



Mission Breakfast: Start your day the right way!

New recipe ideas for Breakfast Week 2016

It can be easy to fall into a rut at breakfast time, so if your mornings need a refresh, our brand new recipes will help you combat breakfast boredom. This Breakfast Week (24 – 30th January 2016) we are calling on everyone to make it their mission to shake up their morning routine. After all, experts do say breakfast is the most important meal of the day!

From speedy mid-week breakfasts to a leisurely brunch, there are so many different breakfast foods to choose from. Whether you are eating at home, your desk, or on the go, these simple ideas can be ready in moments to set you up for a healthier and happier morning.

RACHEL ALLEN'S MUSHROOM, TOMATO AND BACON BREAKFAST BAP



TV chef and author, Rachel Allen is supporting our mission to get the nation regularly tucking into breakfast and has created a recipe exclusively for this campaign. Her new **Mushroom, Tomato and Bacon Breakfast Bap** is great for weekends and holidays, or simply lazy days at home and takes only minutes to prepare.



Prep: 5 minutes

Cook: 10 minutes

Serves 1

- 1 slice of a large beef tomato
- 1 large flat mushroom, stalk removed
- 2 tsp rapeseed oil
- 2 slices of lean unsmoked back bacon
- 1 wholemeal or wholegrain burger bun, bap or roll split in half
- 1 tsp of finely chopped chives
- 2-3 drops of lemon juice
- 1 tbsp of low fat cream cheese

Place the slice of tomato on the flat side of the mushroom. Add the oil and season with a little pepper. Roast the mushroom and tomato at 200°C, gas mark 6, for 7-10 minutes.

Grill the bacon gently for 5-7 minutes turning regularly until cooked. Drain on kitchen paper. Meanwhile lightly toast the bun.

Add the chopped chives and lemon juice to the cream cheese and mix. Spread the cut sides of the toasted bun with the cream cheese mixture. Then arrange the tomato filled mushroom on top of the bottom bun, followed by the bacon. Top with the second bun and serve.

Nutritional benefits:

- Low in sugar (<5g per 100g)
- Low in saturated fat (<1.5g per 100g)
- High in protein (>20% total energy)
- 1 of your 5 a day

	Calories (kcal)	Protein / g	Fat / g	Saturated fat / g	Carbohydrate / g	Carbohydrate of which sugars / g	Salt / g	Sodium / mg	Fibre / g
Per portion	469	29	19.4	4.8	41	7.2	3.5	1.5	5.9
Per 100g	139	8.7	5.8	1.4	12.2	2.1	1.1	0.5	?

FOUR NEW BREAKFAST IDEAS FOR BREAKFAST WEEK 2016:

CHIA BREAKFAST POTS

Get a morning boost with these breakfast pots which are low in sugar, salt and saturated fat, but high in protein and packed with flavour.

Prep: 5 minutes plus cooling

Cook: 3 minutes

Serves 2

1 earl grey tea bag
250ml semi-skimmed milk
50g whole chia seeds
25g porridge oats
175g raspberries
4 tbsp low fat natural yogurt
1 tsp mixed seeds

Steep the tea bag in 50ml boiling water for 1 minute, remove the bag.

Place the milk, chia seeds, oats, raspberries (reserving a few for garnish) and tea in a small saucepan and bring up to a simmer, cook gently for 2-3 minutes, stirring. Cool slightly.

Stir in the 2 tbsp yogurt, transfer to 2 serving dishes and cool for 30 minutes or longer.

Top with remaining yogurt and raspberries and sprinkle over the mixed seeds.

Top tip:

Spoon into two sealed jars and top with fresh raspberries for an on-the-go breakfast (this will keep for a day).

Nutritional benefits:

- Source of fibre (>3g per 100g)
- Low in sugar (<5g per 100g)
- Low in saturated fat (<1.5g per 100g)
- High in protein (>20% total energy)
- Very low in sodium/salt (<0.04g per 100g)
- Source of calcium (18% RDA per 100g)
- 1 of your 5 a day



	Calories (kcal)	Protein / g	Fat / g	Saturated fat / g	Carbohydrate / g	Carbohydrate of which sugars / g	Salt / g	Sodium / mg	Fibre / g
Per portion	357	15.9	13	3.1	26	16.1	0.3	0.1	16.8
Per 100g	91	4.5	3.7	0.9	7.3	4.5	0.1	-	4.7

POSH BEANS ON TOAST

Give this classic dish a makeover with our modern twist that provides two of your 5-a-day.

Prep: 10 minutes

Cook: 10 minutes

Serves 4

4 Cumberland sausages
400g can chopped tomatoes
2 tbsp Worcestershire sauce
2 tbsp tomato ketchup
400g can cannellini beans, drained and rinsed
400g can mixed beans, drained and rinsed
4 slices rustic bread, toasted
2 tbsp chopped parsley

Place the sausages on a lined grill pan and place under a preheated grill for 10 minutes, turning once or twice until cooked throughout.

Meanwhile, place the tomatoes, Worcestershire sauce and ketchup in a large saucepan, add the beans, cover and cook for 5 minutes.

Spoon onto the toasted bread and top each with a sliced sausage and sprinkle with parsley.

Top tip:

Try topping with grilled bacon or, for a vegetarian option, a poached egg.

