



Make-ahead easy breakfasts

Breakfast can fill you up and may help avoid feelings of hunger mid-morning. Even if you are short on time before lectures or starting a day of studying, why not take some time the night before to make breakfast? Try our oat-based ideas below.

Make-ahead breakfast ideas



Whether you have an early start for lectures or a day of revision ahead of you, make this easy, healthier breakfast the night before to save you time and money!



Overnight oats

Ingredients:
40g porridge oats
120ml milk (or a calcium-fortified dairy alternative)

Try adding flaxseeds to your oats as an added source of fibre!

Pick your topping!


Sweet cinnamon and banana
Mash a banana with a fork and mix in with the overnight oats, and sprinkle over some cinnamon

Berry medley
Add your favourite fresh or frozen berries - like strawberries, blueberries, raspberries

Tropical
Add chopped kiwi or some canned pineapple chunks - choose canned in fruit juice rather than syrup

Fruit and nut mix
Add a sprinkle of dried fruit like raisins or sultanas, and a handful of chopped nuts

Mix all the ingredients together and simply store in the fridge overnight!



Make-ahead breakfast ideas



Whether you have an early start for lectures or a day of revision ahead of you, make this easy healthier breakfast the night before to save you time and money!



Apple crumble oats

Ingredients:
250g porridge oats
4 tbsp Greek style yogurt
2 apples, grated
Pinch of cinnamon
50g sultanas (optional)
2 tbsp honey
Milk

Mix all the ingredients together in a bowl apart from the milk. Add enough milk to cover. Put in the fridge overnight!



Simple snacks for energy

When you're heading to the library or need a quick energy fix, take along items like bananas, cereal bars, dried apricots or a handful of unsalted nuts or rice crackers. This will help you be prepared, and you may not be tempted to grab a snack that may be high in fat or high in sugars like fried chips, a chocolate bar or cake. Or why not try one of our ideas below?

Simple snacks

Try these simple, healthy snack ideas for ideas on what to eat throughout the day to fuel your study or your workout!



Standard vegetable oil in UK supermarkets is rapeseed oil - high in monounsaturated fat and vitamin E

Energy bars

Ingredients:

- 2 tbsp flaxseeds
- 2 tbsp peanut butter
- 3 ripe bananas
- 280g porridge oats
- 1 tbsp rapeseed oil

Flaxseeds are a source of protein and fibre as well as being high in omega-3.

Mash bananas until smooth. Melt the peanut butter and oil together in a pan and stir in the bananas. Add the oats and seeds and mix well. Put them on a baking tray, press down and bake at 180°C for 20 minutes.

You can use other ingredients you like too - get creative!
Use different nut butters or add a sprinkle of spices like cinnamon, desiccated coconut, or dark chocolate chips

Simple snacks

Try these simple recipes when you need some healthier snacks to fuel your study or your workout!



Homemade houmous

Ingredients:

- 400g chickpeas washed and drained
- Juice of 1/2 lemon
- 1 garlic clove
- 2 tbsp olive oil
- 2 tbsp tahini paste

Chickpeas are a good source of protein, iron and fibre.

You can use the leftover lemon half to flavour tap water for a tasty way to stay hydrated!

Blend together the chickpeas, garlic, tahini paste, olive oil and lemon juice until smooth. Add water for looser consistency. If you do not have a blender, mash smooth with a fork or masher!

Eat as a snack with vegetable sticks such as carrot, pepper, celery or cucumber

Try with some toasted wholemeal pitta bread or crackers

Store cupboard recipes

These recipes make use of things you might have in your cupboard – but don't worry if you don't have some of the ingredients, as you can make some simple swaps.

