



Recipes to Fuel the Fun

Snacks and breakfast recipes to keep kids happy and energised.



Henties
Great Taste Since 1998

Volume 1

Henties Fruit Juice Ice Lollies

Henties

Makes 8 Ice Lollies

Ingredients

- 2 cups Henties Juice (mango, berry, guava, and orange juice all work well)
- 1 cup fresh fruit (strawberries, mango, pineapple, or mixed berries)
- 1-2 tbsp Henties Honey or agave syrup (optional, for extra sweetness)
- A squeeze of Henties Lemon Juice (optional, to balance the sweetness)

Method

1. **Prep fruit:** Wash and slice fruit into small pieces.
2. **Mix base:** In a jug, stir together Henties Juice, Henties Honey (if using), and Henties Lemon Juice.
3. **Layer:** Place a few pieces of fresh fruit into ice lolly moulds. Pour in the juice mixture until almost full.
4. **Freeze:** Insert sticks and freeze for at least 4-6 hours, or overnight until solid.
5. **Unmould & enjoy:** Run warm water over the outside of the mould for a few seconds to release and enjoy!

Cool, refreshing, and bursting with flavour – these ice lollies are the perfect treat for hot summer days, especially when the kids are splashing around the pool.

Mixed Berry



Mango & Orange



Strawberry & Guava



Variations

1. Layered look: Freeze in stages with different flavours of Henties Juice for colourful stripes.
2. Creamy popsicles: Swirl in a little yoghurt with the juice before freezing.
3. Sparkling effect: Mix in a splash of Henties Sparkling Water for fizzy, lighter ice lollies.



Mixed Berry & Passion Fruit Smoothie Bowl

Serves 2

Ingredients

- 1 Henties Berry Blast Smoothie (chilled or half-frozen)
- 1 Henties Passion Fruit Blaze Smoothie (chilled or half-frozen)
- 1 ripe banana (preferably frozen for creaminess)
- 1 handful blueberries
- 1 handful raspberries
- 1 cup granola of your choice
- 2 tbsp chia seeds

Method

- 1. Prep base:** Pour both Henties Smoothies into ice cube trays and freeze for a few hours (or keep them very chilled if you prefer a softer base).
- 2. Blend:** In a blender, combine the frozen smoothie cubes, frozen banana, and a splash of water (or coconut water) if needed. Blend until thick and creamy.
- 3. Serve:** Scoop the smoothie mixture into bowls.
- 4. Top it off:** Sprinkle chia seeds, granola, blueberries, and raspberries over the top.
- 5. Enjoy immediately, this is best served thick and cold!**

Variations & Tips

- Add nut butter drizzle (like Henties Peanut Butter) for extra yumminess.
- Top with coconut flakes or cocoa nibs for extra crunch.
- If you don't freeze the smoothies, use more frozen fruit (like frozen mango or strawberries) to get the right consistency.

Start your day on a nourishing note with this vibrant smoothie bowl, packed with Henties flavour and goodness to keep you fuelled and energised throughout the day.



Packed with essential vitamins!



Chocolate Milk Overnight Oats with Peanut Butter

Serves 2



Ingredients

- 1 cup oats (rolled oats work best)
- ½ cup water
- ½ cup Henties Chocolate Flavoured Milk
- 2 tsp Henties Peanut Butter
- 2 tsp chia seeds
- 2 tsp flaxseeds

Method

1. **Mix:** In a jar or airtight container, combine the oats, water, Henties Chocolate Flavoured Milk, chia seeds, and flaxseeds. Stir well.
2. **Add Henties Peanut Butter:** Swirl in the Henties Peanut Butter, either fully mix it in for creaminess or leave it slightly streaky for a swirl effect.
3. **Chill:** Cover and refrigerate overnight (or at least 4-5 hours) to let the oats soak and thicken.
4. **Serve:** In the morning, give it a stir and add a splash more Henties Chocolate Flavoured Milk if it's too thick.
5. **Optional toppings:** Coconut shavings, dark chocolate chips, fresh banana slices, extra peanut butter drizzle, or crunchy granola.

A creamy, filling, and nutritious breakfast that's as easy as it is delicious – perfect for giving kids and parents the fuel they need to power through busy mornings.



Tips

- For extra sweetness, add a drizzle of Henties Honey before refrigerating.
- If you like it creamier, swap the water for yoghurt or more chocolate milk.
- You can also warm it up in the microwave for a winter friendly version!



Source of Protein

Strawberry Milk Flapjacks with Lemon Drizzle & Strawberry Jam

Start your day on a nourishing note with this vibrant smoothie bowl, packed with Henties flavour and goodness to keep you fuelled and energised throughout the day.

