

No prep needed

- Replace milk in cereal with soy beverage.
- Serve with granola

Smoothie recipe

Serves 6

Ingredients

500 ml (2 cups) fresh or frozen fruit
500 ml (2 cups) vanilla soy
beverage

Preparation

Blend all ingredients in blender until smooth. Serve your smoothie with a whole-grain cereal for a complete breakfast.

Tip: When some fresh fruit starts to get soft, cut it up and freeze it. They'll be delicious in a smoothie.

Soy beverage is a plant-based drink made with soy. It is enriched with vitamins and minerals to make it comparable to cow's milk. Its protein content is also similar to that of milk.

It's a great way to add variety to the menu and add plant-based protein to breakfast.



Overnight oat recipe

Approx. 1 portion

Ingredients

¼ cup quick-cooking rolled oats
½ cup vanilla soy beverage

Preparation

In a small individual container (bowl, glass, Mason jar, etc.), combine oats and soy beverage. Repeat until you have the right number of individual oatmeals. Add toppings before serving. You can also make the mixture in bulk the day before, in an airtight container, and portion it out that morning.

Tip: You can top refrigerated oatmeal with one or more of the following toppings: dried fruit (raisins, dried blackberries and apricots, etc.), fresh fruit (grated or diced apples), frozen fruit, toasted soybeans and pumpkin or granola.

Find an [Apple and cinnamon overnight oat](#) recipe in our Recipe book.