

**Shake up your wake up... by changing one thing : It's fuel for the brain and gets your metabolism motoring - so raise a toast to the first dish of the day and change one thing to make your morning meal a healthier one.**

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# SHAKE UP YOUR WAKE UP... BY CHANGING ONE THING!

IT'S FUEL FOR THE BRAIN AND GETS YOUR  
METABOLISM MOTORING – SO RAISE A  
TOAST TO THE FIRST DISH OF THE DAY  
AND CHANGE ONE THING TO MAKE YOUR  
MORNING MEAL A HEALTHIER ONE.







### **OATY RASPBERRY SMOOTHIE**

**Recipe:** Fresh Baby Spinach, Low Fat Yogurt, Ground Flaxseed, Oats, Low Fat Milk, Mixed Frozen Berries

**BASING YOUR BREAKFAST AROUND STARCHY CARBOHYDRATES WILL FUEL YOUR BODY WITH ENERGY AND HELP KEEP YOU GOING 'TIL LUNCH.**

**As well as being important, breakfast should also be healthy!**

### **MAKE YOUR BREAKFAST HEALTHY BY CHANGING ONE THING.**

Try swapping whole milk for skimmed milk, fried egg for a poached egg or your morning coffee for a fruit smoothie.

### **WANT TO GO FURTHER?**

Why not swap your fried breakfast for a delicious bowl of porridge or poached egg on wholemeal toast?

Look out for details of the one thing your restaurant's changed to make your breakfast healthier as part of Shake Up Your Wake Up.

