BREAKFAST IDEAS

TO HELP YOU TO...

SHAKE UP YOUR WAKE UP!

Research shows that eating breakfast can make you healthier and happier!

Despite this, a worrying quarter of people are skipping breakfast once or more during the week, with more than one in ten never eating it.*

To make it easier for you to shake up your wake up and ensure you never have an excuse to miss breakfast again, this booklet includes eight brand new breakfast ideas. Our tasty recipes range from quick and simple breakfast bagels, Bircher muesli and breakfast biscuits, through to our indulgent egg and bacon club or sausage frittata.

So whether it's a breakfast to grab before you head out of the door, one to have on the run, or something you can enjoy on a leisurely weekend morning, there's something here to suit everyone.

*One Poll survey, Dec 2013

Why breakfast?

Breakfast gives you energy...

You wouldn't set off for a long journey by car without filling up on petrol, so why start the day on empty. Breakfast provides the fuel you need to tackle the day ahead.

Breakfast is an ideal opportunity to get important nutrients

Breakfast time is a great occasion to get vitamins and minerals that you may not get elsewhere in your diet. Including fruit and vegetables at breakfast helps you work towards your five-a-day too.

There is a breakfast for everyone

Eating something in the morning can help improve your mood and make you feel less stressed. The good news is that the choice of breakfast foods available means you're sure to find something to suit your tastes and lifestyle.

And remember... a busy morning schedule doesn't have to mean a missed breakfast

Many of the breakfasts in this booklet are prepared in under 15 minutes or can be made in advance so that they're ready when you need them.

PEAR & CINNAMON
BIRCHER MUESLI

Low calorie

BREAKFAST BAGELS
WITH 3 TOPPINGS

Quick and easy

Nutritional analysis for these recipes available at **shakeupyourwakeup.com**

PEAR & CINNAMON BIRCHER MUESLI

PREP: 10 minutes + soaking time
COOK: 15 minutes
MAKES: 4

100g jumbo oats
100g mixed dried fruit -
e.g. 50g dried cranberries, 50g sultanas
25g almonds, roughly chopped
½ tsp ground cinnamon
2 tbsp clear honey
200ml semi-skimmed milk
2 ripe pears, cored and grated

1. Preheat the oven to 160°C, gas mark 3.
2. Mix together the oats, dried fruit, almonds and cinnamon and spread out on a large baking tray. Drizzle over the honey and mix to evenly coat. Bake for 15 minutes until golden. Allow to cool.
3. Stir in the milk and allow to soak in the fridge ideally overnight.
4. Stir in the grated pears and serve with yogurt or a little extra milk.

TOP TIP

Great for on-the-go breakfast, simply place in a sealed pot or plastic container with a little natural yogurt.

BREAKFAST BAGELS WITH 3 TOPPINGS

PREP: 5 minutes
COOK: 2-3 minutes
MAKES: 1

1 plain or wholemeal bagel, halved

Choose from the following options:

AVOCADO & YEAST EXTRACT TOPPING

2 tsp yeast extract (e.g. Marmite)
½ ripe avocado, mashed
2 tsp mixed seeds

COTTAGE CHEESE & MARMALADE

2 tbsp fat free cottage cheese
1 tbsp thick cut marmalade

PEANUT BUTTER & BANANA

1½ tbsp smooth peanut butter
½ ripe banana, sliced
Drizzle clear honey

1. Toast the bagels on both sides for 2-3 minutes until golden. Choose one of the toppings above and spread over the bagel halves.

TOP TIP

Try using cinnamon and raisin bagels.

OATMEAL LOAF

PREP: 20 minutes plus proving time
COOK: 30-35 minutes
MAKES: 1 loaf

200g strong wholemeal bread flour
250g strong white bread flour
25g oatmeal
25g oats + 1 tbsp
7g sachet dried yeast
1 tsp salt
1 tbsp clear honey
2 tbsp rapeseed oil

1. Mix the flours, oatmeal, 25g oats, salt and yeast in a large bowl.
2. In a separate bowl, mix 300ml warm water with the honey and oil and stir into the flour to form a dough.
3. Knead on a floured surface for 10 minutes until smooth and elastic. Place in an oiled bowl, cover and leave in a warm place for 30 minutes - 1 hour until doubled in size.
4. Preheat the oven to 200°C, gas mark 6. Grease a 1kg loaf tin.
5. Knock the dough back and mould into a rough loaf shape to drop into the prepared tin. Cover and leave for 30 minutes or until doubled in size. Sprinkle with the remaining oats and bake for 30-35 minutes until golden. Remove from the tin and cool.
6. Serve with jam, marmalade or lemon curd.

TOP TIP

Simply roll into a large round shape and place straight on a greased baking tray and bake instead of using a loaf tin.

MUESLI BREAKFAST BISCUITS

PREP: 15 minutes + chilling
COOK: 15-20 minutes
MAKES: 12 biscuits

100g butter, softened
25g golden caster sugar
1 medium egg yolk
50g oats
25g oatmeal
75g wholegrain plain flour
½ tsp baking powder
25g dried apricots, chopped
25g sultanas

1. Preheat the oven to 160°C, gas mark 3. Line 2 baking trays with baking parchment.
2. Whisk the butter and sugar together until pale and fluffy. In a separate bowl, mix together the remaining ingredients and then mix into the butter mixture to make a firm dough. Chill in the fridge for 10-15 minutes.
3. On a floured surface, roll or press out the dough to a 22 x 16cm rectangle, cut into 12 biscuits. Place on the prepared trays and bake for 15-20 minutes until golden. Cool slightly before transferring to a cool rack.

