

# Energy-boosting breakfasts

## 'Apple pie' porridge



Serves: 1 adult

Preparation time: 10 minutes

Cooking time: 5 minutes

Calories per portion: 315kcal (1,318kJ)

### Ingredients

50g porridge oats

200ml semi-skimmed milk

1 medium dessert apple, diced

Pinch of cinnamon

This is a warm, comforting porridge spiced up with the classic flavours of a homemade apple pie.

Throw all the ingredients into a saucepan. Heat and stir until boiling, then lower the heat and simmer gently for 5 minutes, stirring often.

Spoon the porridge into a serving bowl and add a sprinkle of cinnamon.

## Scrambled eggs (with optional wholemeal toast)



Serves: 1 adult

Preparation time: 5 minutes

Cooking time: 5 minutes

Calories per portion: scrambled eggs 247kcal (1,033kJ), 2 slices of wholemeal toast 190kcal (795kJ)

### Ingredients

2 eggs

4 tbsp semi-skimmed milk

2 slices wholemeal toast

2 tsp low-fat spread

Pinch of black pepper

Optional sprinkling of chopped chives (calories nominal)

The secret to perfect scrambled eggs is to fold them gently in the pan to get curds, rather than a dried, quivering mess.

Lightly mix the eggs and milk in a bowl. Melt the low-fat spread in a pan and add the egg mixture. Cook over a medium-high heat, stirring slowly and gently until they're just set, with big, soft curds.

Serve the eggs on the slices of toast, sprinkled with chives and some pepper.

### **Tips**

- to make green eggs, scramble your eggs with a handful (40g) of spinach (30kcal/125kJ)

## Green smoothie



Serves: 1 adult

Preparation time: 5 minutes

Cooking time: none

Calories per portion: 140kcal (586kJ)

### Ingredients

40g tinned mango slices (discard liquid)

40g tinned peach slices (discard liquid)

40g frozen spinach

1 medium banana

200ml water (or as required)

Smoothies are a great introduction to breakfast if you don't normally have much of an appetite at the crack of dawn. They're also a good portable option for your morning commute.

**Banana and oats smoothie:** transform your speckled bananas into an energy-boosting liquid breakfast. Blend 1 ripe banana with 2 tablespoons of oats and 100ml of semi-skimmed milk until smooth. This can also be made using a soya drink. Limit the amount of fruit juice and smoothies you drink to a combined total of 150ml a day.

**Very berry smoothie:** take 1 banana, 140g of frozen summer berries or forest fruits, 40g of low-fat natural yoghurt and about 100ml of apple juice. Blend the banana and berries until smooth. With the blades whirring, pour in apple juice to achieve the consistency you like. Limit the amount of fruit juice and smoothies you drink to a combined total of 150ml a day.

**Pimp your toast:** tired of your usual toppings? Toast doesn't have to be boring. Brighten up your bread with these healthier combos: mashed avocado and hardboiled egg, marmite and grilled 30%-less-fat mature cheese, or banana slices and peanut butter.



## 5-minute breakfasts

### 'Grab and go' breakfast bar



Makes: 6 bars

Preparation time: 15 minutes

Cooking time: 25 minutes

Calories per portion (1 bar): 300kcal (1,255kJ)

### Ingredients

150g jumbo oats

2 very ripe medium bananas

60g melted butter

60g cherries

60g cranberries

40g sunflower seeds

40g pumpkin seeds

Mornings can sometimes be a bit of a rush. Make a batch of these no-added-sugar granola bars in advance for a healthy breakfast on the go.

Preheat the oven to 200C (fan 180C, gas mark 6). Mix the oats, cherries, cranberries and seeds together in a bowl. Pour in the melted butter and mix in thoroughly to make sure the oats are well coated.

On a separate plate, mash the bananas into a pulp with a fork, then add to the oat mixture and mix well. Spread the mixture into a 30x20cm tin and bake in the oven for 20 to 25 minutes. Once cooked, transfer to a wire rack to cool, then cut into 6 bars.

### Tips

- press the mixture into the baking tin well to help the binding process – but not too hard or it may affect the flavour
- if your first batch is more crumbly than you'd like, try increasing the amount of mashed banana to moisten the mixture before baking

### Or you could try

**Banana bagel sandwich:** mash a ripe banana and serve it in a toasted (preferably wholemeal) bagel. Mashing instead of slicing the banana gives the filling a creamier texture, meaning you won't need low-fat spread.

**Quick porridge:** making porridge is easier than you think. Combine 50g of rolled or instant oats with 200ml (or more for runny porridge) of semi-skimmed milk in a bowl, and microwave on full power for 2 minutes. Top with dried fruit or nuts.

**1-minute omelette:** combine 1 beaten egg, a few spinach leaves and some chopped lean roast ham in a bowl. Microwave on full power for 1 minute or until the egg is set.

**Overnight oats:** combine oats with low-fat yoghurt and let sit overnight in the fridge. Add fresh fruit, such as berries, in the morning.

*\*Baked eggs:* \* put an egg (with yolk unbroken) and some crème fraîche in a ramekin. Put the ramekin in a baking dish and fill the dish with hot tap water to 3/4 up the ramekin. Bake for 15 minutes or until the yolk is set to your liking.