



# KASHA

## BREAKFAST BOOK



# THE KASHA BREAKFAST BOOK

*From smoothies to smoothie bowls, from date balls to energy bars, and from pancakes to puddings, we hope you enjoy using Kasha, our high-protein, instant breakfast cereal - in fun and creative ways!*

When our parents, Wally and Debbie Fry, started The Fry Family Food Co. in 1991, their idea was to craft nutritious and convenient alternatives to meat that our whole family (and friends) could all happily eat. Fast forward 27 years later, and now we are a fully-fledged, second generation family business, with the Fry's range now found all over the world. We wanted to up the ante a notch or two, all the while continuing to keep things plant-based, nutritious and tasty – just as our parents would have wanted!

So we draw inspiration from our own daily lives. This new product needed to be a pre-workout shake, post-workout shake, breakfast on the run, desk eating-approved, lunchbox-friendly and afternoon snack-OK'd. It needed protein and superfoods. It also had to be natural, low in sugar, low GI, sustaining and 100% vegan.

And so, Kasha was born. In two delicious flavors: Cacao and Vanilla & Chia. We made sure to add superfoods like moringa, cinnamon and chia seeds to help boost metabolism and digestion and to keep those energy levels high. Made from only the best that nature has to offer and with an ingredient list you can understand, Kasha is a product very close to our family's heart. Thank you for joining us on our journey to craft food that inspires change. We hope you enjoy Kasha as much as we do!

*What's For Breakfast?*



*- Tammy*

In this recipe book you will find 16 recipes made with Fry's Kasha to be eaten at any time of the day! Kasha can be eaten as an instant cereal; blended as a protein powder in smoothies; made workout shake; added to energy snack bars; stirred into warm porridge; and folded into fluffy pancakes. All you need to do is decide on which flavour to try first!



Tammy Fry - Fry's International Marketing Director



## WHY WE LOVE KASHA

- *Made with nature's plant proteins*
- *High in protein*
- *100% vegan*
- *Non-GM*
- *High in Fibre*
- *Naturally cholesterol-free*
- *Contains superfoods*
- *Quick and easy to prepare*
- *Free from harmful chemicals*





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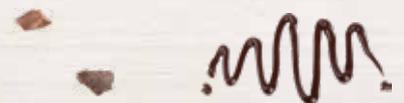
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# SMOOTHIES

## FUEL IT UP: PRE-WORKOUT PROTEIN SMOOTHIE

*Blend, drink and fuel! Power up your body the right way for the ultimate workout session. **Makes 1 large serving or 2 small servings***

### INGREDIENTS

- 4 tbsp Cacao Kasha
- 2 frozen bananas
- 3 pitted dates
- 1 ½ cups dairy-free milk of choice
- ¼ cup raw almonds (soaked overnight, optional)
- ¼ cup oats
- 1 tsp cinnamon
- ¼ tsp vanilla extract

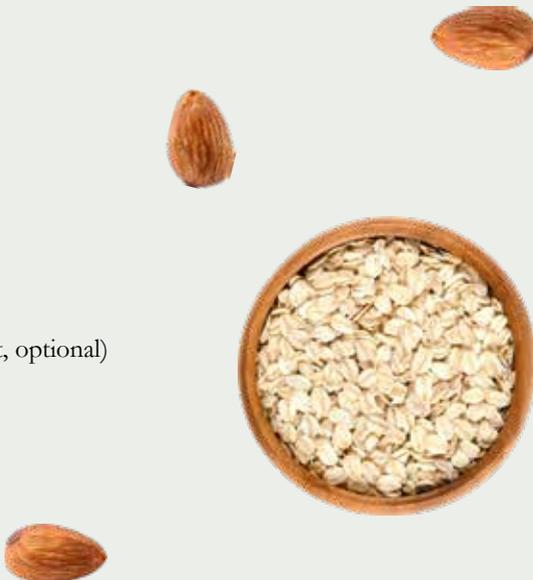
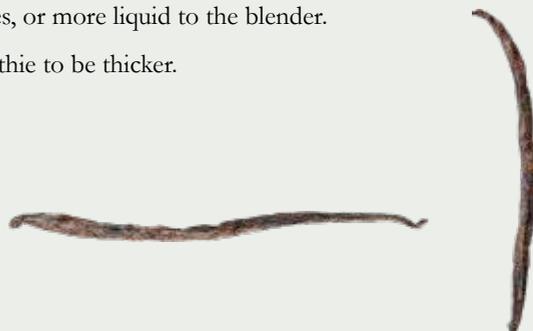
### METHOD

Add all ingredients in a high-powered blender and blend until thick and creamy.

