

# Breakfast in a Jar

The common reason why people skip breakfast before their 9-5 office shift is that preparing breakfast can take up to 15 minutes of extra snooze time. Other reasons include the availability of breakfast bars and coffee machines at the work place or university campuses. But we all know that they are only supplements that only trick us into thinking we're fuelled till at least noon. And if you are into cereals for a quick fix, you want to know that they are not any different from un-toasted pop tarts; you might as well eat a bar or snickers for breakfast.



Disadvantages of not having or at least not preparing breakfast from home includes the obvious: spending money, and that too on coffee or shingara with no good nutritious value.

If you don't want to prepare your most important meal in the morning, you can do it the night before, and mason jars are meant to do this— as seen by the popularity of the Breakfast in a jar on Pinterest. However as pretty as it looks, we can't really get all those luscious berries easily here. But, we can definitely get creative with alternatives.

The concept of breakfast in a jar promotes healthy eating, and it is also a cool way to give a pretty visual of nutrition facts.

## OVERNIGHT OATS

Measure out in a glass or bowl the amount of oats you would eat in a meal and transfer it into a jar of your liking. Then add your choice of milk like, soy, coconut, almond, rice. Then add your favourite topping which could include not only fruits but different kinds of nuts and seeds as well to give it an extra crunchy texture like, banana, cherries, apples almonds, hazelnuts, walnuts, cashew nuts, flax seeds, chia seeds, raisins, sunflower seeds, pumpkin seeds, nut butters, coconut flakes, greek yoghurt, plain yoghurt, the list

goes on. For added flavor add a spice like cinnamon, cocoa powder, vanilla, ginger powder, date syrup or even honey. Cover the lid and leave it in the refrigerator overnight.

## GRANOLA WITH FRUITS

Make alternate layers of yoghurt and granola and top it off with your favourite fruits or seeds like bananas, mangoes, berries, almonds, hazelnuts and many more. For added sweetness honey or date syrup works best!

## POACHED EGGS WITH SAUSAGE

Create alternate layers of mixed vegetables (you can also add cooked quinoa with it) and shredded sausages of your choice in a jar. In between the layers add spice mixtures of your choice such as Italian herb mixes, garlic powder, and paprika. Cook two poached eggs and place it on the top and finish it off with a drizzle of olive oil. Store in the refrigerator overnight and just heat it up in the microwave for a minute before eating.

## COCONUT CHIA PUDDING

This can be eaten for breakfast or as a quick sweet fix for any time of the day. Blend coconut milk, maple syrup/honey, vanilla, cardamom powder and then add chia seeds or tokma into the mixture and pour it out into the jar. Refrigerate overnight and serve it with your favourite chopped fruits!

By Sanumkia Siddiqui

Photo: Sazzad Ibne Sayed

Recipes: Collected

# Deliciously Oats



It is commonly known that oats are among the healthiest grains on earth. They are gluten free, whole grain and great as supplements for important vitamins, minerals, fibre and antioxidants. Oats are excellent substitutes for rice and other carbohydrates if you are on a diet. The do not only taste good but a small amount can make you full without your tummy bloating.

There are some fun and interesting ways with which you can prepare yourself a healthy and tasty oatmeal.

## OATMEAL WITH FRUITS AND MILK

It can be somewhat a summer meal but it is an absolute delight to have with fruits and milk, which is not only tasty, but is filled with nutrition. Mango, banana, kiwi etc. can be great ingredients to try out the best in oatmeals.

## OATS WITH YOGHURT AND JELLY

Pick your favourite flavour of jelly and yogurt and give it a quick mix with oatmeals. It is an excellent quick meal not only for breakfast but also for a late-night munch!

## OATMEAL WITH PEANUT BUTTER AND GRAPES

If you like peanut butter, this is what you can do with your plate of oats! However, make sure you don't take more than one and a half teaspoon and a couple of grapes. It is a perfect balance for nutrition and the mouth-watering factor.

## MASALA OATS WITH A SIDE OF CHICKEN

Masala with a side of chicken can be a dinner or lunch meal you will not be able to resist if you love spicy food and chicken. Remember to add a little lemon for the zest and make it your plate of comfort!

Whichever you prefer your oats, fruity or spicy, it will be one plate at a time with which you will get the diet you want. The best part though? You will not have to be bored with one dish for the rest of the week since you can have it all!

By Sumaiya Tasnim

