

Start the day with HIGH ENERGY!

Wake up and enjoy a tasty, healthy booster for get-up-and-go all day

NUTRITION ADVICE WITH...

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One of Australia's leading dietitians shares her healthy eating tips

Need energy to jump out of bed, get the kids organised, pack their lunches, put on a load of washing and head to work? Then you have to eat breakfast.

Breakfast has all sorts of health benefits but it's essential for energy and morning brain power. It supplies fuel to your brain after your 12-hour 'fast' (the word literally means 'to break the fast') to help you focus, concentrate and do complex mental tasks in the morning. Teachers often schedule difficult maths lessons in the mornings for this very reason.

If you skip breakfast you'll miss out on a lot of nutrition – the main source of fibre for many of us, via wholegrain cereal, bran, nuts, wheatgerm, fresh fruit or grainy toast. Cereal and toast-and-topping provide B vitamins (for release of energy from food), protein for muscle renewal, carbohydrate for energy, and potassium and iron.

Breakfast is also the pace-setter for anyone watching their weight. If your tummy's full of a solid chewy muesli, for example, there's no room for a pastry or muffin at morning tea.

CRUNCHY TOASTED MUESLI

■ MAKES: 6 CUPS ■ PREP: 10 MINS ■ COOK: 45 MINS

2 cups rolled oats
½ cup raw cashews
1 cup natural almonds
½ cup unsalted macadamia halves
½ cup unsalted peanuts
¼ cup pumpkin seeds
½ cup sunflower seeds
⅓ cup honey
3 tps light olive oil
½ cup All Bran
½ cup dried mixed fruit
Yoghurt, fresh passionfruit, thinly sliced strawberries and banana, to serve

1 Grease two oven trays. Line with baking paper.

2 Place oats, nuts, seeds, honey and oil in a large bowl. Using your hands, mix well to combine. Spread evenly onto prepared trays.
3 Cook in a slow oven (150C) for 25 minutes. Remove from oven and stir nut mixture. Return to oven, Cook for a further 20 minutes, or until golden brown. Cool completely on trays.
4 Toss cooled nut mixture, bran and dried fruit in a bowl. Store crunchy toasted muesli in airtight containers.
5 Serve toasted muesli with yoghurt, passionfruit, thinly sliced strawberries and banana.



FROM BREKKIE TO LUNCH

Switch to 'slow carbs' for sustained energy. You'll find these in low-GI and high-fibre carbs: oats (muesli or porridge), bran cereals, yoghurt, baked beans, berries and stone fruits. They're digested and absorbed slowly and fill you up longer, steadily releasing energy all morning. High-GI carbs – puffed rice cereal or wheat flakes – are rapidly absorbed and don't 'stick with you'.