



Whilst not everyone feels the need for breakfast, research does show that eating breakfast can improve concentration and makes you less likely to get cravings for more unhealthy foods if you have had something to eat in the morning.

Some people find it easier than others to eat breakfast, but even eating just a piece of fruit can help provide your body with valuable energy for the day ahead. Whether your breakfast of choice is granola and yoghurt followed by a boiled egg, or a simple slice of toast, read on for information and tips.

**With very best wishes,  
Hannah and the Project Food team**

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## Focus on...

In terms of health (as well as keeping you full for longer), there is big difference between eating a bowl of sugary cereal for breakfast and choosing something a bit more wholesome, so we're here to help with some hints and tips on making your breakfast a bit more interesting, as well as nutritious.

## Top breakfast tips

- **Eggs are great for keeping you full up for longer.** Whether boiled, baked or poached, they are loaded with protein, vitamins, minerals and good fats, so very good for you.
- **Wholegrain cereals give you valuable fibre and are much better for your heart.** Make sure you check cereal packets carefully – sugar levels in some cereals are incredibly high! Try serving with some chopped fruit or yoghurt for a change.
- **Have a portion of fruit with your breakfast** or even as your breakfast if you're not feeling very hungry.
- **Perfect porridge...** Oats are a great breakfast choice and are a good source of nutrients with protein and fibre. Many people now look to instant porridge for a quick breakfast option. Whilst practical, the whole oat product is much better for you. However, if you do choose instant, check the packet ingredients and use one without added sugars.



## More breakfast ideas...

- A slice of wholegrain toast topped with a mashed banana is delicious, and filling too. Mashed avocado works well too, and you can really liven it up with a poached or boiled egg on top!
- Porridge is great with grated apple or some stewed fruit—try prunes or, at this time of year, apples are a good (and cheap) choice.
- Instead of sweetening your porridge with sugar, try adding some cinnamon (perfect with those apples) or nutmeg as an alternative.
- Plain natural yoghurt with some honey and nuts is a tasty breakfast option.
- Try some pancakes with some fruit or a drizzle of honey. If you make up a batch of pancake mix it will keep in the fridge for a couple of days, and you can make savoury pancakes for lunch or supper too.



## Banana Baked Oats

Serves 2

### Ingredients

- 2 small bananas, halved lengthways
- 100g jumbo porridge oats
- ¼ tsp cinnamon
- 150ml milk of your choice, plus extra to serve
- 4 walnuts (or other nuts if you'd prefer), roughly chopped



### Method

1. Heat the oven to 190C/170C fan/gas 5.
2. Mash up one banana half, then mix it with the oats, cinnamon, milk, 300ml water and a pinch of salt, and pour into a baking dish.
3. Top with the remaining banana halves and scatter over the walnuts.
4. Bake for 20-25 mins until the oats are creamy and have absorbed most of the liquid.

***This recipe also works well made in cupcake cases for a quick on the go breakfast or to pop into lunchboxes for a healthy re-fuel.***