Adjust sweetness and consistency to suit your preferences.

If you want it icier, add a few ice cubes, or more liquid to the blender.

Use less liquid if you want your smoothie to be thicker.



## WAKE UP AND ENERGISE: COFFEE-BUZZ SMOOTHIE

*Power up your morning with this delectable and energising smoothie that will keep you going all day long! Makes 1 serving*

### INGREDIENTS

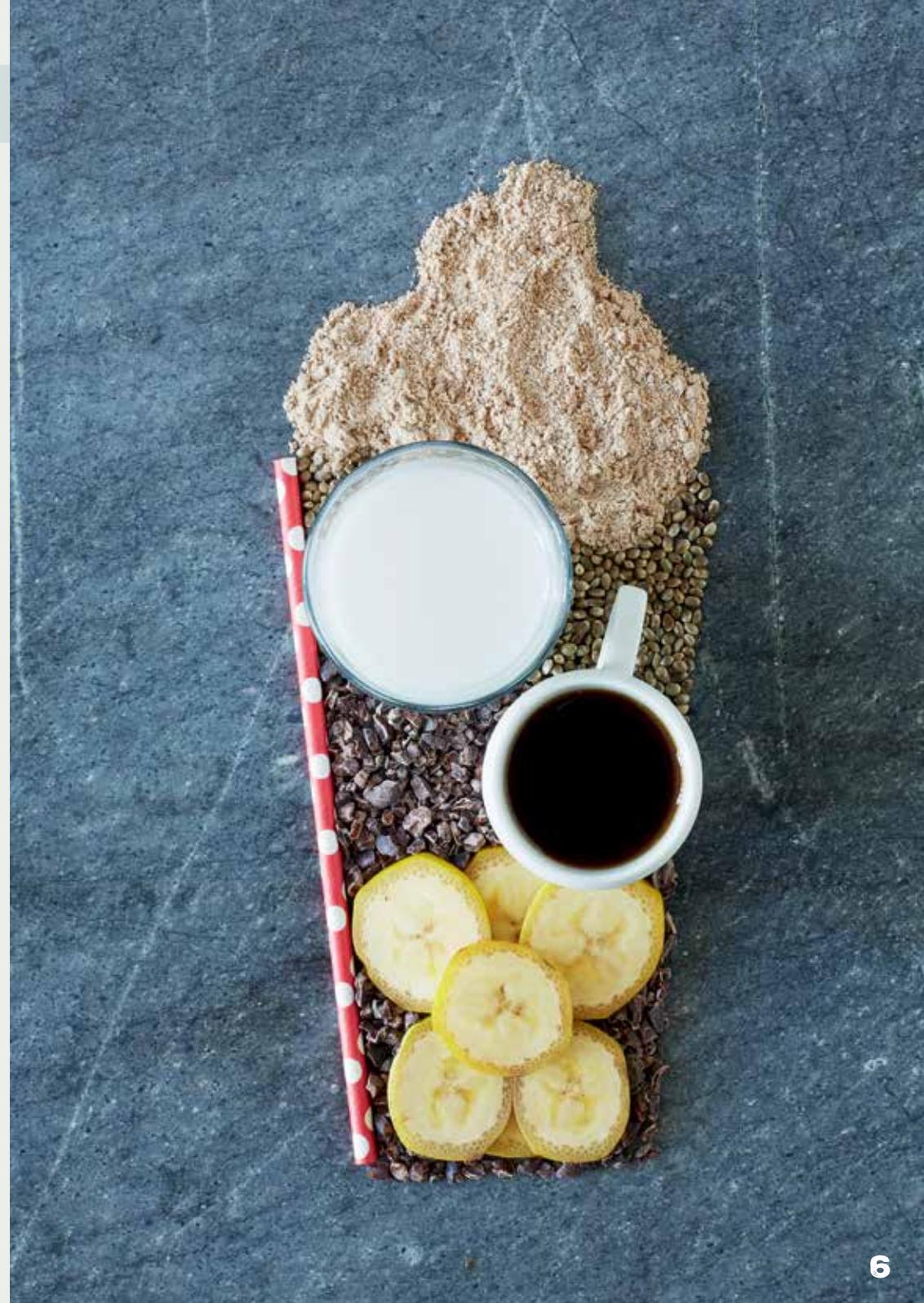
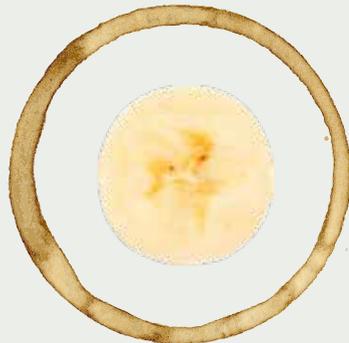
- 2 tbsp Cacao Kasha
- 2 frozen bananas
- ½ cup brewed coffee, cooled
- ½ cup coconut milk
- 2 tbsp raw cacao nibs
- 1 tbsp hemp seeds
- 1 handful of ice (optional)

