



Breakfast Recipe:

Scrambled eggs with spinach on wholemeal toast (serves 2 people)

Remember that eating a healthy balanced diet is important for wellbeing and can help you to feel the best you can!



Energised



Focused

Eggs are a good source of protein, which can help in giving you sustained energy. Just what you need to keep you focused during your day!



Ingredients:

2 eggs, two tbsp skimmed milk, a handful of spinach leaves (washed), a sprinkle of black pepper, 1 teaspoon veg oil, two slices of wholemeal bread (for toasting)

Method:

1. Break the eggs into a bowl and pour the milk on top of the eggs. Using a fork, mix the eggs and milk until well mixed.
2. Put the oil into a frying pan and heat until oil is hot (be careful that it is not smoking hot - keep an eye on it all time). When oil is hot pour in the egg mixture. As the eggs begin to set throw in the spinach and stir from time to time until the eggs cook, to avoid the eggs sticking to the pan. Sprinkle in some black pepper.
3. Toast the wholemeal bread and put the eggs on top - and there you go, a super breakfast is ready!

Remember eating a balanced diet is just one part of maintaining good health and feeling 100%.

WANT TO
FEEL 100%?