



Any-which-way-a-bix

RECIPE BOOK



Have you had yours?



Greetings Bixers!

YOU'LL BE BOWLED OVER
WHEN YOU SEE ALL THE EXCITING
RECIPE IDEAS INSIDE. WE HAVE
SELECTED OUR FAVOURITE, AFFORDABLE
RECIPES TO KICK START THE YEAR WITH,
AND BECAUSE THEY'RE SO VERSATILE,
YOU CAN TWEAK THEM TO USE UP
WHATEVER YOU HAVE AT HOME.
IT'S GREAT VALUE ANY WHICH WAY!

✓ TASTE ✓ HEALTH ✓ VALUE



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Price per portion calculations

Average price per portion checked and confirmed online by using the prices across 4 UK supermarkets (Tesco, Asda, Sainsbury's and Morrisons) on 05/12/22.

Prices vary over time and depending on your choice of store, so the actual price per portion you pay may be higher.

Where different ingredient options were available in the relevant store to meet the recipe requirements, the cheapest available option was used in the price per portion calculation.

The price per portion has been calculated on the basis of the amount of each ingredient used in the recipe, rather than the cost of the whole pack. In many cases, consumer will not be able to purchase the exact ingredient quantity specified in the recipe. Consumer may need to purchase larger pack sizes at additional cost to achieve the stated per portion price i.e. there may be surplus ingredients not used in the recipe and additional cost. Alternatively, you may have some of these items already in your store cupboard, fridge or freezer. Where the recipe doesn't specify an exact quantity, weight estimated.

*Promotional/sale prices not included.
Own brands used where available.
Prices correct at 05/12/22.*



Brighter Breakfast

**ADD SOME BOOM TO YOUR BOWL!
WITH THESE BREAKFAST IDEAS
YOU CAN BRIGHTEN UP YOUR MORNING
AND START THE DAY THE TASTY WAY.**



Early-morning- berry-a-bix



PREP TIME: 4 MINS

COOK: 1-2 MINS

SERVES: 1

Have a berry good start to the day with this super-simple recipe. Top tip: buy frozen berries, which last longer, to save on your shopping.

WHAT YOU NEED

- 2 Weetabix
- 150ml semi-skimmed milk
- 1 handful frozen berries
- 1 banana
- 1 tsp chia seeds
- 1 small handful mixed nuts

WHAT TO DO

- 1) Add milk to a bowl of Weetabix and warm it up in the microwave for 1-2 mins on full power
- 2) Then add one handful of frozen berries, one chopped banana, chia seeds and a handful of nuts. Make sure it's not too hot before grabbing a spoon and tucking in!

BRIGHTER BREAKFAST



Protein contributes to the maintenance of muscle mass as part of a healthy diet and lifestyle

Go-mango-a-bix



PREP TIME: 2-3 MINS

COOK: N/A

SERVES: 1

Let us transport you to a tropical paradise this breakfast time with a mango-nificent bowl of creamy tropical goodness.

WHAT YOU NEED

- 2 Weetabix
- 1/4 mango
- 1 tbsp low fat Greek yogurt
- 3 walnuts
- 1/2 tsp flax seeds
- A squeeze of honey (optional)

WHAT TO DO

- 1) Carefully dice the 1/4 mango into small pieces
- 2) Pop the Weetabix into a bowl and add the Greek yogurt, chopped walnuts, flax seeds and finish with a squeeze of honey (if you like!)
- 3) And that's it. Go-mango-a-bix is served!

BRIGHTER BREAKFAST



Iron contributes to a normal function of the immune system as part of a healthy diet and lifestyle

Unicorn-a-bix



PREP TIME: 5 MINS

COOK: N/A

SERVES: 1

Add a little magic to your morning. Plus, this recipe is so simple, you can easily swap in other berries or whatever fruit you need to use up from your fruit bowl!