### METHOD

Add the ingredients in a high-powered blender and blend until smooth and creamy.

Adjust sweetness to suit your preferences.

Add more water or coconut milk if desired.



## CLEAN GREEN POWER: KALE AND KIWI SMOOTHIE

*This smoothie is packed with the perfect triple threat combo - Kiwis, Kale and Kasha! Get your daily dose of leafy greens and your daily serving of fruit in this deliciously dairy-free smoothie. Makes 1 serving*

### INGREDIENTS

#### For the Kale and Kiwi Layer:

- 1 tbsp Vanilla and Chia Kasha
- ½ cup finely chopped kale
- 1 kiwi fruit, sliced
- ½ cup full-fat coconut milk
- Berries, chia seeds, and extra kiwi slices to garnish



#### For the Blueberry Layer:

- ½ cup blueberries
- ½ cup full-fat coconut milk

#### For the Mango Layer:

- ½ mango, peeled and chopped
- ½ cup full-fat coconut milk
- 1 tbsp toasted coconut



### METHOD

Ensure the can of coconut milk is cold by placing it in the fridge for a few hours or overnight.

**For the Blueberry Layer:** Whisk the coconut cream by hand or with an electric whisk. An emulsifying blender or traditional ice cream maker will also work. Blend with the blueberries. Set aside.

**For the Mango Layer:** Whisk the coconut cream by hand with or an electric whisk. An electric blender, emulsifying blender or ice cream maker will also work. Repeat the same process as above with Mango Layer ingredients.

**For the Kale and Kiwi Layer:** Whisk the coconut cream by hand or with an electric whisk.

An emulsifying blender or traditional ice cream maker will also work. Repeat the same process with the Kale and Kiwi Layer ingredients.

**To assemble:** Decorate the glass with a few kiwi slices by placing them firmly against the glass (optional). Pour the Blueberry Layer into a glass, carefully pour over the Mango Layer and layer with the Kale and Kiwi Layer. Garnish with berries and chia seeds and enjoy.



## BERRY BERRY NICE: BERRY-LAYERED BANANA SMOOTHIE

*Say hello to our Berry Banana Smoothie, the dairy free version of a triple-decker milkshake! Makes 1 serving*

### INGREDIENTS

#### For the Vanilla Almond Layer:

2 tbsp Fry's Vanilla and Chia Kasha  
1 cup full-fat coconut milk  
2 tbsp ground almonds  
1 tbsp toasted coconut

### METHOD

Ensure the can of coconut milk is cold by placing it in the fridge for a few hours or overnight.

#### For the Vanilla Almond Layer:

Whisk the coconut cream by hand or an electric whisk. An emulsifying blender or traditional ice cream maker will also work. Add the ground almonds, toasted coconut and Vanilla and Chia Kasha together. Blend together. Set aside.

#### For the Raspberry Banana Layer:

Blend the raspberries and banana together. Set aside.



