

Quick, easy, tasty & healthy breakfasts for sleepers

It can be really hard to find breakfast ideas that are quick & easy to prepare, nutritious but in small enough portions and taste good! Try some of these great options and see how easy & delicious brekkie can be!

Breakfasts to put together

- ✓ Avocado, cheese and vegemite on a slice of toast
- ✓ Rolled oats, frozen berries, a spoon of LSA and Greek yoghurt made the night before and left in the fridge
- ✓ A 150-200g tub of Greek yoghurt topped with a spoon of untoasted muesli, a sliced date and a handful of fruit
- ✓ A mountain bread wrap with a handful of baby spinach, avocado, a slice of cheese and boiled egg.
- ✓ 4-6 Vita-Weats or Ryvitas with cream cheese, hummous, or nut butter and a small tub of yoghurt or glass of milk/coffee.
- ✓ A "tasting plate" with an egg (however you like it), cherry tomatoes, a few mushrooms and cheese slices.
- ✓ A mountain bread wrap with a 100g tin of four bean mix, hummous, a little grated cheese and a handful of baby spinach.
- ✓ A small bowl (about 1 cup) of high fibre cereal, a handful of berries or 1/2 a banana and milk (+/- a spoon of yoghurt).
- ✓ A mini savoury muffin with vegies of your choice, a little bacon or ham and egg baked in a muffin tin (these freeze well!)
- ✓ A smoothie made with your choice of fruit +/- veg. Just make sure you include milk of your choice for protein and calcium.

Essentials for healthy & easy breakfasts

1 From the fresh food section...



Choose any fresh vegies you like, but **cherry tomatoes** and **baby spinach** are winners as no prep needed! Pan fry a big batch of **mushrooms** then reheat as needed.

Eggs and so versatile and high in protein. Boil, poach, scramble - your choice!

Packed with healthy fats & fibre, **avos** are delicious. Try the squeezy tube for a longer-lasting option.

2 From the fridge and freezer...



Greek yoghurt is an easy protein option. Buy in bulk or smaller packs for perfect portions!



Sliced cheese - the perfect addition to any savoury brekkie option.



Hummus is a great high-protein dip. Go for the mini tubs to minimise waste.



Keep some **frozen berries** aon hand to add to muesli, cereal or smoothies.

3 From the aisles...



Wraps are great but often too big. **Mountain Bread** is thinner so a better size. Otherwise try **mini flour tortillas**.



Untoasted muesli is a good high fibre way to add some crunch to your morning.



Crispbread is often easier to eat than bread. Just be sure to get a grainy one.



Nuts & Seeds make a great addition to any cereal or muesli.



High fibre cereal is simple, tasty and versatile - just dress it up with fruit and yoghurt!

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