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Aaron Brunet's

# Pink Ribbon strawberry whip breakfast

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*This is a colourful, tasty and super healthy breakfast - like a smoothie bowl but with a base of oats and nuts to give it a bit more substance. I like to grind rolled oats in a food processor or blender and keep them in the pantry ready to go.*

*The whip uses frozen banana and frozen strawberry, with a surprise ingredient - miso paste. This little umami-bomb amps up all the other flavours, think of salty caramel. If you use raw miso it also adds an awesome dose of probiotic goodness. If you don't like miso add a pinch of pink salt instead. I've used freeze-dried strawberry powder in the whip too which cranks the strawberry flavour up to 10 - a little goes a long way and I love having it in the pantry as a treat.*

*For the toppings I like to use contrasting colours. Coconut "Mylk" powder is sweet and bright white, if you can't find it you can also just grind up some desiccated coconut in a coffee grinder. Carob powder is naturally sweet - it's a bit like cacao but milder.*

*This is my kind of food - full of flavour, plant-based and basically a health tonic in disguise!*

## INGREDIENTS

### Base

¼ cup oatmeal  
2 tablespoons ground almond  
1 tablespoon desiccated coconut  
pinch of pink salt  
¼ cup nut-milk of your choice

### Whip

1 frozen banana (125g)  
½ cup frozen strawberries (75g)  
1 tablespoon 'Fresh As' freeze-dried strawberry powder  
2 teaspoons miso paste (light coloured miso is best, I use "Urban Hippie" brand from Nelson)  
1 teaspoon natural vanilla essence

### Toppings

½ cup frozen boysenberries (or other berries)  
1 teaspoon maple syrup  
1 tablespoon "Coconut Mylk" powder  
1 tablespoon 'Fresh As' freeze-dried strawberry powder  
1 teaspoon carob powder

## METHOD

1. Mix base ingredients in your serving bowl, adjusting amount of liquid to make a smooth paste like a raw porridge.
2. Put whip ingredients into a high speed blender or nutribullet and whizz until super smooth, then plop it on top of the base. You may need to poke and shake it around to help the blades do their work.
3. Slightly thaw the frozen berries in a cup with maple syrup, then add on top of whip. Spoon or shake the toppings on, letting them make nice colour contrasts.