#### For the Raspberry Banana Layer:

1 cup raspberries  
½ a frozen banana

#### For the Strawberry Banana Layer:

1 cup strawberries  
½ a frozen banana  
Berries, sliced banana, chia seeds  
and coconut, for garnish

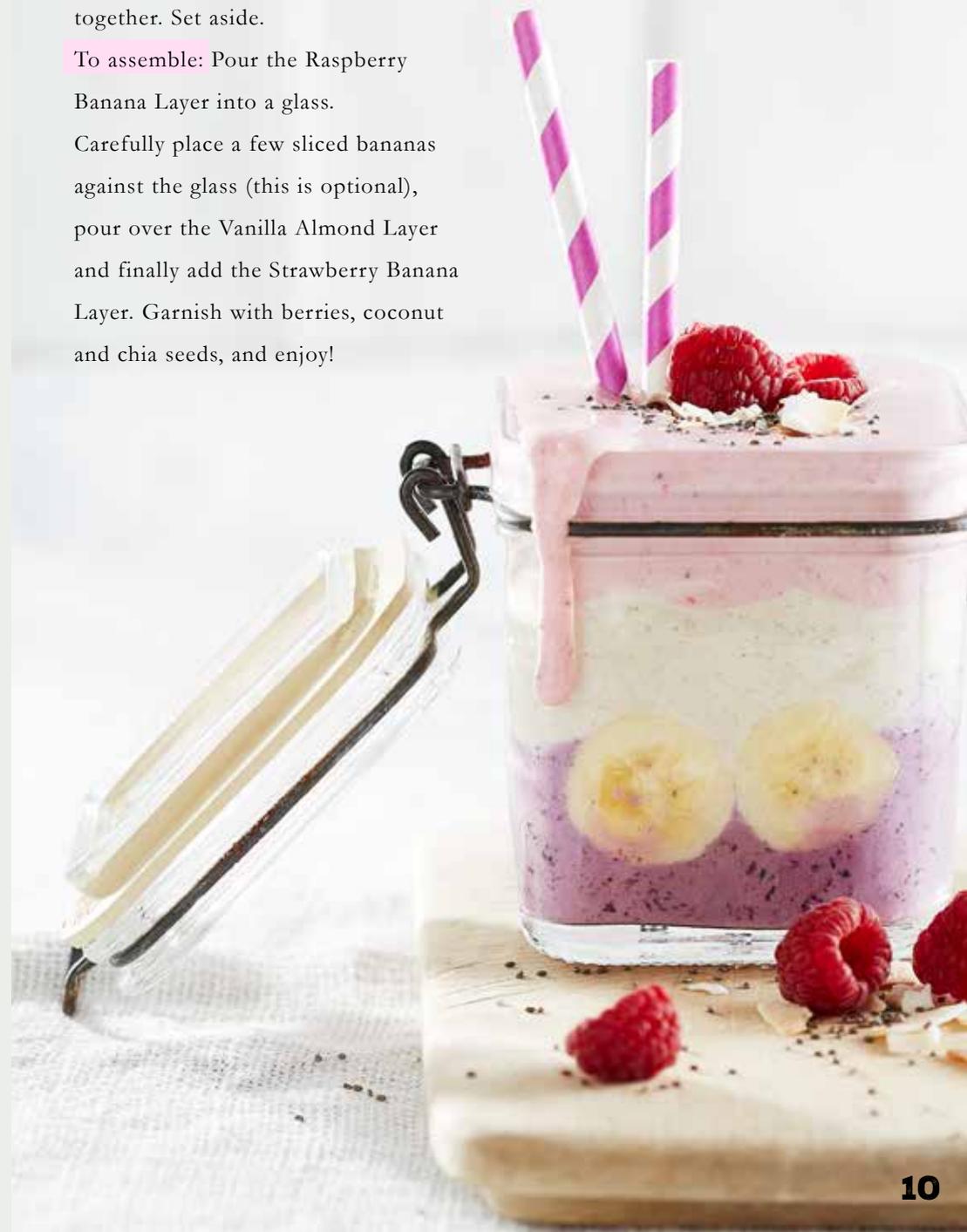


#### For the Strawberry Banana Layer:

Blend the strawberries and banana together. Set aside.

#### To assemble:

Pour the Raspberry Banana Layer into a glass. Carefully place a few sliced bananas against the glass (this is optional), pour over the Vanilla Almond Layer and finally add the Strawberry Banana Layer. Garnish with berries, coconut and chia seeds, and enjoy!



## KEEP IT HYDRATED: REFRESHING GREEN SMOOTHIE

*Sip back and relax with this quencher of a smoothie for brighter skin, greater energy and improved hydration! Makes 1 large serving or 2 small servings*

### INGREDIENTS

- 2 tbsp Vanilla and Chia Kasha
- 1 large handful of spinach (fresh or frozen)
- 1-2 cups coconut water (or water)
- 2 frozen bananas
- 1 pear, chopped
- 1/3 cup cucumber, chopped
- 1 tsp spirulina powder
- 1 tsp cinnamon powder
- 1 small knob of fresh ginger, or to taste



### METHOD

Add the spinach and the coconut water (or water) in a high-powered blender and blend until smooth.

