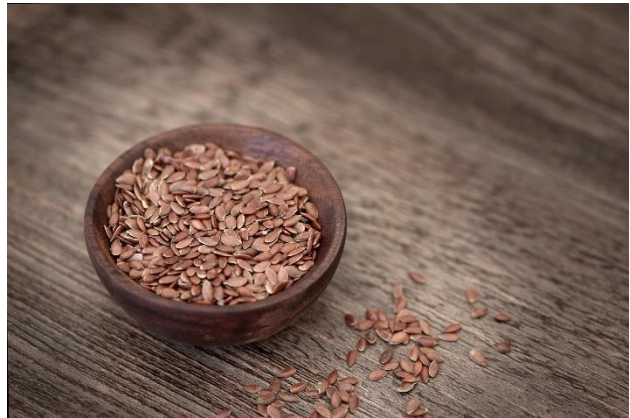
**Sweet Potatolicious**

- 2 tbsp Shrinking Oats
- 5 walnuts halved
- 2 handfuls lettuce
- 2 medjool dates
- 2 tsp cinnamon
- 1/2 steamed sweet potato (skin included)
- 1/2 orange (Peeled)
- top up with water and blend



Carrobabbage Cleanser

- 2 tbsp Shrinking Oats
- 2 handfuls spinach
- 2tbsp flax seeds
- 1 banana
- 1 carrot quartered
- 1 cup shredded cabbage
- 1/4 cup blueberries
- top up with water and blend

**Keep It In Mind**

- 2 tbsp Shrinking Oats
- 10 Almonds
- 2 Apricots (fresh or dried)
- 2 handfuls spinach
- 1 tbsp sunflower seeds
- 1/2 avocado
- top up with water and blend

**Brainiac Boost Juice**

- 2 tbsp Shrinking Oats
- 2 handfuls turnip or collard greens
- 1 banana
- 1 tbsp sunflower seeds
- 1 tbsp flax seed
- 1/2 cup sprouted lentils
- 1/2 cup cantaloupe melon
- top up with water and blend



Thanks For The Memories

- 2 tbsp Shrinking Oats
- 10 almonds
- 2 tbsp flax seed
- 1 handful kale
- 1 handful spinach
- 1/2 steamed sweet potato
- top up with water and blend

**Cinnamorning Motivator**

- 4 tbsp Shrinking Oats
- 2 handfuls spinach
- 2 tsp cinnamon
- 1 cup blackberries
- 1/2 avocado
- top up with water and blend

**Lean n Green**

- 2 tbsp Shrinking Oats
- 12 almonds
- 2 handfuls kale
- 1 cup broccoli
- 1 tsp cinnamon
- 1/2 banana
- 1/2 cup blueberries
- top up with water and blend



Berry Nutri-Rich Vitamix

- 2 tbsp Shrinking Oats
- 10 raspberries
- 10 red seedless grapes
- 2 small broccoli florets
- 1 tsp olive oil
- 1/2 small avocado
- 1/4 small beetroot
- top up with water and blend

**Homosapiblend**

- 2 tbsp Shrinking Oats
- 15 blueberries
- 10 red seedless grapes
- 2 small broccoli florets
- 1 tbs olive oil
- 1/4 cup pumpkin seeds
- 1/4 small beetroot
- top up with water and blend

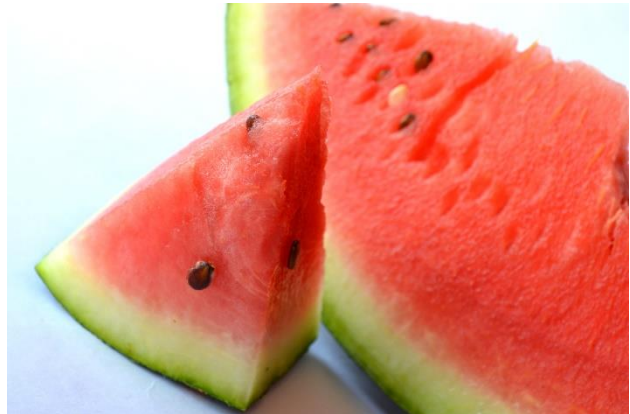
**Pumpkin Powerhouse**

- 2 tbsp Shrinking Oats
- 12 almonds
- 2 handful spinach
- 1 banana
- 1/4 cup pumpkin seeds
- top up with water and blend



Wakey Wakey Shakey

- 2 tbsp Shrinking Oats
- 2 handfuls spinach
- 1 cup watermelon seeded
- 1/2 cup grapefruit
- top up with water and blend

**Flower Power Hippy Shake**

- 2 tbsp Shrinking Oats
- 2 handfuls kale
- 1/2 steamed sweet potato
- 1/4 cup sunflower seeds
- top up with water or almond milk and blend

**Dude-ilicious Energiser**

- 2 tbsp Shrinking Oats
- 1 banana
- 1 handful kale
- 1 handful spinach
- 1/4 cup hazelnuts
- 1/4 pumpkin seeds
- top up with water and blend



Berry Chokale Powerhouse

- 2 tbsp Shrinking Oats
- 10 cashew nuts
- 2 tbsp raw cacao
- 2 handfuls kale
- 1/2 cup raspberries
- 1/2 cup blueberries
- 1/4 cup wheat bran
- top up with water and blend



Apple Verde Vitamix

- 2 tbsp Shrinking Oats
- 2 handfuls kale
- 1 1/2 cm slice of ginger, peeled
- 1 apple
- 1 lemon peeled
- top up with water and blend



Grass Root Refresher

- 2 tbsp Shrinking Oats
- 3 spears of asparagus
- 1 apple cut in chunks
- 1 head broccoli
- top up with water and blend



Apple Verde Refresher

- 2 tbsp Shrinking Oats
- 3 stalks celery
- 1 apple cut in chunks
- juice from 1 lemon
- top up with water and blend

**Sweet Dream Elixir**

- 5 tbsp Shrinking Oats
- 12 cashew nuts
- 2 dates
- 1 tsp cinnamon
- top up with almond milk and blend

**Chocolate Almond Sipper**

- 2 tbsp Shrinking Oats
- 2 tbsp raw cacao
- 1 1/2 cup almond milk
- 1/4 almonds
- 1/4 dried cranberries



Young At Heart

- 2 tbsp Shrinking Oats
- 5 walnuts halved
- 2 handfuls spinach
- 1 nectarine
- 1/2 avocado
- 1/2 cup blueberries
- top up with water and blend



Sweet Dream Sipper

- 2 tbsp Shrinking Oats
- 2 handfuls spinach
- 1 cup watermelon
- 1/4 pumpkin seeds
- top up with water and blend



Apple Verde Zingerade

- 2 tbsp Shrinking Oats
- 5 walnuts halved
- 2 handfuls spinach
- 2 tsp cinnamon
- 1 red apple cut in chunks
- 1/2 avocado
- top up with water and blend





SHRINKING *Oats*