

Santitas  
**Weet-Bix**  
HOT & COLD BREAKFAST CEREAL

**BETTER  
BREKKIE™**

# RECIPE BOOK



FEATURING QUICK, EASY AND DELICIOUS BREAKFAST  
IDEAS FROM WEET-BIX™ & MICHAEL VAN DE ELZEN.



**BETTER  
BREKKIE**



We are on a mission to get Kiwi families starting their day with a Better Brekkie that's wholesome and nutritious. And we're going to prove to you that a nutritious start to the day can still be exciting.

Together with celeb chef (and top Kiwi bloke) Michael Van de Elzen, we've created breakfast ideas that are quick, easy and delicious.

It's quite simple really – we're here to inspire all Kiwis to eat a Better Brekkie and make it exciting along the way. Come with us, as we wake up the nation with some delicious ways to get the most out of your morning.

# - RECIPE BOOK -

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“ Try this Weet-Bix™ Trifle for a treat that delivers fibre & fruit – while being just a little indulgent. ”

# Weet-Bix™ TRIFLE

## INGREDIENTS:

1 cup frozen blueberries (160g)   4 Weet-Bix™ wheat biscuits  
1 cup unsweetened yoghurt (260g)   1/2 cup toasted pecans (80g)

## METHOD:

1. Using a small saucepan, heat the blueberries and reduce for a couple minutes until thick.
2. Take a glass (approximately 270mL) and start to layer your trifle, starting with 1/2 a crushed Weet-Bix™ wheat biscuit followed by a spoonful of yoghurt, then the blueberry mix and pecans. Repeat once again.
3. Finish with a layer of the crushed pecan nuts.
4. Allow to sit for a few minutes to allow the Weet-Bix™ wheat biscuits to soften before eating.



**SERVES:** 4



**SKILL:** Easy



**PREP:** 20m



“ Enjoy a tasty breakfast of Power Up Weet-Bix™ Porridge, bursting with the exotic flavours of coconut and apricot. ”

# POWER UP *Weet-Bix*<sup>™</sup> PORRIDGE

## INGREDIENTS:

1 1/4 cups So Good<sup>™</sup> Coconut Milk (300mL)

1 cup apple juice (250mL)

1/2 cup wholegrain oats (55g)

2 tbsp chia seeds (optional)

6 Weet-Bix<sup>™</sup> wheat biscuits  
or Gluten Free Weet-Bix<sup>™</sup>  
sorghum biscuits

1/2 cup dried apricots (70g)

Dessicated coconut (optional)

## METHOD:

1. Place the So Good<sup>™</sup> Coconut Milk, apple juice, oats and chia seeds into a medium sized pot and gently bring to the boil.
2. Turn down and simmer for 3 minutes, then crumble the Weet-Bix<sup>™</sup> wheat biscuits into the porridge.
3. Spoon the mixture into a glass jar or a bowl and sprinkle the dessicated coconut and chopped apricots on top. Serve hot or cold.



**SERVES:** 4



**SKILL:** Easy



**PREP:** 10m



**COOK:** 15m



“ Your breakfast options with Weet-Bix™ are only limited by your imagination. One of our favourite combinations would be kiwifruit, banana & almonds. Give it a try. ”

# Weet-Bix™ DIVINE FRUIT & NUT

## INGREDIENTS:

2 Weet-Bix™ wheat biscuits

1/2 banana, chopped

1/2 kiwifruit, chopped

1 tbsp almonds, chopped

1/2 cup reduced fat milk  
or milk alternative (125mL)

## METHOD:

1. Place Weet-Bix™ wheat biscuits in a bowl and top with banana, kiwifruit and almonds.
2. Pour on milk or milk alternative. Enjoy!



**SERVES:** 1



**SKILL:** Easy



**PREP:** 5m



“ For something different, try this delicious Weet-Bix™ Berry Twist – full of flavour and zest! ”

# Weet-Bix™ BERRY TWIST

## INGREDIENTS:

4 large fresh strawberries (50g)

1 tsp dried cranberries

1 tbsp pistachios

2 Weet-Bix™ wheat biscuits  
or Gluten Free Weet-Bix™  
sorghum biscuits

1/2 cup reduced fat milk or milk  
alternative (125mL)

## METHOD:

1. Place Weet-Bix™ wheat biscuits in a bowl and top with strawberries, cranberries and pistachios.
2. Pour on milk or milk alternative. Enjoy!



**SERVES:** 1



**SKILL:** Easy



**PREP:** 5m



“ Try layering Weet-Bix™ wheat biscuits with warm apple and berries for a delicious winter brekkie idea – Hot Weet-Bix™ Breakfast Crumble. ”

# HOT Weet-Bix™ BREAKFAST CRUMBLE

## INGREDIENTS:

1/2 cup frozen berries (80g)

1 red apple, peeled, cored  
and diced

1/4 tsp cinnamon, ground

1 tsp honey

4 Weet-Bix™ wheat biscuits

1 1/4 cups reduced fat milk or  
milk alternative (300mL)

1 tsp sliced almonds,  
lightly toasted

## METHOD:

1. Using a small saucepan, heat the berries with the apple, cinnamon and honey, reduce for a couple of minutes until thick.
2. In a shallow breakfast bowl, layer your crumble by alternating half a crushed Weet-Bix™ wheat biscuit with a spoonful of the berry mix.
3. Pour over hot milk, ensuring even coverage.
4. Finish by sprinkling toasted sliced almonds on top.