Add the rest of the ingredients to the blender and blend until creamy.

Adjust sweetness and consistency to suit your preferences.

If you want to make it a bit sweeter, add another banana or throw in a date or two, some maple syrup or coconut sugar.

If you want it icier, add a few ice cubes, or more liquid to the blender.

Use less liquid if you want your smoothie thicker.



## FUN IN THE SUN: TROPICAL SMOOTHIE

*Move out the way piña colodas! This cheeky, fresh and minty smoothie is perfect for those summer-loving mornings. Makes 1 serving*



### INGREDIENTS

#### For the Banana Vanilla Layer:

- 1 tbsp Fry's Vanilla and Chia Kasha
- 1 frozen banana
- ½ cup full-fat coconut milk



#### For the Papaya Layer:

- 1 cup chopped papaya
- ¼ cup plant milk of your choice

#### For the Avo Mint Layer:

- ½ avo, peeled and chopped
- 5 fresh mint leaves
- ¼ cup plant milk of your choice
- Strawberries, mint and almonds, and chia seeds to garnish



### METHOD

Ensure the can of coconut milk is cold by placing it in the fridge for a few hours or overnight.

**For the Banana Vanilla Layer:** Whisk the coconut cream by hand or with an electric whisk. An emulsifying blender or traditional ice cream maker will also work. Blend with the Kasha and banana. Set aside.

**For the Avo Mint Layer:** Blend the avo, mint and milk together. Set aside.

**For the Papaya Layer:** Blend the papaya and milk together. Set aside.

**To assemble:** Pour the Banana Vanilla Layer into a glass, carefully place a few sliced strawberries against the glass (this is optional). Carefully pour over the Avo Mint Layer and then finally pour the Papaya Layer on top.

Garnish with strawberries, almonds and mint and chia seeds.



## FEEL GOOD: CHOCOLATE AND BLUEBERRY SMOOTHIE

*Whistle while you work! This perfect blend of feel-good blueberries and cacao will keep you smiling all day long! Makes 1 serving*

### INGREDIENTS

#### For the Vanilla Layer:

2 tbsp Fry's Vanilla and Chia Kasha  
½ can full-fat coconut milk  
¼ cup plant-milk of your choice

#### For the Blueberry Layer:

¼ cup frozen blueberries  
½ cup full-fat coconut milk  
½ tsp vanilla extract

#### For the Chocolate Layer:

2 tbsp Fry's Cacao Kasha  
½ can full-fat coconut milk  
¼ cup plant-milk of your choice  
1 tbsp maple syrup

Cacao nibs, almond slices, flaxseeds,  
coconut, banana and blueberries, for  
garnish

### METHOD

Ensure the can of coconut milk is cold by placing it in the fridge for a few hours or overnight.

