

Take a look at our breakfast 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



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.

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