**How I prepare breakfast each morning**

Apart from providing us with energy, breakfast foods are good sources of important nutrients such as calcium, iron and B vitamins as well as protein and fiber. The body needs these essential nutrients and research shows that if these are missed at breakfast, they are less likely to be compensated for later in the day.

Below you can follow a few of my everyday steps towards a nutritious breakfast:

One serving of oatmeal, diced strawberries, chopped nuts and orange juice.

* Bring a small pot of water/milk to a boil, after a pinch of salt pour the oatmeal into the boiling water/milk and lower the fire under the stove.
* Continue to stir until oatmeal is properly cooked, sweetened to taste with brown sugar or condensed milk.
* Wash strawberries then cut them into dices. Place them into a bowl and enjoy.
* Used sprouted of chopped nuts and pour a glass of natural orange juice.

One serving of scrambled eggs, bacon and sausage with a glass of apple juice.

* Heat frying pan with cooking oil, crack egg and use a fork to scramble egg, add black pepper and salt to taste.
* Place 4 strips of bacon into frying pan and allow bacon to cook liking; place sausage into frying pan and allow it to cook.
* Pour apple juice

Cheese omelet, pancakes and ginger tea.

* Crack 2 eggs into a bowl, whisk until eggs are fluffy, add thyme, scallion, sweet pepper, a pinch of black pepper and salt.
* Pour into heated frying pan, allow both sides to slowly cook, once cooked cover one side with shredded cheese and fold it, let simmer for 30 secs then remove omelet
* Preheat oven to 250 degrees Celsius, place ready man frozen pancakes in oven for 10 minutes until evenly brown, remove pour syrup and enjoy.
* Pour powder package of one serving into a tea cup of hot water.

This is a brief example of how I prepare my breakfast each day.