Nutritional benefits:

- Low in sugar (<5g per 100g)
- Source of protein (>12% total energy)
- Source of vitamin C (18% RDA per 200g)
- 2 of your 5 a day



	Calories (kcal)	Protein / g	Fat / g	Saturated fat / g	Carbohydrate / g	Carbohydrate of which sugars / g	Salt / g	Sodium / mg	Fibre / g
Per portion	465	19.9	16.4	5.6	56	12.6	3.2	1.3	5.6
Per 100g	132	5.6	4.7	1.6	15.9	3.6	0.9	0.4	1.6

GREEN BREAKFAST SMOOTHIE

This super smoothie is high in vitamin C and makes a speedy start to any day.

Prep: 5 minutes

Serves 1

1 ripe banana, sliced
2 tbsp rolled oats, toasted
3cm piece root ginger, grated
150ml apple juice
50ml water
4 tbsp low fat natural yogurt
25g kale

Place all ingredients in a liquidiser and pulse until smooth. Pour into a tall glass and serve.

Top tips:

Try using spinach instead of kale.

For a crunchy topping add a sprinkling of chia seeds.



Nutritional benefits:

- Low in fat (<3g per 100g)
- Low in saturated fat (<1.5g per 100g)
- Source of protein (>12% total energy)
- Very low in sodium/salt (<0.04g per 100g)
- High in vitamin C (34% RDA per 100g)
- 2 of your 5 a day

	Calories (kcal)	Protein / g	Fat / g	Saturated fat / g	Carbohydrate / g	Carbohydrate of which sugars / g	Salt / g	Sodium / mg	Fibre / g
Per portion	353	12.4	4.2	1.5	63	48	0.3	0.1	6.2
Per 100g	77	2.7	0.9	0.3	13.6	10.5	0.1	-	1.3

BREAKFAST OMELETTE WRAP

Add a zing to brunch time with these healthy wraps – perfect for impressing friends and family.

Prep: 10 minutes

Cook: 10 minutes

Serves 2

4 medium eggs
4 tbsp semi-skimmed milk
2 tsp toasted sesame oil
1 courgette, cut into matchsticks
1 carrot, cut into matchsticks
2 spring onions, sliced into strips
2 tsp soy sauce
1½ tsp sweet chilli sauce

Beat the eggs and milk together and season. Heat 1 tsp oil in a 23cm frying pan and pour in half the mixture, swirling the mixture to the edges of the pan and cook for 2 minutes. Transfer to a plate and reserve while you make the second omelette.



Heat the remaining oil in the pan and fry the vegetables for 3 minutes, add the soy and cook for 1 minute.

Drizzle the chilli sauce over the omelettes. Add the vegetables and fold up the bottom half and then fold over again.

Top tips:

Wrap the omelette in baking parchment to form a parcel for a great on-the-go breakfast.

Try adding 1 tsp runny honey with the soy sauce for a sweeter taste.

Nutritional benefits:

- Low in saturated fat (<1.5g of fat per 100g)
- High in protein (20% total energy)
- Very low in sodium/salt (<0.04mg per 100g)
- Source of Riboflavin (B2) (18% RDA per 100g)
- Source of vitamin B12 (53% RDA per 100g)
- 1 of your 5 a day

	Calories (kcal)	Protein / g	Fat / g	Saturated fat / g	Carbohydrate / g	Carbohydrate of which sugars / g	Salt / g	Sodium / mg	Fibre / g
Per portion	270	14.4	14.8	3.7	18	17.1	1.2	0.5	3.1
Per 100g	96	5.1	5.2	1.3	6.4	6.1	0.4	0.2	1.1

Breakfast Week is organised by AHDB Cereals & Oilseeds on behalf of UK cereal farmers and producers, who grow and make the foods we all enjoy at breakfast. Breakfast Week is an annual celebration with activities, promotions and events taking place across the country - all in honour of the first meal of the day. To see who is taking part, find out how you can get involved, and for further ideas and inspiration head to www.shakeupyourwakeup.com.*

Join the breakfast conversation on Twitter using [#BreakfastWeek](https://twitter.com/BreakfastWeek) or follow [@breakfastweek](https://twitter.com/breakfastweek) or on Facebook at [ShakeUpYourWakeUp](https://www.facebook.com/ShakeUpYourWakeUp)

ENDS

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*New website launches October 2015

Editor's notes:

About Breakfast Week

Breakfast Week (24 – 30th January 2016) is now in its 17th year and aims to raise awareness of the importance of eating breakfast.

- The campaign is organised by AHDB Cereals & Oilseeds, a division of the Agriculture and Horticulture Development Board (AHDB) www.ahdb.org.uk
- AHDB Cereals & Oilseeds aims to deliver a world-class arable industry through independence, innovation and investment. It funds research, marketing, export and promotional activities for the cereals and oilseeds sector in the UK. Find out more at cereals.ahdb.org.uk

What we can offer media?

- Additional breakfast recipes including: **Toasty Eggs, Breakfast Salad, Perked Up Porridge**
- Videos of Vogue Williams' attempting a 'Shake Up Your Wake Up Mission Breakfast' (videos available from December 2015)

- Mission Breakfast Guide created by UK dietician Nichola Whitehead with accompanying video (video available from December 2015)
- Details on breakfast celebrations taking place across the country during Breakfast Week