

ANCIENT  
+BRAVE



# The Good Start Guide

BUILD A BETTER BREAKFAST WITH

**BRAVE ANCESTRAL PROTEIN**

## WHY BRAVE ANCESTRAL PROTEIN

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Protein is having a moment. It is an essential macronutrient and one of the body's most fundamental building blocks, but most conversations still focus on numbers, not nourishment.

Brave Ancestral Protein was created to move the conversation forward. Rooted in ancestral food principles and modern nutrition science, its a nutrient-dense ritual to fuel your day and complement your daily protein intake.

## GET STARTED

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Our expert in-house Nutritionists have created three easy protein-rich breakfast recipes. You can make each one with a 30g serving of Brave Ancestral Protein, which includes 22g total protein and 15g complete protein from beef isolate.



# 1. Brave Ancestral Protein Overnight Oats

Set your day up for a healthy start with our quick and easy protein overnight oat recipe. Created by Ancient + Brave's expert nutritional team using gut-supporting kefir probiotics and the power of Brave Ancestral Protein, it's the perfect protein breakfast ritual for busy mornings and when you're on the go.

This recipe includes:



TOTAL  
PROTEIN



FIBRE



WORKS WITH  
DAIRY OR  
PLANT MILKS



# 1. Brave Ancestral Protein Overnight Oats

## INGREDIENTS

- + 40g oats
- + 25g mixed nuts (optional)
- + 5g sunflower seeds
- + ¼ tsp cinnamon
- + 30g Brave Ancestral Protein
- + ½ tsp organic honey drizzle
- + 1 tbsp kefir
- + 100-150ml of your preferred milk
- + 1 handful of fresh or frozen raspberries

## METHOD

This simple protein overnight oat recipe is oh-so easy to make. Simply mix all the ingredients, then pop them in a glass jar and leave them in the fridge overnight. Top with fresh berries in the morning.



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Grounding myself with a nourishing breakfast like these overnight oats sets me up for the day, keeping me full and energised.

**IZZY, OUR SENIOR NUTRITIONIST**

## NUTRITIONIST TIP

Nuts and seeds are rich in nutrients, including essential Omega fatty acids. Mix these into your oats and enjoy wholesome goodness with every bite.

## 2. Brave Ancestral Protein Banana Smoothie

Bursting with fruity flavour and nutrients to support whole-body health, this easy banana smoothie is a tasty, nutritious way to get a head-start on your 5-a-day.

This recipe includes:

25g

TOTAL  
PROTEIN

4g

FIBRE



WORKS WITH  
DAIRY OR  
PLANT MILKS



## 2. Brave Ancestral Protein Banana Smoothie

### INGREDIENTS

- + 30g Brave Ancestral Protein
- + 1 banana (you can use fresh or frozen)
- + 1 tablespoon of chia seeds (for fibre, vitamins and minerals)
- + 1 handful of spinach (for vitamin C and collagen synthesis support)
- + 250ml of your preferred milk

### METHOD

First, soak the chia seeds for approximately 20 minutes to aid digestion. They're packed with fibre, vitamins and minerals, so you only need 1 tablespoon a day. Once the 20 minutes are up, pop all the ingredients into a blender and blend until smooth.

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This is my favourite smoothie recipe for any time of day. Adding spinach and chia seeds is my little tip to boost the vitamins and minerals while keeping the cacao flavour strong.

**FAYE, OUR IN-HOUSE NUTRITIONIST & SENIOR SCIENTIST**

### NUTRITIONIST TIP

Not a fan of bananas? Swap this for berries to create a vitamin-rich smoothie that's bursting with antioxidant goodness.



# 3. Brave Ancestral Protein Porridge

Created by our Director of Nutrition, this warming breakfast ritual makes it easy to enjoy a mindful moment of self-care every morning. Full of fibre for gut health and laced with a rich Cacao chocolate flavour, nutritious oats slowly release energy to help you feel full for longer, while courgette provides a boost of vitamins and minerals to your breakfast.

This recipe includes:

26g

TOTAL  
PROTEIN

5g

FIBRE



WORKS WITH DAIRY  
OR PLANT MILKS



# 3. Brave Ancestral Protein Porridge

## INGREDIENTS

- + 30g Ancestral Protein Powder
- + 40g oats
- + 250ml of your preferred milk
- + Handful of chopped dates
- + 3-5cm of finely grated courgette
- + ½ tsp organic honey

## METHOD

Finely chop the dates and warm in a pan along with the milk, oats, courgette and honey. Reduce the heat and simmer for approximately 8 minutes, stirring your porridge consistently to achieve a smooth texture. Once the porridge is cooled and off the boil, add your Brave Ancestral Protein. This helps to maintain the digestion-supporting benefits of the Actazin®, which can be reduced at boiling temperatures.

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I use this warming porridge recipe to fuel the whole family through winter, stirring in colourful fruits and veggies for extra nutrients and polyphenols to keep us nourished from the inside out.

**JO, OUR DIRECTOR OF NUTRITION**

OATS are our champion breakfast ingredient for helping you to feel fuller for longer. Naturally high in fibre, they slowly release energy, supporting healthy digestion and promote gut health.