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Student store cupboard recipes

One pot cheesy Mexican lentils, black beans and rice

1. Heat a large saucepan over medium high heat. When the pot is heated, spray with cooking oil and **add in the onion and garlic** – sauté for a couple minutes then **add in the brown rice and lentils**.
2. Add in the **vegetable stock**, stir and bring to a boil – once boiling, cover and reduce the heat to low. Simmer for 30-40 minutes, or until lentils and rice are tender.
3. **Season** the rice and lentils & add in all of the **remaining ingredients** except 1/4 of cheese and stir together.
4. Heat the mixture until the cheese is melted. Top with the **remaining cheese** and cover with a lid. Heat on low until the cheese is melted and the mixture is bubbly.

Serves 2

- 1/2 onion, diced
- 1 clove of garlic, grated
- 100g long grain brown rice
- 100g green lentils, rinsed
- 1 can of black beans
- 1 can of chopped tomatoes
- 75g cheddar cheese, grated
- 150ml of vegetable stock
- 1 tsp chilli powder
- 1/2 tsp ground cumin
- 150g frozen peas
- 150g frozen sweetcorn

Get creative

How about substituting:

- Rice:** for cous cous or quinoa
- Black beans & lentils:** for any other canned pulses/legumes
- Chopped tomatoes:** for passata or a tomato pasta sauce

Remember to check the cooking instructions as they may be different!

British Nutrition Foundation

Student store cupboard recipes

Sardinesca

1. Tip the **sardines** into a saucepan, removing any large bones, and mash lightly with a fork. Add the **tomatoes, stock and olives**, then add the **lemon juice or vinegar** and plenty of **black pepper**, and bring to the boil. Turn down the heat and simmer for 30 minutes; you may need to add a splash of water to stop it from drying out.
2. When the sauce is cooked, remove it from the heat and leave to cool.
3. Cook the **pasta** in a pan of plenty of boiling water for 8 minutes, or according to the packet instructions. Drain and add to the sauce, and warm through to serve.

Serves 4

- 2 x 120 g cans sardines in oil
- 400 g can chopped tomatoes
- 200 ml vegetable, fish or chicken stock
- 2 tbsp olives, finely chopped
- 1 tbsp lemon juice/vinegar
- 280 g dried spaghetti or any other pasta shape
- Black pepper

Get creative

How about substituting:

- Canned sardines:** for anchovies or similar canned fish
- Canned tomatoes:** for passata or tomato pasta sauce

Remember to check the cooking instructions as they may be different!

Student store cupboard recipes

Tuna & butter bean salad

1. Halve the **onion** and slice it as thinly as possible.
2. Tip the onion into a bowl of salad leaves, drain and flake in the **tuna**.
3. Gently stir in the **butter beans and cherry tomatoes**.
4. Whisk the **olive oil, lemon juice and mustard** together, then season.
5. Drizzle the **dressing over the salad**.
6. Mix gently to combine and serve straight away.

Serves 2

1 small red onion
1 can of tuna in spring water
1 can of butter beans
250g of cherry tomatoes
Juice of 1/2 lemon
1 tsp dijon mustard
3 tbsp olive oil
A few handfuls of salad leaves

Get creative

How about substituting:

Tuna: for a can of sardines or salmon
Butter beans: for any other canned beans

Remember to check the cooking instructions as they may be different!

Student store cupboard recipes

Tex-mex beans on toast

1. Tip the **tomatoes, spices and brown sauce** into a saucepan. Bring to a simmer and bubble for 10 minutes.
2. Stir in the **black beans** with some seasoning and heat through.
3. Toast the **bread** and dice half of the **avocado**.
4. Squash the remaining avocado over the toast and sandwich with the other.
5. Sit on a plate and top with the hot chilli beans, followed by the diced **avocado** and a **dollop of natural yogurt**.

Serves 1

1 can chopped tomatoes
2 tsp ground cumin
2 tsp mild chilli powder
1 tbsp brown or bbq sauce
1 can of black beans
2 slices of wholemeal bread
1 small avocado
Dollop of natural yogurt

Get creative

How about substituting:

Black beans: for any other canned beans
Wholemeal bread: for wraps, bagels or pitta breads

Remember to check the cooking instructions as they may be different!

