

## National Breakfast Week 24th – 30th January

Sunday the 24th of January see's the start of the 16th National Breakfast Week.

'Shake Up Your Wake Up' is this year's theme encouraging people to enjoy a healthy balanced breakfast by making small changes to their daily routines.

You've probably heard the saying "Breakfast like a King, lunch like a Prince and dine like a Pauper" but nutritionists say it's true – breakfast is the most essential meal of the day.

Eating a healthy breakfast can help maintain a healthy body weight, make you happier and feel more alert. A car can't run without fuel and neither can you. Missing breakfast means your body has to function when it hasn't been fed since dinner, the day before.

Why not help to give you and your guests the best possible start to the day by offering them a healthy breakfast option. Here are a few recipe ideas.



### Breakfast Smoothie

1 small ripe banana  
about 140g blackberries, blueberries, raspberries or (or use a mix),  
plus extra to serve  
apple juice or mineral water, optional  
runny honey to serve

Slice the banana into your blender or food processor and add the berries of your choice. Whizz until smooth. With the blades whirring, pour in juice or water to make the consistency you like. Toss a few extra fruits on top, drizzle with honey and serve.

Source [bbcgoodfood.com](http://bbcgoodfood.com)

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### Avocado and Egg on Toast

- 1 ripe Avocado
- 1 egg
- 1 slice of wholemeal bread
- Low fat spread, optional

Toast the bread and apply spread if using. Slice or mash the avocado and add to the toast. Poach the egg in boiling water for around 3 minutes depending on individual taste. Drain on kitchen paper and place on the Avocado. You could also swap the poached egg for fried or add a rasher of good quality bacon.



### Porridge

We mustn't forget the humble porridge, great at keeping you going for longer. Make with skimmed or semi skimmed milk or water if you are watching the calories.

Here are a few of our staff's favourite toppings;

- Dried or fresh fruit
- Cinnamon or nutmeg
- Banana with maple syrup
- Honey and flaked almonds
- or just a teaspoon of sugar or syrup

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