REMEDIAL™

VERSATILE WAYS TO ENJOY REMEDIAL HIGH-PROTEIN OAT & SEED BREAKFAST BLEND

Over50WomensWellness

REMEDIAL™

Made with organic, gluten-free oats, quinoa, pumpkin seeds, hemp seeds, flaxseeds and chia seeds, REMEDIAL is a nutritious blend that can be enjoyed in many ways:

🥣 Creamy Porridge
Cook with milk or a plant-based alternative for a hearty, protein-rich breakfast.

🌙 Overnight Oats
Soak overnight with yoghurt, milk and fruit for a convenient grab-and-go breakfast.

🥤 Smoothies

Blend 1–2 tablespoons into your favourite fruit or green smoothie for added protein, fibre and healthy fats.

🥞 Protein Pancakes

Replace part of the flour in pancake recipes with the blend for a nourishing breakfast or brunch.

🧁 Wholesome Muffins

Add to muffin batter to boost protein, texture and nutritional value.

🍪 Energy Bites & Bars

Mix with nut butter, dates and dried fruit to create no-bake snacks.

🥣 Yoghurt Toppers

Sprinkle over Greek yoghurt, coconut yoghurt or kefir for added crunch and nutrition.

🍎 Fruit Crumble Topping
Combine with a little butter or coconut oil and cinnamon to create a wholesome crumble topping.

🍞 Baking Ingredient
Stir into bread, scones, flapjacks or traybakes for an extra nutritional boost.

🍨 Breakfast Bowls
Use as a topping on smoothie bowls, açai bowls or fresh fruit bowls for added texture and satiety.

REMEDIAL High Protein Oat & Seed Breakfast Blend makes it easy to add protein, fibre and healthy fats to breakfasts, snacks and baking recipes throughout the day.

I hope you enjoy this simple, wholesome and nourishing REMEDIAL High Protein Oat & Seed Breakfast Blend for a naturally nutritious boost at breakfast and beyond.



www.over50womenswellness.com/remedial
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