WHAT YOU NEED

- 2 Weetabix
- 2 tbsp unsweetened plain yogurt
- 1 banana
- A handful of blueberries
- A drizzle of strawberry jam
- 1 large strawberry

WHAT TO DO

- 1) Use a spoon to add the yogurt to the centre of the bowl and to shape it into a unicorn head
- 2) Break up the Weetabix and place the pieces onto the left side of the unicorn's head to create the mane
- 3) Cut one large strawberry in half for the ears, chop the banana in half for the horn, then score it with a knife
- 4) Use a cutter on the other half of the banana to cut out the flowers to add to the unicorn's mane with the chopped blueberries - don't forget to add a blueberry for its eye!
- 5) Drizzle strawberry jam along the edges to really define the unicorn's head. Magical!

BRIGHTER BREAKFAST



Protein contributes to the maintenance of muscle mass as part of a healthy diet and lifestyle

Warm-welcome-a-bix



PREP TIME: 4 MINS

COOK: 2 MINS

SERVES: 1

This warming bowl is super tasty plus it's a source of protein. We have added a dash of cinnamon for a little extra zing first thing! Top tip: you can easily swap in any other nut butter you have in the house.

WHAT YOU NEED

- 2 Weetabix
- 150ml semi-skimmed milk
- A dash of cinnamon
- 1 tbsp peanut butter
- 1 handful of raspberries and blueberries
- 1 small handful of mixed nuts

WHAT TO DO

- 1) Place the Weetabix in a bowl and cover them with milk and let it soak through
- 2) Next, pop the bowl in the microwave for two mins on full power
- 3) Stir in the peanut butter and a sprinkle of cinnamon
- 4) Then add your berries on top with mixed nuts and enjoy the fun mix of hot, cold, smooth and crunchy!

BRIGHTER BREAKFAST



Iron contributes to a normal function of the immune system as part of a healthy diet and lifestyle

Busy-day-a-bix



PREP TIME: 4 MINS

COOK: N/A

SERVES: 1

With banana, blueberries and peanut butter, it's the perfect quick and easy breakfast for those busy mornings when you need to get everyone out of the house on time.

WHAT YOU NEED

- 2 Weetabix
- 1 banana
- A handful of blueberries
- 1 tbsp peanut butter
- 3 tbsp low fat Greek yogurt

WHAT TO DO

- 1) Cut the banana into slices
- 2) Add Greek yogurt, blueberries, peanut butter, sliced banana and Weetabix into a bowl
- 3) And that's it. Now grab a spoon!

BRIGHTER BREAKFAST



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Oati-pancake-a-bix



PREP TIME: 15 MINS

COOK: 12 MINS

SERVES: 3

There's no more satisfying way to start the day than a scrumptious stack of warm, fluffy pancakes. Except, perhaps, knowing they are made with 100% wholegrain oats!

WHAT YOU NEED

- 2 Oatibix
- 2 eggs
- 1 banana
- 120g self-raising flour
- 150ml semi-skimmed milk
- 1/2 tsp vanilla extract

WHAT TO DO

- 1) Crush the Oatibix into a mixing bowl
- 2) Whisk the eggs until fluffy
- 3) Blend the crushed Oatibix, eggs and all the other ingredients together into a batter
- 4) Heat a non-stick pan on a low heat
- 5) Cook each pancake individually by adding some butter and oil to the pan. Fry either side for a couple of minutes until it turns a little brown and crispy
- 6) Enjoy your pancakes with your favourite fruits - careful they might be hot!

BRIGHTER BREAKFAST



Protein contributes to the maintenance of muscle mass as part of a healthy diet and lifestyle

Smoothie-a-bix



PREP TIME: 10 MINS

COOK: N/A

SERVES: 1

Just pop your favourite flavours into a blender with some Weetabix (or Oatibix) and it's done in seconds, to enjoy at home or on the go. Top tip: use any leftover fruit or even veg - anything goes (except maybe mushrooms, that'd be weird).

