



## SPORTS NUTRITION RECIPES



### BREAKFAST IN A JAR

BY BREEZE BROWN, RD

#### WHAT YOU'LL NEED:

- PINT OR ½ PINT MASON JARS
  - ORGANIC QUICK OATS
  - FREEZE DRIED ORGANIC FRUIT (STRAWBERRIES, BANANAS, MANGO, BLUEBERRIES, COCONUT, ETC)
  - DRIED ORGANIC SPICES (CINNAMON, SUGAR, BROWN SUGAR, ETC.
  - HOT WATER, ORGANIC ALMOND MILK, COCONUT WATER
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#### PUTTING IT TOGETHER:

THIS ONE IS GREAT FOR KIDS TO DO THE WORK!

FILL HALF THE MASON JAR WITH THE OATS. THE REMAINING HALF, FILL WITH YOUR CHOICE OF FREEZE DRIED FRUIT AND A TEASPOON OF SPICES.

PLACE LIDS ON EACH MASON JAR AND STORE IN A CUPBOARD UNTIL READY TO EAT.

WHEN READY, OPEN A JAR, POOR IN BOILING WATER OR MILK, AND LET SIT FOR 20 MIN. GO ABOUT YOUR MORNING ROUTINE AND IT'LL BE READY WHEN YOU ARE. GREAT FOR BREAKFAST ON THE GO TOO!

BE CAREFUL, JAR WILL BE HOT.