Any day healthier fakeaways

Thinking about getting a takeaway? Try making something similar yourself with these ideas for a healthier alternative to your takeaway favourites - great to make with friends and you could save money!

An any day healthier fakeaway

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A healthier pizza - serves 2

What you'll need:

250g self-raising flour
1 tsp baking powder
1/2 tsp sea salt
250g natural yogurt
150ml passata
2 tbsp tomato puree
125g mozzarella
Any toppings!

Top with veg like mushrooms, peppers, onion, canned sweetcorn - the choice is yours!

What you'll do:

- Preheat the oven to 200°C/fan 190°C/Gas mark 6
- Line a baking tray with baking paper
- Mix together the flour, baking powder and salt, then stir in the yogurt
- Mix with your hands until you form a dough
- Knead the dough on a floured surface and roll out into 2 circles
- Combine the passata and tomato puree and spread on top, add your toppings
- Bake in the oven for 20-35 mins and remove



Leftover veg or cooked meat/poultry?
These are great toppings too!

An any day healthier fakeaway

Thinking about getting a takeaway? Try making something similar yourself with our ideas for a healthier alternative to your takeaway favourites - great to make with friends and you could save money!

Chicken Ramen - serves 1

What you'll need:

1 pack of instant ramen noodles
600ml of lower salt chicken stock
1/2 cooked chicken breast, sliced
4 tbsp sweetcorn or peas
1 egg

Any other vegetables (thinly sliced carrot, shredded cabbage, sliced mushrooms)

What you'll do:

- Put the noodles in a pan, pour over the stock and bring to the boil, simmer until cooked.
- Lift the noodles out and add to a bowl.
- Bring the stock back to the boil and add the chicken to cook through.
- Take out chicken and add to bowl.
- Add the veg to the stock to cook and add to bowl.
- Cook an egg in a pan of boiling water for 6 minutes. Leave to cool.
- Pour the stock over the noodles and veg.
- Peel the egg, cut in half and add to bowl.

For a spicy kick, add a drizzle of sriracha sauce

This could also be made vegan or vegetarian by using different stock and adding in cooked tofu, tempeh or a meat alternative instead



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Chicken Fajitas - serves 3

What you'll need:

2 chicken breasts, sliced
1 red onion, sliced
1 red pepper, sliced
1 red chilli, sliced
1 tbsp smoked paprika
1 tbsp ground coriander
Pinch of ground cumin
4 tbsp olive oil
Juice of 1 lime
6 medium tortillas
Any salad and toppings such as salsa or sour cream

Make more of the fajita seasoning mix (leave out the oil and lime juice) so you can use it again! Store in a small jar in the cupboard

What you'll do:

- Heat oven to 200°C/180°C fan/gas 6 and wrap the tortillas in foil
- Mix the spices, olive oil and lime juice together in a large bowl
- Add in the sliced chicken breast, red onion, red pepper and red chilli
- Fry the chicken and veg in a pan over a high heat for about 5 mins, keeping everything moving
- Once the chicken is cooked through, put the tortillas in the oven to heat up and serve with the cooked chicken and veg mixture, salad and any other toppings



This could also be made vegan or vegetarian by using alternatives to chicken such as tofu or beans



An any day healthier fakeaway

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Sweet and sour noodles - serves 2

What you'll need:

4 tsp cornflour
4 tbsp tomato ketchup
4 tsp runny honey
2 tsp vinegar
2 nests of noodles
1 tbsp sunflower oil
Vegetables like mushrooms, peppers or beansprouts
Your protein of choice!

You could use chicken, frozen prawns (defrosted) or tofu as your source of protein

What you'll do:

- Mix the cornflour with 2 tbsp of water in a small bowl. Add the ketchup, honey and vinegar and mix well.
- Cut the vegetables into strips and the protein being used.
- Boil a large pan of water and add the noodles and cook according to the packet instructions.
- Heat a wok, add the oil and the protein and cook. Add the vegetables and cook.
- Pour the sauce into the wok.
- Add the noodles and toss with the sauce and serve.