WHAT YOU NEED

- 1 Weetabix
- 100g frozen berries
- 100g fat-free plain yogurt
- 25ml semi-skimmed milk
- 1/2 tsp honey (optional)

WHAT TO DO

- 1) Break a Weetabix in half
- 2) Add all the ingredients into a blender and one half of the Weetabix
- 3) Blend until smooth
- 4) Crush the other half of the Weetabix and sprinkle on top. Smooth, eh?

BRIGHTER BREAKFAST



Protein contributes to the maintenance of muscle mass as part of a healthy diet and lifestyle



Beyond Breakfast

IT'S WEETABIX, BUT NOT AS YOU KNOW IT. WE HAVE SELECTED THESE RECIPES WHICH TAKE WEETABIX BEYOND BREAKFAST, FROM A TWIST ON A CLASSIC BRUNCH, TO OUR MIGHTY MAC 'N CHEESE. ADD SOME "WOW" TO YOUR WEEK AND GET CREATIVE!

Brunch-a-bix



PREP TIME: 15-20 MINS

COOK: 20 MINS

SERVES: 2

*The great British breakfast with a twist!
Just as tasty as a fry up at your local café, but
a fraction of the price. Grubs up!*

WHAT YOU NEED

Patty mix:

- 2 Weetabix
- 2 potatoes
- 1 egg
- 1 garlic clove
- A pinch of dried coriander, dried basil, salt and pepper

Toppings:

- 1 poached egg
- 1-2 rashers of bacon (chopped)
- 1/4 onion
- 80g spinach

WHAT TO DO

- 1) Just prick a few holes in the potatoes with a fork, and microwave on high for 3-4 minutes, turning over once
- 2) Add one egg and mix in chopped garlic, coriander, basil, salt and pepper. Now divide the mix into patties
- 3) Bake for 20 mins at 180°C and turn them every 5 mins
- 4) Then fry off the chopped bacon in a drizzle of oil, add onion and fry until golden, before adding the spinach and cooking until it wilts
- 5) Finally, finish off with a poached egg. Cracking! Careful, it's hot

BEYOND BREAKFAST



Protein contributes to the maintenance of muscle mass as part of a healthy diet and lifestyle

Snack-bar-a-bix



PREP TIME: 10 MINS

COOK: 20-30 MINS

SERVES: 14

Running between meetings, or hungry on the way home from school? Knock up a batch of these and you'll always have something handy and tasty to help keep you going.

WHAT YOU NEED

- 6 Weetabix
- 100g oats
- 6 tbsp mixed seeds
- 1 tsp ground cinnamon
- 50g raisins
- 50g chopped dates
- 75g crunchy peanut butter
- 2 bananas
- 80g strawberries (chopped)

WHAT TO DO

- 1) Preheat oven to 160°C. Lightly grease and line the base of a baking tin
- 2) Place the crushed Weetabix, oats, seeds, cinnamon and dried fruit into a large bowl and mix
- 3) Stir in the peanut butter and mashed banana
- 4) Finally, fold in the strawberries until combined. Tip the mixture into the baking tray and press down evenly. Bake for 25-30 mins until just brown (careful it'll be hot!)
- 5) Allow to cool before cutting into bars and carpe diem!

BEYOND BREAKFAST



Iron contributes to a normal function of the immune system as part of a healthy diet and lifestyle

Protein-ball-a-bix



PREP TIME: 30 MINS

COOK: N/A

SERVES: 5 (MAKES 10 BALLS)

After a mid-week pick me up? You've come to the right place! Tuck into our Weetabix Protein balls for a tasty post work out or midday snack.

WHAT YOU NEED

- 2 Weetabix Protein
- 147g dates
- 2 heaped tsp peanut butter, wholegrain
- 20g unsweetened cocoa powder
- 30g protein powder blend
- 16g shredded coconut
- 70ml drinking water

WHAT TO DO

- 1) Ensure the stones are removed from the dates and that they're at room temperature
- 2) Add softened dates and water to a food processor and blitz for 30 seconds to make a date paste
- 3) Add the peanut butter, Weetabix Protein, cocoa powder and protein powder, and blitz until it's all mixed together. If the mix is too dry, add a little water, one tablespoon at a time
- 4) Carefully remove the mixture from the food processor and roll into balls
- 5) Then roll each one into shredded coconut or cocoa powder to coat
- 6) Place your protein balls in the fridge for 2 hours before eating. Now you're on a roll!

