

Brain boosting brilliant breakfasts!

Breakfast is one of the most important meals of the day. It sets you up for a day of learning, fires up your brain and helps you concentrate, gives you energy, keeps your muscles strong and helps balance your mood.



Whatever you're having for breakfast – can you think about trying to add some protein to it? Here are some ideas...

- Baked beans/hummus/cream cheese on toast
- Boiled or scrambled eggs on toast
- Peanut butter, with slices of banana on toast
- Yoghurt and granola
- Porridge with a sprinkle of pumpkin seeds

Can you add one of your five a day too? Fruits and vegetables help your brain power and keep your immune system fighting fit. Blueberries on your cereal? Chopped apple in your porridge? A banana with your toast?

Berry Smoothie:

1 handful of fresh or frozen berries
1 teaspoon of honey or maple syrup (optional)
1 cup of milk of your choice (eg oat, nut, dairy)
1 tablespoon ground flaxseed
1 tablespoon pumpkin seeds
Optional: 1 tablespoon yoghurt/kefir

Method:
Just blend.
And serve!



Cereal with toppings!

Get your favourite bowl of cereal – try to find a wholegrain cereal with less sugar, such as Weetabix or shredded wheat.

Pour over your milk – if you want it chocolatey, you can mix a teaspoon of dark cocoa into the milk.

Add your favourite toppings. Here are some ideas:

Plain natural yoghurt

Dark chocolate drops (minimum 60% cocoa)

Blueberries

Chopped apple or pear

Sliced strawberries

Pumpkin seeds or sunflower seeds

Goji berries

Dried cranberries

Raisins

At home you could add
flaked almonds or chopped
walnuts



Power Packed Eggy Bread

2 slices of toast (preferably wholemeal)

1 small banana (optional)

2 eggs

2 tablespoons of milk of your choice

1/2 teaspoon cinnamon

1 tablespoon of ground seeds

Small piece of butter or some olive oil

- Mash or blend your peeled banana with the eggs, milk, cinnamon, and ground seeds.
- Put the mixture into a shallow bowl. Lay in your toast and allow to soak, turning once.
- Heat a frying pan and add your butter or oil. Use a medium heat – too hot and it burns.
- Gently and carefully put the toast slices into the pan (one at a time or together if there is room).
- Once golden on one side, turn and gently brown the other side. Keep a watch on it, so it doesn't burn.
- Serve with honey, maple syrup, your favourite fruit and some yoghurt.

Note: ground seeds – you can buy ready ground flaxseed, or flaxseed, sunflower and pumpkin seed mixes in most supermarkets. Or put a mixture of seeds in a powerful blender (eg Nutribullet) and blend into a powder.



High energy carrot cake breakfast muffins

Ingredients:

125g wholemeal flour
50g rolled oats
50g brown sugar
30g ground seeds (or can be whole)
1 teaspoon cinnamon
1 teaspoon baking powder, 1 teaspoon baking soda
¼ teaspoon salt (a large pinch)
3 eggs
2 tablespoons honey or maple syrup
4 tablespoons olive oil
2 mashed bananas
150g grated carrot (approx. 2 large or 4 small)
50g raisins or sultanas
1 teaspoon granulated brown sugar (for sprinkling)

- Preheat the oven to 160C fan.
- Mix all the dry ingredients together (flour, oats, sugar (leave the extra teaspoon of sugar for the end), seeds, cinnamon, baking powder, baking soda, salt).
- In a separate bowl, mix all the wet ingredients together and beat well – eggs, honey, oil, mashed bananas.
- Tip the wet ingredients into the dry and stir well.
- Then stir in the carrots and raisins.
- Pour into muffin cases or silicon muffin trays. Sprinkle each muffin with the remaining sugar.
- Bake for about 18 to 20 minutes until bouncy to touch, and a skewer inserted comes out clean.

For a Gluten free version – you can use gluten free flour or ½ gluten free flour, ½ ground almonds.



