

# POWER UP BREAKFASTS FOR TWEENIES

A good breakfast is particularly important to fuel your brain and give you enough concentration and energy for a busy day at School. But breakfast is the meal of the day usually most lacking in goodness, especially for children and teens. Did you know one of the most popular children's cereal, contains 35% sugar? A good breakfast will include slow release complex carbohydrates, protein, healthy fats and fibre and keep you full until lunchtime.

The following options will help balance your blood sugar too, keeping your mood and energy levels stable.

## Porridge

Add a dollop of cashew or peanut butter and a sprinkle of cinnamon (& drizzle of maple syrup if more sweetness desired). Top with mixed berries (frozen is nice too), pumpkin & sunflower seeds or stewed apple. Porridge is nice made with oat milk.



## Granola

Granola with organic natural yoghurt (or milk) and frozen mixed berries (see [www.katherinehorstmann.com/tips-recipes/my-signature-granola](http://www.katherinehorstmann.com/tips-recipes/my-signature-granola))



Breakfast

My Signature Gluten Free Granola

[Read More](#)

## Waffles

Gluten free waffles with natural yoghurt and berry compote or banana with cinnamon. I like this recipe by Cookie & Kate because it's gluten free and we naturally eat a lot of wheat in our diet – variety is key (see <https://cookieandkate.com/easy-gluten-free-oat-waffles/>)

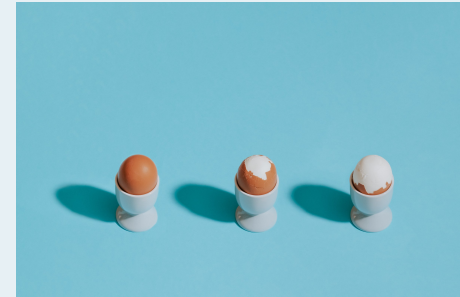
## Banana pancakes

Banana pancakes (see [www.katherinehorstmann.com/tips-recipes/simple-banana-pancakes](http://www.katherinehorstmann.com/tips-recipes/simple-banana-pancakes))



## Boiled eggs and wholewheat soldiers

Organic eggs are best – the chickens have been fed on feed that hasn't been sprayed with chemicals. Serve with wholewheat or sourdough soldiers.



## Breakfast smoothies

For those days you're not that hungry..

- Very berry smoothie – [www.katherinehorstmann.com/tips-recipes/very-berry-smoothie](http://www.katherinehorstmann.com/tips-recipes/very-berry-smoothie)
- Chocolate tahini smoothie – [www.katherinehorstmann.com/tips-recipes/chocolate-tahini-layered-smoothie](http://www.katherinehorstmann.com/tips-recipes/chocolate-tahini-layered-smoothie)



## Healthiest cereal options..

- Sharpham Park spelt multi flakes\*
- Whole earth golden corn flakes
- Rude health honey spelt puffs
- Organic weetabix
- Grape nuts



\*Dried raspberries are a nice addition

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