

Three healthy and easy breakfast ideas



Are you looking for some easy breakfast ideas for one? Here are 3 simple dishes that don't require any cooking.

These dishes are nutrient-packed and quick to prepare. They're also completely customisable to your taste.



1. Overnight oats

Oats are rich in fibre and slow-release carbohydrates which means they can help you feel energised through the day. Overnight oats are a simple and easy way to prepare a healthy breakfast.

You can make your oats sweet and eat them with fruity flavour combos, like banana and cinnamon.

Or you could make your oats savoury and enjoy them with garlic, nuts, or eggs.

Here's an example recipe for 1 serving of overnight oats:

Ingredients

- 1/2 cup rolled oats
- 1/2 cup milk or plant-based alternative (like almond milk, soy milk, etc.)

Optional extras:

- 1/4 cup Greek yogurt
- 1 teaspoon honey or brown sugar
- 1 tablespoon chia seeds
- 1/4 teaspoon vanilla extract
- A pinch of sea salt
- Toppings of your choice (such as fresh fruit, nuts, or granola)

Instructions

1. In a container, combine the oats, milk of your choice, and any optional extras (aside from toppings).
2. Stir the ingredients well to mix everything together.
3. Cover the container with a lid and place it in the fridge overnight. If you're short on time, you can let your oats soak for just 2 to 4 hours.
4. When ready, remove the lid and give the oats a good stir. Add your choice of toppings and enjoy.



2. Smoothies

Smoothies are often rich in vitamins and antioxidants. They're also a great breakfast option for anyone who finds chewing uncomfortable or painful.

You can pack anything you like into a smoothie. It's good to aim for a mix of greens, fruits, and protein.

1. Spinach, kale, and cucumber are highly nutritious greens to start with.
2. For a sweet flavour, you can add fruits like raspberries or bananas. Frozen fruits in small pieces don't need to be defrosted before blending.
3. You can increase the protein content by adding things like Greek yoghurt or nut butter.

Here's an example smoothie recipe to try out:

Ingredients

- 1 medium banana
- 1/2 cup blueberries (fresh or frozen)
- 1 tablespoon chia seeds
- 1 cup fresh spinach
- 1 cup almond milk or water (adjust based on desired thickness)
- 1 teaspoon peanut butter (optional)

Instructions

1. In a blender, combine all the ingredients.
2. Blend until smooth. If the smoothie is too thick, add a bit more almond milk or water until you reach your desired consistency.
3. Pour into a glass and enjoy!

If you don't already have one, you can find affordable [blenders](#) from various retailers, such as Kmart.



3. Avocado toast

Avocado is a good source of healthy fats and essential vitamins. Its soft texture also makes it accessible to people with difficulty chewing or swallowing.

Avocado on toast is a breakfast classic, but there are still ways to elevate the flavours and nutrient contents of this famous dish.

Ingredients

- ½ a ripe avocado
- 1 slice of wholemeal or wholegrain toast
- A pinch of sea salt

Optional toppings to make your avo toast tastier and more nutritious:

- Spices such as black pepper or chili flakes
- A drizzle of olive oil
- Cherry tomatoes
- Alfalfa sprouts
- Pickled red onions or capers
- Feta cheese
- Hummus
- Canned tuna or salmon (packed in water or olive oil rather than brine)

Instructions

1. Mash the ripe avocado in a bowl using a fork until you achieve a smooth and creamy consistency.
2. While mashing, toast your slice of wholemeal or wholegrain bread to your desired level of crispiness.
3. Once the toast is ready, generously spread the mashed avocado over it.
4. Sprinkle a pinch of sea salt on top. Add any combination of toppings, such as sliced cherry tomatoes, thinly sliced radishes, and a light drizzle of olive oil.

If you don't use your entire avocado, you can buy an [avocado saver](#) from places like Woolworths, to keep the remainder fresher for longer.

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