**SERVES:** 2



**SKILL:** Easy



**PREP:** 5m



**COOK:** 5m



“ Start your morning with a tasty,  
Tropical Stack. ”

# Weet-Bix™ TROPICAL STACK

## INGREDIENTS:

- |  |   |
|--|---|
| 2 slices frozen mango (defrosted)            | 4 Weet-Bix™ wheat biscuits                              |
| 3/4 cup unsweetened yoghurt (200g)           | 1 1/4 cups reduced fat milk or milk alternative (300mL) |
| 1 cup sliced peaches in natural juice (100g) | Garnish – desiccated coconut (optional)                 |
| 2 bananas, sliced                            |   |

## METHOD:

1. Place your mango into a small bowl and using the back of a fork, mash the mango into a puree, add the yoghurt and stir to combine.
2. Take a 270mL glass and start to layer your stack, starting with one crushed Weet-Bix™ wheat biscuits then sliced banana and peaches and the mango yoghurt.
3. Repeat once again.
4. Pour over the milk when ready.
5. If preferred, blend ingredients into a smoothie.



**SERVES:** 2



**SKILL:** Easy



**PREP:** 5m



**COOK:** 5m



“ With all the goodness of bananas, dates and Weet-Bix™, the Wake-Up Shake delivers a source of iron and fibre. ”

# Weet-Bix™ WAKE-UP SHAKE

## INGREDIENTS:

2 Weet-Bix™ wheat biscuits	4 dates
1 1/4 cups So Good™ Almond Milk (300mL)	1 tsp cocoa powder
1 banana	1 tbsp chia seeds

## METHOD:

1. Place the Weet-Bix™ wheat biscuits into a blender with the So Good™ Almond Milk and let them soak for a minute to soften.
2. Add the rest of the ingredients and blend until smooth.



**SERVES:** 2



**SKILL:** Easy



**PREP:** 5m



“ If you have a sweet tooth, try serving Weet-Bix™ or Gluten Free Weet-Bix™ with bananas, blueberries and pecans. ”

# *Gluten Free* **Weet-Bix™** **WITH BANANA, BLUEBERRIES & PECANS**

## **INGREDIENTS:**

3 Gluten Free Weet-Bix™  
sorghum biscuits  
3 tbsp blueberries  
1/2 banana

1 tbsp pecans  
1/2 cup reduced fat milk  
or milk alternative (125mL)

## **METHOD:**

1. Place Gluten Free Weet-Bix™ sorghum biscuits in a bowl and top with sliced banana, blueberries and pecans.
2. Pour on milk or milk alternative. Enjoy!



**SERVES:** 1



**SKILL:** Easy



**PREP:** 5m



“ For something out of the ordinary,  
try these scrumptious Weet-Bix™  
Apricot Tarts. ”

# Weet-Bix™

## SCRUMPTIOUS APRICOT TARTS

### INGREDIENTS:

60g unsalted light butter  
5 tbsp almond, ground (40g)  
75g brown sugar  
2 1/2 tbsp flour (20g)  
2 Weet-Bix™ wheat biscuits

2 eggs  
30 apricots dried, soaked in  
water for 1 hour (200g)  
10 puff pastry rounds, cut  
around a standard cup

### METHOD:

1. Preheat oven to 170°C
2. First prep the puff pastry, after cutting the rounds, cut a slightly smaller circle inside, but only cutting half way through the pastry.
3. Using a fork prick holes in the centre circle.
4. Place the butter, almonds, brown sugar, Weet-Bix™ wheat biscuits and flour into a food processor or mixer and whip to combine. Slowly add one egg a bit at a time until smooth.
5. Spread a tablespoon of mix into the center of the puff pastry and then place the apricots around the top. Take the remaining egg and lightly whisk, using a pastry brush, paint the top of the tart.
6. Place tarts onto an oven tray and bake for 12 minutes or until golden. Cool and serve.



**SERVES:**  
8-10 Tarts



**SKILL:** Med



**PREP:** 12m



**COOK:** 12m



“ Full of flavour, these delicious American Style Weet-Bix™ Pancakes will go down a treat. ”

# AMERICAN STYLE **Weet-Bix™** PANCAKES

## INGREDIENTS:

2 Weet-Bix™ wheat biscuits  
3/4 cup plain flour (100g)  
1 tsp baking powder  
1/4 tsp salt  
1/2 tbsp brown sugar  
2 whole eggs

1 1/4 cups reduced fat milk or  
milk alternative (300 mL)  
Oil for frying  
4 bananas  
4 tsp Manuka honey for  
drizzling to serve

## METHOD:

1. Crush the Weet-Bix™ wheat biscuits into a large bowl and add the flour, baking powder, salt and sugar, then whisk in the eggs.
2. Slowly add the milk, and continue to whisk into a smooth batter. Alternatively, place the entire ingredients into a blender and blend until smooth.
3. Heat a little oil in a heavy based fry pan. Drop tablespoons of the batter into the fry pan and cook until bubbles start to form on the surface.
4. Flip and continue to cook until golden.
5. Cut the bananas, long ways down the center, leaving the skin on and place cut side down into the frypan and cook until golden.
6. Stack a couple of pancakes with the banana on top and drizzle with honey to finish.



