



Group One:

Instructions:

- Discuss the pros and cons of your group's breakfast suggestion with your group (approx. 5 mins)
- Consider whether this breakfast would set you up for a healthy and productive working day
- Questions during the breakout time? Call for me to come and visit your group
- Nominate a spokesperson to feedback your ideas to the main group later

Overnight oats (serves one)

Instructions:

The night before:

Mix 50g porridge oats (*havermout*) with a teaspoon of chia seeds, quarter teaspoon of ground cinnamon, 2 tablespoons of unsweetened Greek-style yogurt (or plant-based yoghurt alternative), a drizzle of honey and a pinch of salt in a jar or bowl. Add 100ml of water or milk (or plant-based milk alternative) and leave to soak overnight. Serve hot or cold in the morning.

Optional topping suggestions:

Mixed berries, spoon of nut butter, mixed seeds, walnuts, unsweetened apple mousse, sliced banana (or other fruit)

Nutritional Information - Porridge Oats per 50g serving:

Fibre - 7g
Protein – 6,4g
Calories - 183
Carbs - 29g
Natural Sugars – 0,6g
Fat - 3,4g (0,6g saturated fat)

