

Breakfasts

Keep it simple:

- Wholegrain cereal with low fat milk and a glass of juice
- Whole meal toast with banana and cinnamon (some people slice and some like it mashed)
- Porridge with raisins and honey (porridge takes 3 minutes in the microwave!)
- Poached egg on whole meal toast with grilled tomato
- Beans on toast
- Peanut butter on toast (add banana for an Elvis favourite, except he deep fried his, don't do that!)
- Yoghurt, fruit and muesli