TOP TIP

Wrap 2-3 biscuits in baking paper and ribbon for a great breakfast on-the-go!

OATMEAL LOAF

Family breakfast

MUESLI BREAKFAST BISCUITS

On-the-go

Nutritional analysis for these recipes available at **shakeupyourwakeup.com**

BEETROOT, APPLE & BLUEBERRY SMOOTHIE

PREP: 5 minutes
SERVES: 1

- 25g cooked beetroot
- 2 tbsp oats
- 100g blueberries
- 150ml carton fat free natural yogurt
- 100ml apple juice

1. Place all ingredients in a liquidizer and process until smooth, pour into a tall glass and serve.

TOP TIP

Use other soft fruit or orange juice instead of apple juice. Try replacing the oats with wheatgerm.

BREAKFAST EGG & BACON CLUB

PREP: 15 minutes
COOK: 20 minutes
SERVES: 4

- 400g vine on cherry tomatoes
- 1 tbsp rapeseed oil and spray oil
- 8 rashers smoked back bacon
- 4 medium eggs
- 12 slices wholemeal farmhouse bread, toasted
- 4 tbsp reduced fat cream cheese
- 25g watercress
- 2 tbsp low fat mayonnaise

1. Preheat the oven to 200°C, gas mark 6.
2. Place the tomatoes on the vine in a small roasting tin and drizzle with oil, roast for 15-20 minutes. Once cooked remove from the vine.
3. Meanwhile, grill the bacon for 4-5 minutes or until crispy. Fry the eggs in a non-stick pan with some spray oil for 2-3 minutes.
4. Spread 4 slices of the toast with the cream cheese and top with the watercress then the bacon.
5. Spread a further 4 slices of toast with the mayonnaise and top with the tomatoes and then the egg. Add the remaining 4 slices of toast and secure with a wooden skewer.

TOP TIP

You might prefer to try poached or scrambled eggs.

BEETROOT, APPLE & BLUEBERRY SMOOTHIE

On-the-go

BREAKFAST EGG & BACON CLUB

Weekend treat

Nutritional analysis for these recipes available at **shakeupyourwakeup.com**

SAUSAGE &
TOMATO FRITTATA

Family breakfast

EGGY BREAD
WITH FRUIT KEBABS

Kid friendly

Nutritional analysis for these recipes available at **shakeupyourwakeup.com**

SAUSAGE & TOMATO FRITTATA

PREP: 10 minutes
COOK: 15 minutes
SERVES: 4

- 125g new potatoes, sliced
- 1 tbsp rapeseed oil
- 4 cooked sausages, sliced e.g. Cumberland
- 6 medium eggs, beaten
- 200g can reduced sugar and salt baked beans
- 2 tbsp chopped parsley
- 150g cherry tomatoes, halved

EQUIPMENT FOR SCHOOLS

Oven with grill compartment
Small saucepan
Colander
20cm frying pan
Wooden spoon
Fork
Cooks knife
Chopping board
Oven gloves

1. Cook the potatoes in boiling water for 6-8 minutes until tender, drain and then slice.
2. Heat the oil in a 20cm frying pan and fry the potatoes and sausages for 2 minutes.
3. Beat the eggs with the beans and parsley and season. Add the tomatoes to the pan and pour over the egg mixture, cook gently for 6-7 minutes.
4. Place under a preheated grill for 3-4 minutes until golden and cooked through. Allow to rest for a few minutes before removing from the pan.

TOP TIP

Try alternative flavours of sausages.

EGGY BREAD WITH FRUIT KEBABS

PREP: 10 minutes
COOK: 15 minutes
SERVES: 4

- 1 medium egg
- 1 tbsp semi-skimmed milk
- 4 slices brioche
- Selection of fruit, e.g. grapes, banana slices, strawberries, apple cubes etc.
- 150ml natural yogurt
- 1 tbsp clear honey

EQUIPMENT FOR SCHOOLS

Small bowl
Fork
Measuring spoons
Chopping board
Spoon
Oven with grill compartment
Baking parchment
Fish slice
Wooden skewers
Cooks knife

1. Beat the egg and milk together and soak the brioche in it.
2. Place the bread on a grill pan lined with baking paper and place under a preheated grill, cook for 2-3 minutes each side until golden.
3. Meanwhile, thread alternative pieces of fruit of your choice onto 2 wooden skewers or 4 cocktail sticks and place on top of the eggy bread.
4. Drizzle yogurt with the honey and serve with the eggy bread and fruit kebab.

TOP TIP

Try using a thick slice of white farmhouse bread instead of the brioche.

Celebrate the most important meal of the day and feel the benefits of breakfast.

#BreakfastWeek

@breakfastweek

facebook.com/shakeupyourwakeup

pinterest.com/breakfastweek

HGCA

AHDB

HGCA is a division of the Agriculture and Horticulture Development Board (AHDB)

© Agriculture and Horticulture Development Board 2014

Stoneleigh Park
Kenilworth
Warwickshire CV8 2TL

For more information visit:

shakeupyourwakeup.com