

Four Breakfast Ideas to Start the Engine

By Julie Meek, Sports Dietitian (March 2017)



We often hear about breakfast being awarded Holy Grail status in the race of 'who is the most important meal in the day' competition. Of course, all meals we eat are important but breakfast is right up there don't you think? Especially for your active gymnasts in the family. I know for a fact that bad things will happen to me and to others if I don't tick that box in the morning.

There will be some of you reading this while your stomach is currently doing flip-flops at the thought of eating first thing and there will be

others who don't experience even the tiniest twinge of appetite or hunger upon rolling out of bed. And then for some, the nice idea of breakfast gets trampled in the rush to get out of the door and into work or school.

1. Overnight Oats

When you are making dinner, surprise yourself with your efficiency and get breakfast organised at the same time. In a bowl with a secure lid for easy transport if needed the next day, add 1/3 cup rolled or quick oats + 1/4 cup natural or Greek yoghurt + 1/2 cup water + 1 teaspoon chia seeds + 1 tablespoon sultanas + a sprinkle of shredded coconut (optional) + 1/2 grated apple. Mix the lot and store in the fridge overnight. The next morning you can add a spoonful of your favourite yoghurt and this bowl of deliciousness can be eaten at home or taken anywhere you need to go. The perfect breakfast on the run. Kids love this one!

2. High fibre cereal

Some of my favourite and healthy cereals include Weet-Bix, oats made into porridge or natural muesli, Mini-wheat's, Shredded wheat, Sultana Bran, All Bran Flakes and Special K Wholegrain Clusters with Protein. All you need to do is add some reduced fat milk and some sliced fresh fruit or a handful of berries and you have a healthy dose of fibre, calcium and vitamin C to kick-start your day. If time is short, pack the lot and eat in the car.

3. Whole grain toast or sandwich with power protein

1-2 slices of your favourite whole grain bread, toasted (check the label for a fibre content greater than 8g per 100g serve), topped with 1/4 of an avocado, a handful of baby spinach leaves, 3-4 cherry tomatoes, 1-2 poached or sliced boiled eggs and a dusting of cracked pepper. Other great protein sources include a small tin of baked beans, 50g smoked salmon or 1/2 cup fresh ricotta. If time says no to eating this combo at home, simply sandwich all ingredients between the bread, brown bag it and take it in the car to eat as is.

4. Super Smoothie

Blenders and bullets are one of the most popular appliances in the kitchen these days and for those crazy whirlwind mornings; they can be the answer to your one-minute breakfast dilemma. For the basic mixture, throw together 250ml milk of choice + 1 tablespoon chia seeds + 2 tablespoons natural or Greek yogurt + 2 tablespoons skim milk powder or non-dairy protein powder (for a protein boost). To this base you could add 1 banana + 2 teaspoons of honey + sprinkle of nutmeg OR 1/2 cup frozen raspberries + 1 tablespoon cacao powder or 1/2 cup frozen blueberries + 1/2 banana + a large handful baby spinach. These super smoothies can be enjoyed on the go or at home.