BEYOND BREAKFAST



Protein contributes to the maintenance of muscle mass as part of a healthy diet and lifestyle

Chicken-a-bix



PREP TIME: 50 MINS

COOK: 25 MINS

SERVES: 2

*The combo that's so crazy it works!
This recipe is packed with flavour (not to mention
a source of your daily iron) so give it a go -
unless you're too chicken to try something new?*

WHAT YOU NEED

- 1 1/2 Weetabix
- 2 tbsp light mayo
- 2 chicken breasts
- 25g breadcrumbs
- Salt and pepper (to season)
- Salad (to serve)

WHAT TO DO

- 1) Heat oven to 220°C
- 2) Put the mayonnaise in a bowl with the chicken and stir well to coat
- 3) Mix the crumbs and Weetabix with some seasoning
- 4) Tip onto a plate and use the crumbs to coat the chicken
- 5) Put the chicken on a baking tray and bake until it's cooked
- 6) Serve with salad and dig in!
Careful, it's hot

BEYOND BREAKFAST



*Protein contributes to the maintenance of muscle mass
as part of a healthy diet and lifestyle*

Mac'n-Cheese-a-bix



PREP TIME: 35 MINS

COOK: 15 MINS

SERVES: 5

Holy macaroni! Meet our creamy dreamy Mac 'n Cheese, the king of comfort food and totally vegan!

WHAT YOU NEED

- 2 crushed Weetabix
- 1 carrot (frozen or tinned work well!)
- 150g vegan cheese
- 125ml Mighty M.LK Original (plant based)
- 1 tsp paprika
- 1 tsp garlic
- 1 tsp nutritional yeast
- A pinch of salt
- A pinch of pepper
- 450g macaroni
- 5ml olive oil
- 100g spinach

WHAT TO DO

- 1) Chop carrots and place in water in a microwave-safe dish. Cover with a plate or lid and microwave on high for about 3 minutes.
- 2) Add carrot, vegan cheese, olive oil and Mighty M.LK Original (plant based) into blender and carefully blend until smooth
- 3) Add seasoning to mixture. We used nutritional yeast, salt, pepper, paprika and garlic
- 4) Cook macaroni according to instructions on the pack
- 5) Combine the drained macaroni with the spinach and sauce, then mix together
- 6) Top with the Weetabix crumbs, and add more cheese as desired. Et voilà!
Careful, it's hot

BEYOND BREAKFAST



Protein contributes to the maintenance of muscle mass as part of a healthy diet and lifestyle



More Than Breakfast

YOUR FAVOURITE BIX CAN BE TRANSFORMED INTO A WHOLE BANQUET OF INDULGENT GOODIES AND ENJOYED ANY TIME OF THE DAY - OR NIGHT. FROM CRUMBLE TO ROCKET-SHAPED LOLLIES, THE SKY'S THE LIMIT!



Easy-cheesecake-a-bix



PREP TIME: 30 MINS

COOK: N/A

SERVES: 3

These cheesecakes are so simple to make, you'll feel guilty about all the compliments you'll get (well, not that guilty).

WHAT YOU NEED

Cheesecake base:

- 2 Weetabix
- 1 banana

Cheesecake toppings:

- 3 heaped tbsp mascarpone
- 1 tsp lemon juice
- 1 tin pineapple chunks (you can choose any fruit as your topping)
- A drizzle of honey (optional)

WHAT TO DO

- 1) Mash the banana in with the Weetabix and then firmly press into three small moulds and leave in the fridge for 30 mins
- 2) Fold lemon juice into the mascarpone and spread it over the bases
- 3) Decorate the top with your choice of fruits, we've used pineapple chunks here but raspberries or blueberries are also delicious options
- 4) Finally, squeeze honey on top to finish (if you fancy it!)

