KICKSTART YOUR DAY WITH BREAKFAST!

project Sprai™

Eating breakfast every day boosts your energy levels and provides your body and brain with the fuel to keep you going throughout the day.

TIP! The best breakfast is one eaten at home. Breakfast doesn't have to be boring or expensive. It can cost as little as 50c a serve and be ready in 2 minutes!

toast + marmite + cheese = **MOUSE TRAPS**

rolled oats + yoghurt + dried fruit = **PORRIDGE**

weetbix + banana + milk = **WEETBIX**

banana + canned fruit + milk = **FRUIT SMOOTHIE**

toast + spread + milk = **TOAST & MILK**