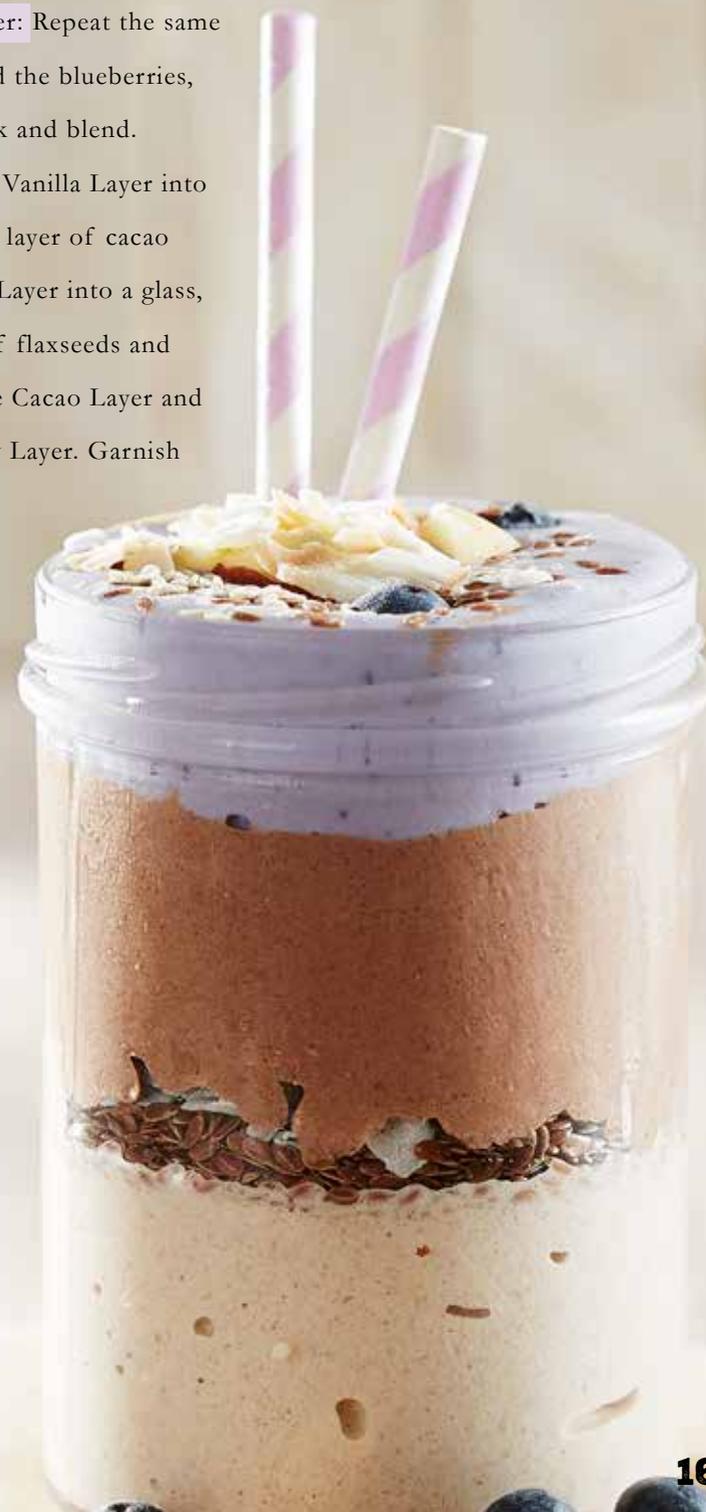
**For the Vanilla Layer:** Whisk the coconut cream by hand or with an electric whisk. Add the Vanilla and Chia Kasha and the milk. Blend together. Set aside.

**For the Chocolate Layer:** Repeat the same whisking process as above.

Add the Cacao Kasha, maple syrup and the milk. Blend together. Set aside.

**For the Blueberry Layer:** Repeat the same whisking process. Add the blueberries, vanilla extract and milk and blend.

To assemble: pour the Vanilla Layer into a glass, sprinkle over a layer of cacao nibs, Pour the Vanilla Layer into a glass, sprinkle over a layer of flaxseeds and coconut, pour over the Cacao Layer and top with the Blueberry Layer. Garnish with your toppings!



## REFUEL IT DOWN: POST-WORKOUT PROTEIN SMOOTHIE

*Nourish and refuel with plant proteins, healthy fats, stabilising carbs and anti-inflammatory turmeric for those well-deserved gym gains.*

*Makes 1 large serving or 2 small servings*

### INGREDIENTS

- 3 tbsp Vanilla and Chia Kasha
- 2 handfuls of kale (fresh or frozen)
- 1 cup almond or soy milk
- 1 orange, peeled
- 1 cup pineapple, cut into chunks
- ½ cup blueberries
- 1 tbsp ground flaxseeds
- ¼ tsp vanilla essence
- ¼ tsp turmeric powder



### METHOD

Add the kale and the coconut water in a high powered blender and blend until smooth and the kale leaves are fully blended.

Add the rest of the ingredients to the blender and blend until smooth. Adjust sweetness and consistency to suit your preferences.

If you want it icier, add a few ice cubes, or more liquid to the blender. Use less liquid if you want your smoothie thicker.



# SMOOTHIE BOWLS

## BRAIN FOOD: OMEGA-RICH SMOOTHIE BOWL

*Supercharge your brain with this mind-busting, head-clearing smoothie that is packed with added Omega 3 and 6's! Makes 1-2 servings*

### INGREDIENTS

4 tbsp Cacao Kasha

3 frozen bananas

½ cup frozen mixed berries

½-1 cup dairy-free milk of choice

6 walnuts (soaked overnight, optional)

1 tbsp ground flaxseeds

1 tsp acai powder (optional)

Chia seeds, coconut, blueberries and cherries, for garnish.



