

Quick and Easy Breakfast Ideas

If you are bored with your breakfast then perhaps it's time to Shake Up Your Wake Up and take a fresh look at your morning routine. These quick and tasty ideas can either be eaten at home, on the go or even at your desk!

Cinnamon Bagels with Fruit & Oat Compote

Prep time: 5 minutes

Cook time: 5-6 minutes

Serves 2

1 ripe pear, cored and diced
250g rhubarb, sliced
100g blackberries
25g caster sugar
2 tbsp oats
2 cinnamon and raisin bagels

Total cost: £2.64

Per serving: £1.32



Breakfast facts:

- Starting the day with a healthy balanced breakfast can aid concentration and mental performance⁽¹⁾.
- For more quick and easy recipes visit www.shakeupyourwakeup.com.

Method:

Place all the fruit and sugar in a medium saucepan with 1 tbsp water. Bring to the boil and cook covered for 5-6 minutes until softened but chunky. Add the oats and cool.

Meanwhile, slice each bagel into 5 thin discs and lightly toast on both sides. Serve with the fruit compote.

Cook's tips:

- Replace the rhubarb with fresh plums and add some ground cinnamon to the compote. Serve with low fat natural yogurt.
- Making the compote ahead of time makes this an ideal breakfast for bringing into work.

Hot Chocolate & Raspberry Shake

Prep time: 2-3 minutes

Cook time: 5 minutes

Serves 2

600ml semi skimmed milk
2 tbsp drinking chocolate
3 tbsp medium oatmeal
100g raspberries

Total cost: £1.75

Per serving: 88p



Breakfast facts:

- As many as one in four consumers skip breakfast at some stage during the week(2).
- For more quick and easy recipes visit www.shakeupyourwakeup.com.

Method:

Place the milk, drinking chocolate and oatmeal in a saucepan and bring to the boil, simmer gently for 5 minutes until the oatmeal is soft.

Place the raspberries in a food processor or liquidiser and add the chocolate milk and blend until smooth. Allow to cool slightly before pouring into 2 tall smoothie glasses.

Cook's tip:

- Use frozen raspberries as a convenient alternative.

Breakfast Topped Bread

Prep time: 10 minutes + 30-40 minutes proving

Cook time: 20 minutes

Serves 4-6

250g mixed grain bread mix
2 tbsp tomato puree
2 tomatoes, sliced
3 flat mushrooms, peeled and sliced
75g cheese, grated e.g. Cheddar
4 medium eggs
2 slices smoked back bacon or ham, chopped

Total cost: £2.46

Per serving (6 people): 41p



Breakfast facts:

- Research suggests that eating breakfast can reduce stress levels and benefit your mood too⁽³⁾.
- For more quick and easy recipes visit www.shakeupyourwakeup.com.

Method:

Preheat the oven to 200°C, gas mark 6.

Mix the bread mix with 140ml warm water (or according to the pack instructions) and knead into a smooth dough. Allow to rest for 5 minutes. Knead again and roll out to a 28cm circle. Place on a lightly greased baking tray and cover with clingfilm. Leave in a warm place for 30-40 minutes.

Spread the tomato puree over the pizza base and top with the tomatoes. Scatter over the mushrooms and cheese. Make 4 wells in the topping and crack in the eggs. Scatter over the bacon.

Bake for 20 minutes until golden.

Cook's tips:

- Great for using up left over sausages, simply slice and scatter over the pizza base instead of the bacon. White or wholemeal bread mix or pizza mix can be used instead.
- For a vegetarian option, increase the mushrooms to 4 and add a sliced red onion.

Brunch Packed Omelette

Prep time: 5-6 minutes

Cook time: 10 minutes

Serves 4

100g baby new potatoes, thickly sliced
4 slices smoked back bacon or ham, chopped
200g mushrooms, sliced
4 medium eggs, beaten
3 tbsp semi skimmed milk
1 tomato, sliced

Total cost: £1.76

Per serving: 44p



Breakfast facts:

- 36% of consumers agree that skipping breakfast leads to overeating later in the day⁽⁴⁾.
- For more quick and easy recipes visit www.shakeupyourwakeup.com.

Method:

Boil the potatoes for 5-6 minutes until tender, then drain.

Meanwhile, heat 1 tbsp oil in a small non stick frying pan approx. 20cm diameter and fry the bacon for 2 minutes. Add the mushrooms and fry for 3 minutes then stir in the potatoes.

Whisk the eggs and milk together, season and pour into the pan. Cook gently for 3-4 minutes loosening the edges with a spatula. Place under a preheated grill for 2-3 minutes, adding the tomatoes for the last 1 minute, until golden and cooked throughout.

Cool slightly before turning out of the pan.

Cook's tips:

- Allow to chill before cutting into wedges for eating at home, at school or at work.
- Omit the bacon for a vegetarian option and sprinkle over 50g grated cheese, e.g. Cheddar. This is also a great for using up leftover cooked potatoes.

Marmalade Glazed Sausage Baps

Prep time: 5 minutes

Cook time: 25-30 minutes

Serves 4

8 sausages e.g. Cumberland or Lincolnshire

1 red onion, sliced

4 tbsp fine cut orange marmalade

4 white or wholemeal baps

To serve: watercress

Total cost: £2.17

Per serving: 54p



Breakfast facts:

- A healthy balanced breakfast provides the nutrients and energy needed for an active lifestyle⁽⁵⁾.
- For more quick and easy recipes visit www.shakeupyourwakeup.com.