MORE THAN BREAKFAST



Thiamin (B1) contributes to normal energy-yielding metabolism as part of a healthy diet and lifestyle

Berry-popsicle-a-bix



PREP TIME: 25 MINS

FREEZE OVERNIGHT

SERVES: 6

Try something berry-cool, with these fantastic icy treats. Not just for kids, this refreshing treat is one the whole family can enjoy.

WHAT YOU NEED

- 5 1/2 Weetabix
- 225g frozen berries
- 375g low fat Greek yogurt
- Wooden popsicle sticks

WHAT TO DO

- 1) Place your frozen berries into a mixing bowl and leave for 10 mins to slightly thaw
- 2) Squish the berries with a fork then mix in the Greek yogurt
- 3) Fill each popsicle mould nine tenths of the way with the Greek yogurt and berries mix and then top with crushed Weetabix
- 4) Add in the popsicle sticks and freeze overnight. Pretty cool, right?

MORE THAN BREAKFAST



Iron contributes to a normal function of the immune system as part of a healthy diet and lifestyle

Crumble-a-bix



PREP TIME: 40 MINS

COOK: 20 MINS

SERVES: 8

We hate to waste a single crumb of Weetabix, and this ingenious recipe uses up all the crumbs and turns them into a crispy, golden crumble. Crumbs, that's smart.

WHAT YOU NEED

- 4 Weetabix, crushed
- 450g apples (or berries)
- 100g granulated sugar
- 10g corn starch
- 80g plain flour
- 100g butter or spread (room temp)

WHAT TO DO

- 1) Preheat the oven to 180°C. Use a pie dish 1" deep and spread the berries / fruit across the base of the dish. Add the corn starch over the berries / fruit and mix carefully
- 2) Mix the sugar, crushed Weetabix, and flour in a bowl. Add the soft butter or spread in smaller pieces into the bowl. Rub in the butter or spread using your fingertips until it looks like crumbs and sticks together. Crumble the mixture loosely over the berries / fruit in the pie dish
- 3) Bake for approx 20 mins, until the crumble turns crispy and golden. Enjoy! Careful, it's hot

MORE THAN BREAKFAST



Vitamin D contributes to the normal function of the immune system as part of a healthy diet and lifestyle



Bake-a-cake-a-bix



PREP TIME: 20 MINS

COOK: 1 HOUR

SERVES: 6

Add a slice of something unexpected at party time with this showstopper - your guests (and the family) will barely believe it's made with Weetabix.

WHAT YOU NEED

- 2 Weetabix
- 200ml semi-skimmed milk
- 100g sultanas
- 100g self-raising flour
- 1 tsp mixed spice
- 2 tsp powdered sweetener
- 2 large eggs

WHAT TO DO

- 1) Preheat your oven to 180°C / fan 160°C and line a 450g loaf tin with non-stick baking paper
- 2) Put the Weetabix in a large bowl and pour in the milk
- 3) Let them get soggy for 2-3 mins, then mash with a fork
- 4) Whisk in all the other ingredients, spoon the mixture into the prepared loaf tin and bake for 1 hour
- 5) Cool the cake on a wire rack before adding your favourite toppings

MORE THAN BREAKFAST



Protein contributes to the maintenance of muscle mass as part of a healthy diet and lifestyle

Espresso-a-bix



PREP TIME: 20 MINS

CHILL IN FRIDGE OVERNIGHT

SERVES: 1

A classy Italian dessert doesn't have to be expensive. Just try this recipe once and we promise you'll be making it every week!

