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BREAKFAST BOOST



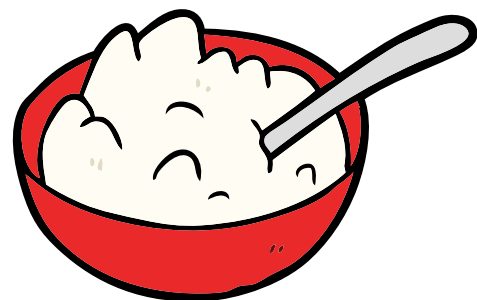
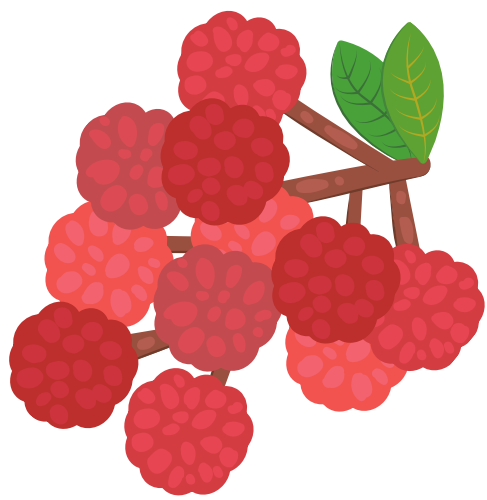
BORED WITH BREAKFAST? TRY SOME OF THESE....

CASHEW NUTS WITH FROZEN BLUEBERRIES BLENDED WITH MILK. IT'S A BERRY BLAST (CASHEW NUTS GIVE YOU PROTEIN AND THE BERRIES GIVE YOU VITAMIN C AND FIBRE)



**PEANUT BUTTER SMOOTHIE-
200ML MILK
1 PEELED BANANA
20G PEANUT BUTTER
1 TBSP ROLLED OATS
WHIZ TOGETHER IN A BLENDER.**

(PEANUT BUTTER WILL GIVE YOU 4G OF PROTEIN AND THE BANANA WILL GIVE YOU POTASSIUM, B6, FIBRE AND SOME VITAMIN C



OVERNIGHT OATS

THE NIGHT BEFORE YOU WANT TO EAT IT, PUT 1/4 TSP CINNAMON IN A BOWL WITH 50G OF ROLLED PORRIDGE OATS, 100ML WATER OR MILK AND A PINCH OF SALT.

THE NEXT DAY, ADD SOME MORE MILK OR WATER IF NEEDED AND TOP WITH SOME NATURAL YOGURT, BERRIES AND PEANUT BUTTER.

YOU CAN TRY ADDING SOME CHOPPED APPLE, BANANA OR GRANOLA IF YOU LIKE.

