

*Lunch recipes for
digestive well-being
with*

Arnott's Vita-Weat



Vita-Weat launches Digestive Well-being

FOR DIGESTIVE WELL-BEING



Arnott's Vita-Weat are made from
100% whole grains.
They are a natural **source of fibre** to
help support your **digestive wellbeing**
and a source of **Vitamin B3** to help
unlock energy.



MADE FROM
100%
WHOLEGRAINS



Fibre-rich lunch toppings



Fibre-rich lunch topping

Vita-Weat with Avocado & Chickpea Smash

Prep time: 10 mins | Cook time: nil | Serves: 1

4 Vita-Weat Soy & Linseed crispbreads
4 cos lettuce leaves
8 slices avocado
¼ cup chickpeas, drained, roughly smashed
Sliced red onion to taste

1. Top each Vita-Weat with a cos lettuce leaf & 2 slices avocado. Add a tablespoon chickpeas smash & sliced red onion.

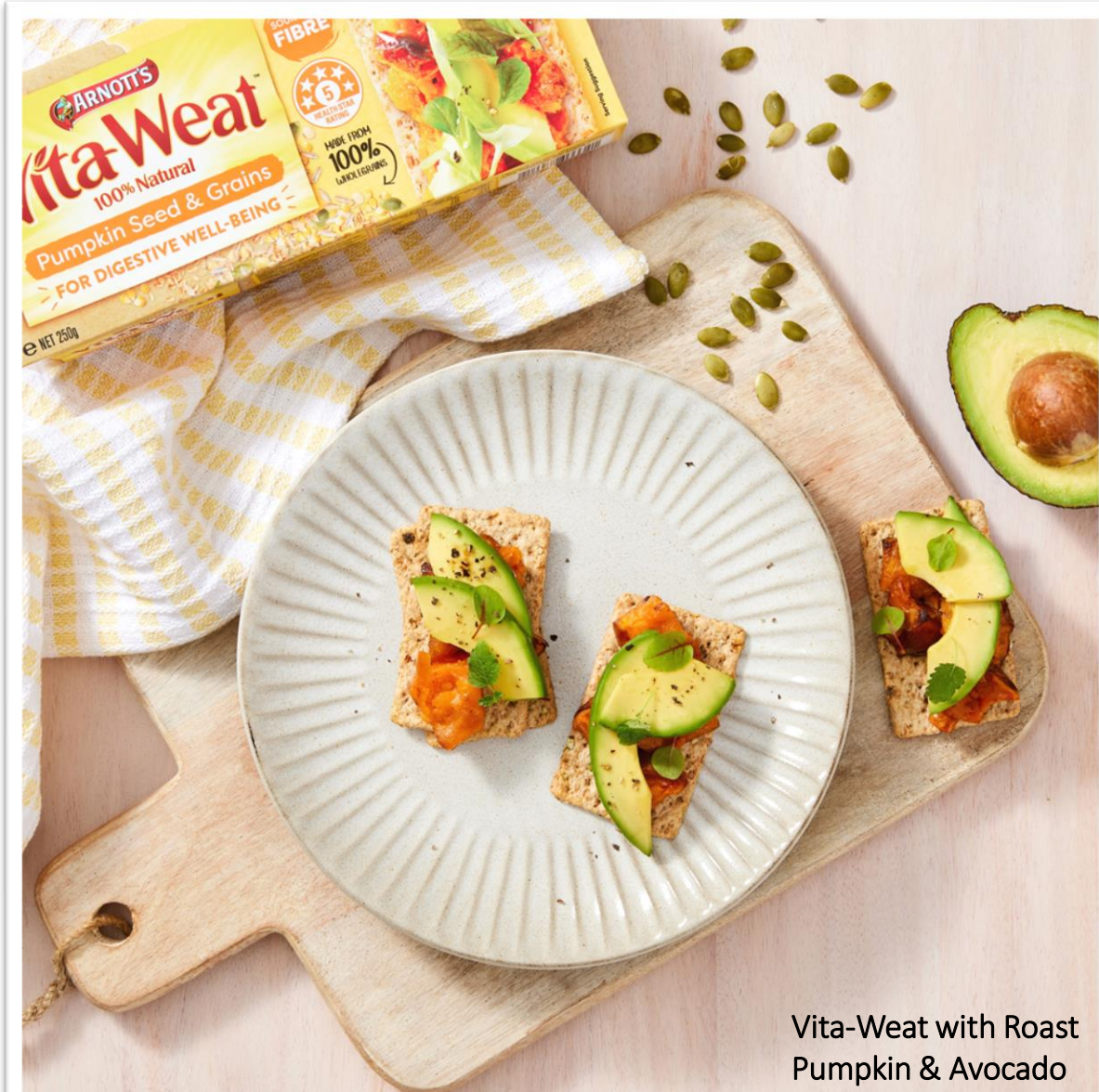
Vita-Weat with Cottage Cheese & Carrot Beetroot Salad

Prep time: 10 mins | Cook time: nil | Serves: 1

4 Vita-Weat Pumpkin Seed & Grains crispbreads
½ cup reduced-fat cottage cheese
¼ cup fresh carrot, peeled & grated
¼ cup fresh beetroot, peeled & grated
Pumpkin seeds to garnish

1. Spread cottage cheese on each Vita-Weat. Top with combined grated carrot & beetroot & sprinkle with pumpkin seeds.

Fibre-rich lunch toppings



Vita-Weat with Roast Pumpkin & Avocado



Vita-Weat with Hummus & Cucumber

Fibre-rich lunch topping

Vita-Weat with Roast Pumpkin & Avocado

Prep time: 10 mins | Cook time: nil | Serves: 1

4 Vita-Weat Pumpkin Seed & Grains crispbreads
1 cup roasted pumpkin, roughly mashed
8 slices avocado
Cracked black pepper, to taste

1. Top each Vita-Weat with roasted pumpkin & 2 slices avocado. Season with cracked black pepper

Vita-Weat with Hummus & Cucumber

Prep time: 10 mins | Cook time: nil | Serves: 1

4 Vita-Weat Soy & Linseed crispbreads
2 Tbsp hummus
1 small Lebanese cucumber, thinly sliced
Red onion, finely diced, to taste

1. Spread hummus on each Vita-Weat. Top with sliced cucumber & red onion to taste.

Fibre-rich lunch

Vita-Weat Pumpkin Nourish Bowl

Prep time: 10 mins | Cook time: nil | Serves: 1

1 cup mixed lettuce
½ small avocado, sliced
½ cup roasted pumpkin, roughly chopped
2 Tbsp canned, drained chickpeas
4 thin slices red onion
1 Tbsp raw almonds
1 Tbsp pumpkin seeds
1 tsp extra virgin olive oil
1 tsp apple cider vinegar
4 Pumpkin Seed & Grain crispbread

1. Place mixed lettuce in medium salad bowl. Add sliced avocado on one side & roasted pumpkin on other side.
2. Add chickpeas & red onion slices. Scatter over almonds & pumpkin seeds. Drizzle with olive oil & apple cider vinegar.
3. Serve with Vita-Weat crispbreads.