### METHOD

Blend the Kasha, bananas, mixed berries, non-dairy milk, walnuts, flaxseeds and acai powder until smooth and creamy.

Adjust sweetness and consistency to suit your preferences.

Top your bowl with chia seeds, coconut, blueberries and cherries.



## STRONG FIRST: CALCIUM-TOUGH SMOOTHIE BOWL

*It may look pretty but this smoothie is one toughie! Knock back this nutrient-dense, plant-powered smoothie for extra strong bones! **Makes 1 serving***

### INGREDIENTS

3 tbsp Cacao Kasha

½ cup almond milk

1 cup spinach

2 frozen bananas

1 cup figs, plus extra for garnish

2 tbsp tahini

Cacao nibs, almonds, raspberries  
and coconut, for garnish

### METHOD

Add the spinach and the almond milk in a high-powered blender or food processor and blend until smooth. Add more water or non-dairy milk if needed.

Add the rest of the ingredients and blend until smooth.

Adjust sweetness and consistency to suit your preferences.

Top with cacao nibs, almonds, raspberries and coconut.



## HAPPY GO LUCKY: MOOD-BOOSTING CACAO YOGHURT BOWL

*Enjoy this delicious mood-improving smoothie that tastes great and leaves you feeling even better! Happy days! Makes 2 servings*

### INGREDIENTS

3 tbsp Cacao Kasha

1 ½ cups raw cashews, soaked overnight (optional)

1 cup non-dairy milk

½ cup water

3 frozen bananas

1 cup frozen mixed berries

½ tbsp maple syrup

Pomegranate seeds, coconut, cashews, blueberries, chia seeds and edible flowers, for garnish

### METHOD

In a food processor, blend cashews, non-dairy milk and water together on high speed, until smooth.

Add the Kasha, bananas, berries and maple syrup to the food processor and purée until smooth and creamy.

Top with pomegranate seeds, coconut, cashews, blueberries, chia seeds and edible flowers (because flowers always brighten up the day!).



# PANCAKES AND PUDDINGS

CHOCOLATE SURPRISE PANCAKES WITH VANILLA BLUEBERRY CHIA SEED JAM

*Sunday brunch will never be the same again with these delectable, fluffy pancakes.*

*Serve with a dollop homemade Vanilla Blueberry Jam for a memorable morning.*

*Makes 1-2 servings*

## INGREDIENTS

4 tbsp Cacao Kasha

3 frozen bananas

½ cup frozen mixed berries

½-1 cups dairy-free milk of choice

6 walnuts (soaked overnight, optional)



1 tbsp ground flaxseeds

1 tsp acai powder (optional)

1 tbsp chia seeds, for garnish

1 tbsp desiccated coconut, for garnish

Handful of blueberries, for garnish

Sprouts, for garnish



## METHOD

To make the Vanilla Blueberry Chia Seed Jam:

In a medium-sized non-stick pot, bring the blueberries and maple syrup to a low boil. Stir frequently, and reduce heat to a simmer for about 5 minutes.

Lightly mash the blueberries with a fork, leaving some for texture. Stir in the chia seeds until well combined and cook the mixture down until it thickens to your desired consistency, about 10 minutes.

Stir frequently so it doesn't stick to the pot. Once the jam is thick, remove from heat and stir in the vanilla extract. Add more maple syrup to taste if desired. Store in the fridge until it's ready to be served with the pancakes.

The jam should keep for at least a week in an air-tight container in the fridge.

To make the Chocolate Surprise Pancakes:

In a mixing bowl, whisk together the flour, baking powder and salt. In another mixing bowl, whisk together the milk, oil, maple syrup and vanilla extract until thoroughly blended.

Slowly pour the liquid mixture into the dry mixture. Stir until combined, so only a few lumps remain. Be careful not to overmix. Gently fold in the chocolate chips.

Let the batter rest for 5 minutes so your pancakes will be nice and fluffy.

Heat a non-stick pan over medium-low heat. Start cooking the pancakes once the surface of the pan is hot enough that a drop of water sizzles on contact. Lightly oil the cooking surface with additional oil or cooking spray.

Using a ¼-cup measure, scoop the batter onto the warm skillet. Cook for 2-3 minutes until small bubbles form on the surface of the pancakes, and flip.

Cook on the opposite sides for 1-2 minutes, or until golden brown.