**SERVES:** 4



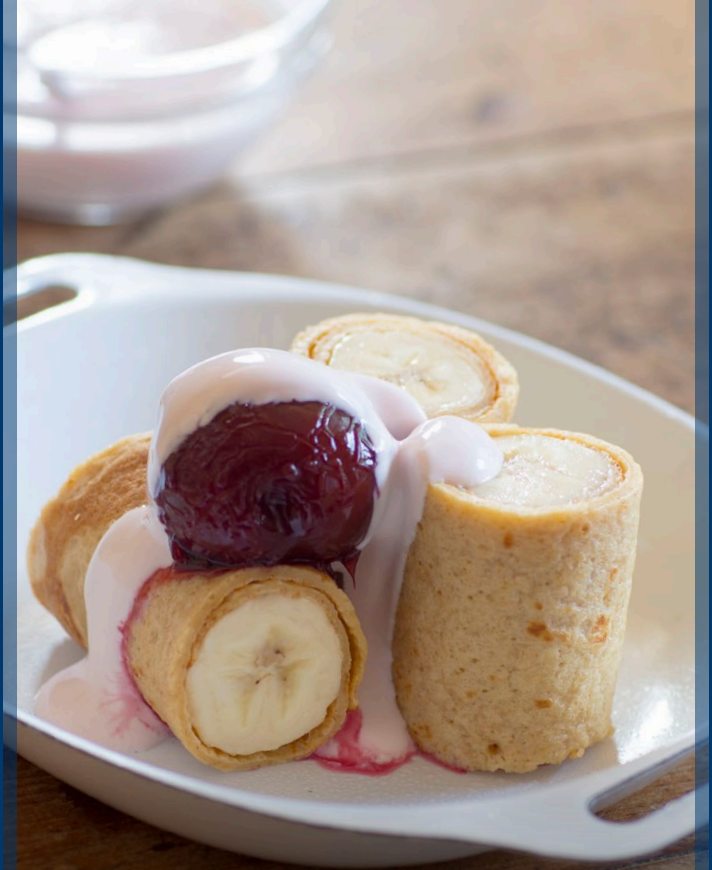
**SKILL:** Easy



**PREP:** 10m



**COOK:** 15m



“ Weet-Bix™ Roll Up Pancakes are a fun way to deliver a source of fibre – served with a twist the kids will love. They can even help make them! ”

# Weet-Bix™

## ROLL UP

## PANCAKES

### INGREDIENTS:

1/2 cup flour (70g)

1/2 tsp salt

2 tbsp brown sugar

2 Weet-Bix™ wheat biscuits

2 small whole eggs

200mL reduced fat milk  
or milk alternative

100mL water

Rice bran oil for frying

3 bananas

6 plums (fresh or stewed)

6 tbsp low fat yoghurt  
to serve (100g)

### METHOD:

1. Sift the flour and combine with salt, brown sugar and finely crushed Weet-Bix™ wheat biscuits.
2. Slowly add eggs until mixture is well combined. Add the milk, small amounts at a time, and mix until smooth.
3. Finally, add the water to the desired thickness.
4. Heat a small amount of oil in a non-stick fry pan and pour in 60mLs (1/4 cup) of pancake mix. Ensure you move the pan around until the mixture fills the bottom.
5. Cook for approximately 2 minutes, until lightly brown and then flip and repeat.
6. Roll each pancake around half a banana and serve with plums and yoghurt.



**SERVES:** 3



**SKILL:** Easy



**PREP:** 10m



**COOK:** 15m



“ On cold winter mornings try adding Weet-Bix™ to your oats for a warm and nutritious brekkie. ”

# Weet-Bix™ WINTER WARM UP

## INGREDIENTS:

2 Weet-Bix™ wheat biscuits  
1/4 cup rolled oats (25g)  
1/2 cup water (125mL)  
1 cup reduced fat milk or milk  
alternative (250mL)

1/2 banana crushed  
2 tbsp milk to serve on  
the porridge  
2 tbsp fruit & nut mix  
1 tsp maple syrup

## METHOD:

1. Place the milk, water, oats and crushed bananas into a medium sized pot and bring to a gentle boil.
2. Turn down and cook for 2 minutes, crumble the Weet-Bix™ wheat biscuits into the mix and stir.
3. Spoon the mixture into a breakfast bowl and serve hot with a splash of warmed milk, fruit & nut mix and a drizzle of maple syrup.



**SERVES:** 4



**SKILL:** Easy



**PREP:** 5m



**COOK:** 5m



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