Makes 6 flapjacks

Ingredients

- 1 cup all-purpose flour
- 2 tbsp sugar (optional, adjust to taste)
- 1 tsp baking powder
- Pinch of salt
- $\frac{3}{4}$ cup Henties Strawberry Flavoured Milk
- 1 egg
- 2 tbsp melted butter (plus extra for cooking)
- Strawberry jam
- 1 tsp Henties Lemon Juice (for drizzle)

Method

- 1. Mix dry ingredients:** In a bowl, whisk together flour, sugar, baking powder, and salt.
- 2. Mix wet ingredients:** In another bowl, beat together Henties Strawberry Flavoured Milk, egg, and melted butter.
- 3. Combine:** Pour wet mixture into dry ingredients. Stir gently until just combined. Batter should be slightly thick but pourable.
- 4. Heat pan:** Warm a non-stick pan or skillet over medium heat and lightly brush with butter.
- 5. Cook flapjacks:** Pour $\frac{1}{4}$ cup batter per flapjack onto the pan. Cook 2-3 minutes until bubbles form on top and edges look set, then flip and cook another 1-2 minutes until golden.
- 6. Serve: Stack flapjacks,** Spread strawberry jam on top, and drizzle with fresh lemon juice.

Made with love



Variations & Tips

- Add a handful of fresh chopped strawberries to the batter for extra fruitiness.
- For fluffier flapjacks, separate the egg, whisk the white until stiff peaks, and fold in at the end.
- Serve with a dollop of yoghurt or cream for extra indulgence.



Source of Protein

Peanut Butter Popcorn Bark

Henties

Makes 12 pieces

Ingredients

- 4 cups Henties Popped Popcorn (lightly salted, plain – not butter)
- 200g white or milk chocolate (or a mix, depending on your preference)
- ½ cup Henties Smooth Peanut Butter
- ¼ cup crushed peanuts (optional, for crunch)
- A pinch of sea salt flakes (optional, for garnish)

Method

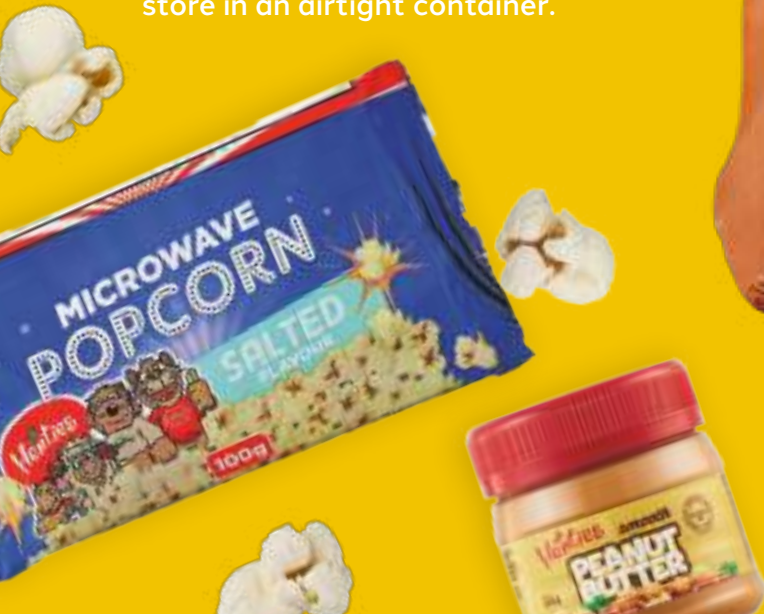
1. **Prepare a tray:** Line a baking sheet or tray with baking paper. Spread popcorn evenly on top.
2. **Melt chocolate:** Break the chocolate into pieces and melt it in the microwave (30-second bursts, stirring in between) or over a double boiler.
3. **Add peanut butter:** Stir the peanut butter into the warm melted chocolate until smooth and glossy.
4. **Coat popcorn:** Pour the peanut butter-chocolate mixture over the popcorn. Use a spatula to gently toss so everything is coated.
5. **Top it off:** Sprinkle with crushed peanuts and sea salt flakes if using.
6. **Set:** Place in the fridge for about 30 minutes (or until firm).
7. **Break & enjoy:** Break into chunks and store in an airtight container.

A wholesome twist on snacking – this peanut butter popcorn bark is equal parts delicious and healthy, making it a hit for both kids and adults.



Variations

- Drizzle with dark chocolate for a marbled effect.
- Add dried cranberries or raisins for a sweet chew.
- Mix in pretzels for extra crunch and saltiness.





Source of Protein



Fuel the Fun with Hentia's



Fruity Fresh



Volume 1