

Start Your Day With These Healthy Breakfast Options

It has often been said that breakfast is the most important meal of the day. A healthy breakfast can energise you and nourish your body with important nutrients so that you perform at your optimum capacity.

The morning rush can lead people to choose convenience food which can be a poor choice, or skip breakfast altogether. I have compiled a list of healthy easy breakfast choices to start your day, so that you perform at your optimum best.

Quick, Easy Breakfast Choices

- Smoothies (see my favourite recipe below) - 340 kCal
- Cereal with low fat milk, yoghurt and a banana (see below for the healthiest cereal options) - 300 kCal
- Smashed avocado on sourdough bread 140 kCal
- Fruit salad and yoghurt with a sprinkling of granola 250 kCal
- Wholemeal toast with nut butter and sliced banana - 420 kCal
- Boiled eggs (may be cooked ahead of time) on wholemeal toast - 270kCal
- Microwaved porridge satchets - 130 kCal

Healthy Breakfast Options that Require Preparation

- Poached eggs on wholegrain toast - 356 kCal
- Homemade granola or muesli
- Healthy feta and spinach muffins (see my favourite recipe below) 167 kCal
- Rolled oats, skim milk and honey - 242 kCal
- ½ avocado on a slice of sourdough bread with grilled tomatoes or mushrooms - 258 kCal
- 2 slices Short cut bacon, grilled with a poached egg, grilled tomato and steamed spinach - 312 kCal
- Overnight oats (see my favourite recipe below) - 160 kCal

Cooked Breakfast Options

Many people prefer to start their day with a cooked breakfast but often choose fried bacon and eggs over healthy alternatives. Your serving of bacon and eggs can be made healthier by:

- Poaching the eggs
- Using short cut bacon
- Use a non-stick frypan with a spray of olive oil
- Drain the bacon by placing it on a paper towel before serving

- Add cooked vegetables to the plate - tomatoes, spinach and mushrooms are popular choices

Healthy Cereal Choices

Cereal is a popular choice, but many commercial cereals are not healthy, because they are high in sugar and saturated fat. The unhealthiest cereals contain up to 30g sugar per 100g cereal, or 3 teaspoons sugar per serve. They may be sabotaging your weight loss goals on a daily basis. Read more in [this article](#) by dietician Claudia Cramer.

A healthy cereal provides nutrients and leaves you feeling full for longer. It is an excellent source of wholegrains, antioxidants and gut friendly fibre. Many breakfast cereals are fortified with other ingredients such as B group vitamins. Eaten with dairy products such as milk and yoghurt, they will also supply much of your daily calcium needs.

Choose cereal by reading the food label. Look for cereals with the following:

- Low in sugar - less than 10g per 100g cereal. Watch for hidden sugars which may be listed as fructose, maltose, honey, fruit juice concentrate, corn syrup, caramel or invert sugar, dried fruit
- High in fibre - >10g per 100g. Fibre is gut friendly and fills you up, leaving you satisfied for longer
- 50% Wholegrains
- A high health star rating
- Low in saturated fat - <3g per 100g

The healthiest cereals in Australia are:

- Barley + *Freedom Foods*
- All Bran *Kelloggs*
- Simply Fibre Muesli *Food for Health*
- Active Balance Buckwheat & Quinoa *Freedom Foods*
- 5 Grain & Seed Granola *Carmans*
- Plus Fibre *Uncle Toby's*
- Shredded Wheat *Uncle Toby's*
- Organic Honey Roasted Almond Bircher Muesli *Macro*
- Wholegrain Mini Bites *Be Natural*
- Great Start 5 Grains & Seeds *Woolworths*
- Gourmet Porridge *Carmans*
- Guardian *Kelloggs*
- 10+ Natural Muesli *Sunsol*

Your morning cereal should be served with protein such as Greek yoghurt to provide a healthy start to the day. An alternative to cereal are my [chocolate chia pots](#), which combine chia wholegrains with cacao and almond milk for a sweet healthy treat.

RECIPES

BLUEBERRY SMOOTHIE

1 cup blueberries (fresh or frozen)
2 teaspoons white sugar
1 container plain yoghurt (227g or 8 oz)
½ teaspoon vanilla extract
¾ cup 2% reduced fat milk
⅛ teaspoon ground nutmeg

Blend the blueberries, yoghurt, milk, sugar, vanilla and nutmeg in a blender until frothy
Scrape down the sides of the blender with a spatula occasionally
Serve immediately
340kCal per serve

OVERNIGHT OATS

⅓ cup instant oats
2 teaspoons oat bran
2 teaspoons milk powder
1 teaspoon brown sugar
⅛ teaspoon cinnamon
Pinch salt
1 tablespoon shredded coconut
2 tablespoons dried fruit or nuts of your choice
¼ cup Greek yoghurt
½ cup cold water

Mix all the dry ingredients well
Place in a mason jar or other container with lid until you're ready to use
Mix in water and yoghurt. Shake jar/container
Leave in refrigerator overnight
Multiply quantities to make a batch (the quantities above are for one serve)
I usually make one week's worth at a time
Dry ingredients store well in the pantry
Approx 160 kCal per serve

SPINACH AND EGG MUFFINS

1 egg
20g feta cheese crumbled
1 tablespoon shredded tasty cheese
¼ cup baby spinach
1 teaspoon milk
Salt and pepper to taste

Spray a muffin tin with oil spray
Heat oven to 220 degree celsius
Whisk egg, milk, salt and pepper
Place feta and spinach in a muffin tin (it's easier if the spinach has been wilted in boiling water and drained well)
Pour egg mixture over feta and spinach
Sprinkle shredded cheese on top
Bake for 20 minutes. Serve hot or cold

Multiply ingredients and make in batches. The quantities above are for one muffin (I usually make 4 - 6 at a time)

I also eat these at lunch time with a salad