

HEALTH & WELL BEING DAY BREAKFAST RECIPES

STAY HOME LOVE COOKING





HEALTHY BREAKFAST RECIPES

HERE IS A SELECTION OF RECIPES FOR HEALTHY BREAKFASTS. YOU DO NOT HAVE TO USE THEM EXCLUSIVELY, AS I KNOW YOU WILL HAVE RECIPES AND IDEAS OF YOUR OWN. THESE ARE JUST TO WHET YOUR APPETITE. HAPPY COOKING AND DON'T FORGET TO TAKE AND SEND IN YOUR PHOTOS PLEASE.

BREAKFAST





BREAKFAST

BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY. ITS MEANING IS 'BREAK THE FAST' YOUR BODY HAS BEEN FASTING DURING SLEEP AND NEEDS HEALTHY FOOD TO SUSTAIN AND FUEL YOU FOR ALL THE ACTIVITIES OF THE DAY. YOU REALLY SHOULD NOT SKIP THIS MEAL OR REACH FOR JUST A CUPPA AND A BISCUIT. YOU NEED TO OBTAIN 1/3 OF YOUR DAILY REQUIREMENT OF NUTRIENTS IN THIS MEAL AND IT'S VERY DIFFICULT TO FULFIL YOUR NUTRITIONAL NEEDS FROM THE OTHER REMAINING TWO MEALS AND SNACKS. DURING LOCKDOWN YOU HAVE THE PERFECT OPPORTUNITY TO TRY NEW RECIPES AND BE A CULINARY EXPERT IN YOUR KITCHEN!

BREAKFAST

- **OVERNIGHT OATS**
- OVERNIGHT OATS ARE ONE OF THE MOST STRAIGHTFORWARD AND VERSATILE BREAKFASTS EVER! THEY ARE SO FILLING AND SUSTAINING TOO; PROVIDING THAT SLOW RELEASE OF ENERGY DURING THE DAY THAT PREVENTS SNACKING! YOU JUST MAKE THEM UP AS YOU LIKE, PLACE EVERYTHING IN A JAM JAR OR OTHER SEALABLE CONTAINER AND LEAVE THEM IN THE FRIDGE. BY MORNING THEY ARE GOOD TO GO! EASY!

• <https://www.bbcgoodfood.com/recipes/overnight-oats>





BREAKFAST

- **SMOOTHIES**

THESE ARE EASY TO MAKE, AND YOU CAN VARY THE INGREDIENTS TO SUIT YOUR PREFERENCES AND THAT OF YOUR FAMILY. THEY CAN HAPPILY SIT IN THE FRIDGE OVERNIGHT OR FOR A FEW DAYS, SO THAT YOU NEVER HAVE AN EXCUSE TO MISS OR SKIP THE MOST IMPORTANT MEAL OF THE DAY!

<https://www.bbcgoodfood.com/recipes/two-minute-breakfast-smoothie>



BREAKFAST

- PANCAKES
- PANCAKES ARE SO POPULAR AND CAN BE ENJOYED BY THE ALL THE FAMILY. YOU CAN USE THE SCHOOL DROPPED SCONES RECIPE OR TRY THE RECIPE BELOW. THIS RECIPE DISPLAYS MORE SKILL SEPARATING THE EGGS AND WHISKING THE WHITES FOR A REALLY FLUFFY TEXTURE. TO KEEP THEM HEALTHY INSTEAD OF NUTELLA, ADD FRUIT AND YOGHURT INSTEAD.

<https://www.bbcgoodfood.com/recipes/healthy-pancakes>





BREAKFAST

- **MUFFINS**
- THESE BREAKFAST MUFFINS ARE COMPLETELY DIFFERENT FROM THE CHOCOLATE CHIP VARIETIES AND ARE SO MUCH HEALTHIER AND MORE NUTRITIOUS. BAKE A BATCH AND KEEP THEM IN AN AIRTIGHT CONTAINER FOR 2 - 3 DAYS. YOU ARE READY TO GET UP AND GET GOING WITH YOUR GOOGLE CLASSROOM REMOTE LEARNING.
- <https://www.bbcgoodfood.com/recipes/get-and-go-breakfast-muffins>

BREAKFAST

- **EGGY BREAD / FRENCH TOAST**
- THIS IS A LOVELY IDEA FOR A BREAKFAST, AND YOU CAN SERVE THEM SAVOURY OR SWEET. IT'S ALSO A GREAT WAY TO USE UP MOST TYPES OF BREAD IF IT'S A DAY OR TWO OLD.
- <https://www.bbcgoodfood.com/recipes/eggy-bread>





HAPPY LOCKDOWN COOKING!
