



## Breakfast - The most important meal of the day

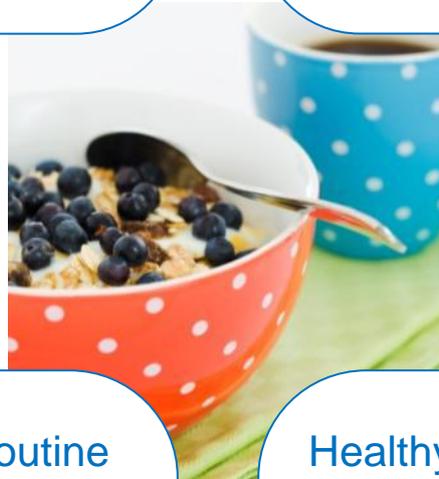
### Why have breakfast?

*Breakfast really is the most important meal of the day!*

- Breakfast breaks your overnight fast
- Breakfast refuels your glycogen (energy) stores
- Breakfast kick starts the metabolism
- Breakfast provides us with the energy to keep us going throughout the day

### Benefits of regular breakfast

- Improves your energy levels
- Improves metabolism
- Provides many beneficial nutrients, and boosts your fibre and calcium intake (compared to no breakfast).
- Reduces your chance of over-consuming high kilojoule foods later in the day
- Stabilises your blood sugar levels
- Improves memory and concentration



### Creating a breakfast routine

- Set your alarm for 10 minutes earlier to fit in breakfast at home.
- Take public transport? Take a portable breakfast option to eat on the way to work.
- Make some 'easy to grab' breakfasts on the weekend, such as savoury muffins or zucchini slice
- If it's allowed, keep some breakfast options at work to enjoy once you arrive.

### Healthy breakfast options

- Wholegrain toast with a thin scrape of peanut butter, or avocado and spinach or reduced fat ricotta
- Porridge with fresh fruit
- Fresh fruit and yoghurt
- Wholegrain cereals with reduced fat milk
- Wholemeal fruit toast with thin scrap of cream cheese
- Fruit or vegetable smoothies
- Boiled eggs with wholegrain toast
- Untoasted muesli

# Raspberry and yoghurt bircher muesli

## Ingredients (serves 4)

- 1 ½ cups rolled oats
- 250mL reduced fat milk
- 1 apple, grated
- 2 tablespoons pepitas (pumpkin seeds)
- ¼ cup orange juice, freshly squeezed
- ½ teaspoon orange rind, finely grated
- 200g raspberries (fresh or frozen)
- 200g low-fat natural yoghurt
- 2 tablespoons pistachios, chopped

## Method

1. Combine the oats, milk, apple, pepitas and orange juice in a bowl. Cover and refrigerate overnight.
2. In the morning, stir the orange rind through the muesli, and divide evenly between serving bowls.
3. Top with fresh raspberries, a dollop of yoghurt and pistachios to serve.



# Tomato and avocado smash

## Ingredients (serves 4)

- 1 avocado, chopped
- 1 tablespoon extra virgin olive oil
- ½ lemon, juiced
- Cracked pepper
- ¼ teaspoon paprika
- ½ cup basil, roughly chopped + 1 tbsp thinly sliced to serve
- Sourdough bread / bread stick, sliced
- 1 x tomato, sliced

## Method

1. In a bowl, smash the chopped avocado (so it's still chunky).
2. Add the olive oil, lemon juice, pepper, paprika and mix well.
3. Add the basil and mix though lightly.
4. Toast the bread and spread ¼ of the avocado smash on top and place the tomato slices evenly across the bread.
5. Sprinkle with a chopped basil and cracked pepper.

