

EASY COOK BREAKFASTS

INGREDIENTS	RECIPE	NUTRITION INFO
<p>English Breakfast 100 g Village Bakery Rye Bread 2 eggs 2 tomatoes 60 g mushrooms 100 g red pepper 1/4 tsp tamari (wheat free soya sauce) 1/4 tsp black pepper 1 tsp olive oil 140 g baked beans in tomato sauce</p>	<ul style="list-style-type: none"> • Toss tomato, mushrooms and red pepper in olive oil and bake in oven • Sprinkle veg with tamari & black pepper • Serve with poached eggs, rye bread and baked beans <p><i>If you cannot get Village Bakery rye bread (from Waitrose) use equivalent to 190 calories of 100% rye bread</i></p>	<p>Calories 602 Protein 30.2 g Carb 80.7 g Fat 17.6 g</p>
<p>Porridge with Fresh Fruit & Seeds 60 g oats 2 tbsp. ground flaxseed 1 pear 1 apple 50 g fresh blueberries 2 tbsp. soya yoghurt</p>	<ul style="list-style-type: none"> • Simmer oats with water until desired consistency is reached • Grind linseed in coffee grinder • Stir linseed into porridge • Serve porridge with fresh fruit and yoghurt <p><i>Try stewing apple and pear in water the night before for speed in the morning</i></p>	<p>Calories 604 Protein 15.2 g Carb 114.6 g Fat 9.4 g</p>
<p>Ultra Berry Smoothie 150 g mixed frozen berries 50 g dried prunes 1 banana 50 g Yeo Valley yoghurt 25 g oats 10 g (2 tsp) honey 250 ml semi-skimmed milk pinch ground cinnamon</p>	<ul style="list-style-type: none"> • Blend all ingredients 	<p>Calories 601 Protein 18.1 g Carb 112.4 g Fat 8.8 g</p>

Diet for the ultra runner by Diana Green. Easy Cook Breakfasts.

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