

Breakfast Hints and Tips

We all know that having a healthy breakfast is the basis of a healthy diet. In your breakfast, you should consider including organic wholegrains, fruit or (dried fruit), seeds, nuts and perhaps some pulses. Take time over your breakfast. If you have good organic ingredients, they deserve to be treated with respect, so take an extra five minutes and enjoy your breakfast. Sit down to eat. If you share a house, try to all sit down together.

1. Prepare things in advance – we keep a jar of organic seeds that have been put through the food-processor in the fridge. In the jar, we have a mix of organic sesame seeds, pumpkin seeds and sunflower seeds.
2. Rotate what you have to eat: that way you don't get bored and your body gets a range of nutrients. Even the best ingredients can get boring if you eat them every day.
3. Try porridge and berries – this makes a great start to the day. Use organic oats and a milk of your choice: in our house, the Sojade soya milk is a favourite. Depending on the season, add a few berries to the mix. If you can't get berries, or they're too expensive, try a sprinkling of organic dried cranberries.
4. Have a smoothie – make one with your favourite fruit. To add a bit of extra goodness, tip in a tablespoon of your prepared seeds from the fridge.
5. Why not eat tofu on toast - healthier than scrambled eggs - for a change? Add some onions, green peppers or other veggies, some light soy sauce or tamari, and black pepper, then stir-fry with a little olive oil. Eat with wholegrain toast.
6. Beans on toast are a good easy standby. If you use wholegrain bread, this adds a bit of extra bite.
7. For a special occasion, try the 'ultimate breakfast' (in my house, anyway)! Peel an orange and put into a food processor for about 15 seconds, to reduce it to pulp. Add a good tablespoon of organic porridge oats (or you could use any gluten-free flakes), then give the mixture a second pulse, so that the orange and porridge are well mixed. Add a banana to the mixture and pulse again. Replace the mixer blade with the grater attachment and add an apple to the mixture (if you grate the apple, it gives a particularly good texture). In a grinder, grind some organic linseed for about five seconds, then add some pumpkin and sunflower seeds and grind for a further five seconds. Spoon the fruit and porridge mixture into a bowl, sprinkle the seeds on top and add some brazils and walnuts to finish off.
8. Eggs and pasta – to make a change from scrambled eggs on toast, try eggs and pasta, especially wholegrain pasta. This is my favourite breakfast if I have a day in the hills: the mix of eggs and pasta seems to stay with you for most of the day, without making you feel too full at the start.
9. Don't worry about what people may say! If it is healthy and you like it, then it's fine for breakfast.