

Abell Bodies Power Breakfast

What a great way to jump start your metabolism for the day and ensure you won't be hungry by 10 am. Many of my clients have found that their families ask for this breakfast over their other tried and true favourites. Have fun with the basic recipe by substituting the seeds for almonds or walnuts some days, or using dried fruit instead of fresh. For my Saturday morning TP workouts, I will assemble the ingredients and place in fridge the night before to meld the flavours and ensure a quick exit from the house.

Ingredients:

1/3 cup organic oatmeal (if buying steel cut oats, make sure to soak them overnight)

1/4 cup organic cereal (>5g fibre and <10g of sugar)

1/4 cup unsweetened almond milk (less calories than skim milk)

1/8 cup 100% juice (pick the flavour)

1 tsp cinnamon

1 tsp hemp seed

1 tsp ground flax seed

Sprinkle of fresh fruit

Directions:

Combine all ingredients (no cooking required) and enjoy!