Method:

Preheat the oven to 200°C, gas mark 6.

Place the sausages and onion on a baking tray and mix in the marmalade and 2 tbsp water, season. Bake for 25-30 minutes until golden.

Meanwhile, toast the baps. Place some watercress on the bottom of the bap and add 2 sausages into each bap, spoon over the onions.

Cook's tip:

- Delicious with a little mustard or tomato ketchup and sliced tomatoes.

Banana & Peanut Butter Muffins

Prep time: 10 minutes

Cook time: 20 minutes

Makes 12

200g self raising flour
25g oats
75g light brown muscovado sugar
3 medium ripe bananas
100g crunchy peanut butter
2 medium eggs, lightly beaten
25g melted butter
125ml semi skimmed milk

Total cost: 92p

Per serving: 8p



Breakfast facts:

- 58% of consumers agree that eating breakfast helps to get the day started and 26% say they can't concentrate if they don't eat breakfast⁽⁴⁾.
- For more quick and easy recipes visit www.shakeupyourwakeup.com.

Method:

Preheat the oven to 200°C, gas mark 6. Line a 12 hole muffin tin with muffin cases.

Sift the flour into a large bowl and mix in the oats and sugar. In a separate bowl mash the banana and mix in the peanut butter, eggs, butter and milk. Stir into the flour mixture.

Spoon into the muffin cases and bake for 20 minutes or until golden. Cool on a wire rack.

Cook's tip:

- Ideal for breakfast on the go. Simply prepare ahead and freeze to use when required.

Cranberry Spiced Porridge

Prep time: 2 minutes

Cook time: 5 minutes

Serves 2

100g rolled oats
50g dried cranberries
¼ tsp mixed spice
2 tbsp cranberry sauce
700ml semi skimmed milk

Total cost: £1.18

Per serving: 59p



Breakfast facts:

- Breakfast eaters tend to be slimmer than breakfast skippers⁽⁶⁾.
- For more quick and easy recipes visit www.shakeupyourwakeup.com.

Method:

Place all the ingredients in a saucepan and bring to the boil. Simmer for 4-5 minutes, stirring occasionally until thickened.

Serve with a tsp of cranberry sauce and a sprinkling of mixed spice.

Cook's tip:

- Use frozen whole cranberries with 2 tbsp sugar instead of the dried cranberries and cranberry sauce.

Bran Flake Breakfast Pancakes

Prep time: 5 minutes

Cook time: 5-6 minutes

Makes 8

150g self raising flour
1 medium egg
2 tbsp clear honey
150ml semi skimmed milk
25g sultanas
50g bran flakes

Total cost: 50p

Per serving: 6p



Breakfast facts:

- Research shows that our healthiest food choices are made at breakfast(7).
- For more quick and easy recipes visit www.shakeupyourwakeup.com.

Method:

Place the flour in a large bowl and whisk in the egg. Gradually add the honey and then milk and whisk to form a batter.

Stir in the sultanas and bran flakes.

Heat a little oil in a frying pan and spoon 4 tablespoons of the mixture into the pan. Cook gently for 1-2 minutes, turn over and cook for 1 minute until golden. Repeat to make 4 more pancakes.

Serve drizzled with honey and a scattering of fresh fruit.

Cook's tip:

- Try using chopped dried apricots instead of the sultanas.

- Ends -

For further information about Farmhouse Breakfast Week 2011 (23 -29 January), including events in your area, recipes, tips or images please visit www.shakeupyourwakeup.com or contact a member of the team:

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Editor's notes:

- Farmhouse Breakfast Week is organised by HGCA, which is the cereals and oilseeds division of the Agriculture and Horticulture Development Board (AHDB).
- HGCA aims to deliver a world class arable industry through independence, innovation and investment. It funds R&D, marketing, export and promotional activities for the cereals and oilseeds sector in the UK. Find out more at www.hgca.com.
- HGCA is a financial supporter of the Red Tractor quality assurance scheme www.redtractor.org.uk.
- The new website is now live so visit www.shakeupyourwakeup.com for more ways to Shake Up Your Wake Up.

Sources

(1) Several studies have shown that children who skip breakfast in the morning perform less well in problem solving tasks. Verbal fluency, creativity and the ability to recall newly acquired facts are similarly affected. Other studies show that adults who ate breakfast tended to work faster, made fewer mistakes in logic tests and had better memory recall compared with breakfast skippers. Study by Cognitive Drug Research, in conjunction with HGCA 2004.

(2) IGD March 2010 - 1,061 consumers.

(3)Source: Studies carried out at the University of Bristol examined the breakfast habits of 126 volunteers between the ages of 20 and 79 and assessed their mental health, found that those who ate breakfast everyday were less depressed, less emotionally distressed and had lower perceived levels of stress compared with those who skipped the first meal of the day. Smith 1998.

(4) Mintel MI Report Feb 2010 - 956 consumers in December 2009.

(5) Farshchi et al (2004) Deleterious effects of skipping breakfast on lipid and carbohydrate metabolism in lean healthy women. Proceedings of the Nutrition Society 63, 56A.

(6)Yungheng MA et.al (2003) Association between Eating Patterns and Obesity in a Free-living US.

(7) Grocer Breakfast - August 2010 (Kantar World panel tot 52 w/e December 2009).