

# Healthy Breakfast Ideas

## Cinnamon porridge with banana & berries

Start the day in a superhealthy way with energy-boosting oats and fresh fruit

### Ingredients

- 100g porridge oats
- ½ tsp cinnamon, plus extra to serve
- 4 tsp demerara sugar
- 450ml skimmed milk
- 3 banana, sliced
- 400g punnet strawberries, hulled and halved
- 150g pot fat-free natural yogurt

### Method

**1** In a medium-sized saucepan, mix the oats, cinnamon, sugar, milk and half the sliced bananas. Bring to the boil, stirring occasionally. Turn down the heat and cook for 4-5 mins, stirring all the time.

**2** Remove and divide between 4 bowls, top with the remaining banana, strawberries, a dollop of yogurt and a sprinkle of cinnamon.

**Prep: 15 mins Make: 5 mins Serves: 4**



## Breakfast super-shake

This smoothie is high in natural fats and sugar - ideal if you need some fuel for intense exercise

### Method

- 1** Put the ingredients in a blender and blitz until smooth. Pour into a glass and enjoy!



**Prep:**  
**5 mins**

**Easy**

**Serves:**  
**Serves 1**

### Ingredients

- 100ml full-fat milk
- 2 tbsp natural yogurt
- 1 banana
- 150g frozen fruits of the forest
- 50g blueberries
- 1 tbsp chia seeds
- ½ tsp cinnamon
- 1 tbsp goji berries
- 1 tsp mixed seeds
- 1 tsp honey (ideally Manuka)