

# IMPORTANCE OF HEALTHY BREAKFAST

**BREAKFAST** IS OFTEN CALLED 'THE MOST **IMPORTANT** MEAL OF THE DAY', AND FOR GOOD REASON.

AS THE NAME SUGGESTS, **BREAKFAST** BREAKS THE OVERNIGHT FASTING PERIOD. IT REPLENISHES YOUR SUPPLY OF GLUCOSE TO BOOST YOUR ENERGY LEVELS AND ALERTNESS, WHILE ALSO PROVIDING OTHER ESSENTIAL NUTRIENTS REQUIRED FOR GOOD HEALTH.

1. **BRAIN - BOOSTING POWERS**
2. **HELP YOUR HEART**
3. **LESS LIKELY TO DEVELOP EATING DISORDERS**
4. **IMPROVE YOUR SKIN**
5. **STABILIZE ENERGY LEVELS**
6. **GET ESSENTIAL NUTRIENTS**
7. **REDUCE METABOLIC SYNDROME**
8. **ENHANCE IMMUNE SYSTEM**
9. **KEEP YOURSELF THIN**
10. **LIVE LONGER**

# Flower Power Sunny-Side Eggs



## Ingredients

- 1 large bell pepper (or 4 in different colours)
- 1 tbsp. vegetable oil
- 4 large eggs
- Chopped parsley, for garnish

## Directions

- Slice bell pepper (or 4 in different colours) horizontally to make four 1/2-inch-thick rings and remove inner white flesh and seeds.
- In 12-inch non-stick skillet, heat vegetable oil on medium. Cook peppers 2 minutes. Turn peppers over; crack 1 egg into centre of each ring. Cook, covered, until eggs have reached desired doneness. Season with 1/4 teaspoon each salt and pepper.
- To serve, garnish with chopped parsley.



# Strawberry Green Smoothie

Try this tasty breakfast smoothie to start your day, pairing sweet fruit with nutritious spinach and avocado for a dose of calcium, vitamin C, folate and fibre



## Ingredients

- 160g ripe strawberries, hulled
- 160g baby spinach
- 1 small avocado, halved and the flesh scooped out
- 150ml pot bio yogurt or greek yogurt
- 2 small oranges, juiced, plus 1/2 tsp finely grated zest

## Method

- Put all the ingredients in a blender and whizz until completely smooth. If it's a little thick, add a drop of chilled water then blitz again. Pour into glasses and drink straight away.