WHAT YOU NEED

- 2 Weetabix Chocolate
- A cup of your favourite espresso
- 50ml Weetabix On The Go Chocolate
- 2 tbsp low fat natural yogurt
- 1 tsp cocoa powder
- A few raspberries

WHAT TO DO

- 1) Crush the Weetabix Chocolate and place them in a mason jar
- 2) Pour the coffee over the crushed Weetabix Chocolate and let it set for a few mins
- 3) Add a splash of Weetabix On The Go Chocolate then pour the natural yogurt over the Weetabix Chocolate and dust with cocoa powder
- 4) Cover with cling film and chill in fridge at 4°C overnight
- 5) When ready to eat, toss the raspberries on top and finito!

MORE THAN BREAKFAST



Protein contributes to the maintenance of muscle mass as part of a healthy diet and lifestyle

Oati-flapjack-a-bix



PREP TIME: 40 MINS

COOK: 25 MINS

SERVES: 12

Bake up a storm with these sweet, chewy bites that are oat-so-delicious at home, on the go, or any time of day!

WHAT YOU NEED

- 4 Oatibix
- 200g oats
- 200ml honey
- 200g unsalted butter
- 100g dark chocolate

WHAT TO DO

- 1) Place the butter and honey in a saucepan and stir over a low heat until completely melted. Set it to one side but be careful as it's hot!
- 2) Crush the Oatibix and add into the saucepan, along with the oats and mix well
- 3) Pour into a greased shallow baking tin, making sure to compact down with the back of a spoon until the surface is smooth
- 4) Bake in the oven for 25 mins. Careful it'll be hot so leave them in the tin until completely cool
- 5) Melt the dark chocolate in the microwave and then pour on top of the flapjacks. Careful, it's hot!
- 6) Place the flapjacks in the fridge for 2 hours to cool before slicing into 12 pieces. Oat-so-good!

MORE THAN BREAKFAST



Iron contributes to a normal function of the immune system as part of a healthy diet and lifestyle

Overnight- cheesecake-a-bix



PREP TIME: 35 MINS

CHILL IN FRIDGE OVERNIGHT

SERVES: 2

This tasty, low-fat dessert is more than worth the wait. Just make sure no one steals a spoonful before it's ready!

WHAT YOU NEED

- 2 Weetabix
- 125ml semi-skimmed milk
- 125g low fat yogurt
- 1 tsp strawberry jam
- 8 sliced whole strawberries

WHAT TO DO

- 1) Add crushed Weetabix to your container and pour over the milk until the mixture is damp
- 2) Mix this well and spread it evenly over the bottom of the container
- 3) Spoon over the low-fat yogurt and spread evenly
- 4) Add one dollop of strawberry jam on top and spread across the yogurt
- 5) Top with sliced strawberries before putting in the fridge overnight and your patience will be rewarded!

MORE THAN BREAKFAST



Protein contributes to the maintenance of muscle mass as part of a healthy diet and lifestyle

Nest-a-bix



PREP TIME: 20 MINS CHILL IN FRIDGE OVERNIGHT SERVES: 10 NESTS

You don't have to wait until Easter to enjoy these, you can try them anytime you fancy something delicious. Top tip: have some family fun and get any mini-bixers in the house involved.

WHAT YOU NEED

- 4 Weetabix
- 140g chocolate
- 1 tsp coconut oil
- 20 raspberries
- 1 kiwi
- 30 mini eggs

WHAT TO DO

- 1) In a microwave-safe bowl, melt the chocolate and coconut oil in 30-second intervals, mixing until smooth. Careful, it's hot!
- 2) Add in the crushed Weetabix and mix until fully combined with the chocolate mixture
- 3) Press the mixture inside 10 muffin cups and place 3 mini eggs inside each nest
- 4) Chill in the fridge for at least 1 hour, then serve with raspberries and sliced kiwi. An egg-cellent treat to share!

MORE THAN BREAKFAST



Iron contributes to a normal function of the immune system as part of a healthy diet and lifestyle

*Want to
explore more
tasty ways to enjoy
your Weetabix?*

**CHECK OUT THE WEETABIX
DELICIOUS IDEAS WEBPAGE FOR
MORE BIX-PIRATION!**



Have you had yours?