Repeat the process with the remaining batter, adding more oil as needed. You may need to adjust the heat up or down at this point. Serve the pancakes immediately warm with the Vanilla Blueberry Chia Seed Jam, sliced banana and maple syrup.





# CHOCOLATE CHIA SEED PUDDING

*Start your morning right with a gooey, nutrient-packed chocolate pudding.*

*Did someone say dessert for breakfast...? **Makes 1-2 servings***

## INGREDIENTS

- 1 tbsp Cacao Kasha
- 4 tbsp chia seeds
- 1 ½ cups non-dairy milk of choice
- 2-3 tbsp maple syrup
- ½ tsp cinnamon powder
- ¼ tsp vanilla extract
- ¼ tsp sea salt
- Strawberries, your favourite granola, toasted coconut, for garnish.



## METHOD



Add all ingredients, except for the strawberries, granola and coconut flakes, to a mixing bowl and whisk vigorously to combine. Sweeten to taste.

Let the pudding rest covered in the fridge overnight or for 4-5 hours at the minimum (or until it has achieved a pudding-like consistency).

Serve chilled and top with strawberries, granola and coconut flakes.



# CARROT CAKE PUDDING

*A true breakfast of champions! See brighter with this eye-opening oatmeal pudding made with carrots and topped with fresh pineapple. **Makes 1-2 servings***

## INGREDIENTS

2 tbsp Vanilla and Chia Kasha  
½ cup oats  
½ cup non-dairy milk of choice  
½ cup water  
½ cup coconut cream  
1 cup carrots, grated  
1 ripe, spotty banana  
2 tbsp raisins, plus extra for garnish  
1 tbsp maple syrup  
½ tsp cinnamon powder



½ tsp vanilla powder  
¼ tsp of each ground ginger,  
nutmeg, cloves  
Coconut, maple syrup, raisins  
and pineapple, for garnish



## METHOD

Grate the carrots with a grater.

Mash the banana with a fork.

In a small pot, bring the water, milk and oats to the boil.

Bring the stovetop down to a low heat, allowing the oats to simmer for about 3 minutes. Add Kasha, banana, carrots, raisins and spices, and stir frequently for another 3 - 5 minutes.

Add in the coconut cream and stir frequently for another 5 - 10 minutes, until it has thickened up nicely. Top the oatmeal with coconut, maple syrup, raisins and pineapple. Enjoy warm!



# SNACK ATTACK

## CHOCOLATE PEANUT BUTTER DATE BALLS

*Stop, drop and roll! Chocolate and peanut butter make the perfect team in these high-energy bites of glory.*

### INGREDIENTS

- 1 tbsp Cacao Kasha
- 1 ½ cups oats
- 1 cup medjool dates (soaked in hot water for about 5 minutes before)
- ¼ cup crunchy peanut butter
- ¼ cup maple syrup
- 1 tbsp hemp seeds
- ½ tsp vanilla extract
- ½ tsp cinnamon powder
- Water, as needed

### METHOD

In a food processor, add the oats and blend until the oats reach a semi-fine texture.

Add Kasha, hemp seeds and cinnamon to the oats and blend together.

Add remaining ingredients into the food processor and continue to blend until well combined. You may need to scrape down the sides every so often to ensure all ingredients are mixed.

The consistency will be slightly chunky and sticky, so have a bowl of water nearby to wet your fingers as you roll the mixture into small balls.

If you find the consistency to be too dry, slowly add water until you reach a desired texture.

Freeze for a few hours in an airtight container before serving. Refrigerate thereafter.



# CHAMOMILE GINGER LEMON ENERGY BARS

*The triple threat of snacks. Chamomile, ginger and lemon delicately come together in a refreshing way.*

## INGREDIENTS

- 2 tbsp Vanilla and Chia Kasha
- ½ cup cashews
- ½ cup walnuts
- 1 cup dates
- ½ cup dried pears, chopped
- 1 tbsp dried chamomile
- 1 tbsp freshly grated ginger
- ½ tsp vanilla extract
- Juice of ½ a lemon

## METHOD

- Place nuts and dried fruit into a food processor and blend until roughly chopped and combined.
- Add in rest of ingredients and blend until mixed.
- Form into squares or rectangles.
- Store in an airtight container in the refrigerator.





Crafting Food. Inspiring Change.



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You can find loads more great recipes online and don't forget to send us your photos, comments and recipe suggestions – we'd love to hear from you! #FrysFamily

