

Farmhouse Breakfast Week

Breakfast is a meal that many of us forget, skip or simply neglect, but it's actually one of the most important meals of the day!

It's Farmhouse Breakfast Week (22-28 January 2012) this month, an opportunity to celebrate the variety of breakfast ingredients that our farmers produce and the numerous benefits that eating breakfast provides us with.

Did you know that 124,000 hectares of oats are grown in the UK? That's more than the area of Berkshire! We also grow 1.9m of wheat which is nearly the size of Wales.

Eating breakfast is vital for health and wellbeing, research shows that it helps give you more energy, improve memory and concentration, helps lower stress levels and that people who eat breakfast tend to be slimmer than non breakfast eaters!

With our hectic lifestyles it can seem difficult to find time to fit in breakfast, but there are such a huge range of different breakfast options available, some which only take a few minutes, so it's easier than you think to find something to suit you.

From a simple slice of toast through to eggs, cereals, smoothies, bacon and sausages, your morning meal really can set you up for the day.

See www.shakeupyourwakeup.com for breakfast recipes and ideas. Hundreds of breakfast events and promotions are taking place around the country to celebrate Farmhouse Breakfast Week and you can also find local events near you on the Shake Up Your Wakeup website.