



## HOW TO: HOST A BRAINY BREKKY

How to: Host a Brainy Brekky Breakfast is vitally important for good brain health and to fire up the brain ready for a day's learning. Glucose is the brain's energy source, and it's best supplied by wholegrains with a low GI, or glycaemic index.

A breakfast packed with low-GI foods raises your blood sugar more slowly, and releases energy slower – which boosts your attentiveness and zip all day.

So how about helping your friends push through that mid-afternoon slump, and raise some money for Brain Week at the same time, by hosting a Brainy Brekky at school?

Choose from the following brainy foods and charge an appropriate fee per head to cover your costs. Keep it simple, healthy and easy.

### BRAINY BREKKY APPLE AND CARROT MUFFINS

#### INGREDIENTS

2 cups plain flour  
1 cup rolled oats  
2 1/2 tsp baking powder  
1/2 tsp bicarbonate of soda  
1 tsp ground cinnamon  
1 tsp ground ginger  
3/4 cup light brown sugar  
1 cup grated apple  
1 cup grated carrot  
2 large eggs  
1/2 tsp vanilla extract  
1/2 cup unsweetened milk of choice  
1/2 cup vegetable oil

#### METHOD

Preheat oven to 180C.  
Place the flour, oats, baking powder, bicarb, spices and sugar into a large bowl and stir until combined.  
Add in the grated carrot and apple and stir until they are coated in flour. Place eggs, vanilla extract, milk and vegetable oil into a jug and beat lightly. Pour over the dry ingredients and mix until there are no lumps of flour left. Be careful not to over mix them.  
Divide the mixture into a 12-hole muffin tray. Place in the oven for 15-20 minutes, until risen, lightly golden and an inserted skewer into the centre comes out clean.

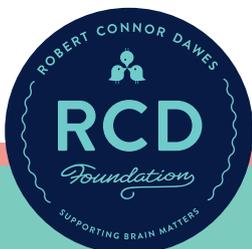
#### OTHER MUFFIN IDEAS

Why not try whipping up a batch of banana, berry, or savoury cheese and chives breakfast muffins – remember to select recipes low in sugar and high in natural fruits, veg and wholegrains.

#### OVERNIGHT OAT JARS

These are a super easy and healthy breakfast that can be made the night before and easily transported and sold in individual jars. Plus, you can be as creative as you like with the flavours! Simply mix the base ingredients together then add the toppings from one of flavor combinations below or create your own.

PLEASE TURN OVER →



7 days to make #BrainsMatter

May 7 - 11



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**BASE INGREDIENTS (MAKES ONE JAR)**

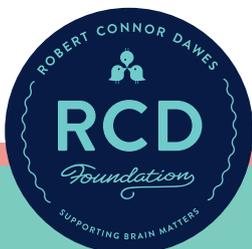
- 1/3 cup plain Greek yoghurt
- ½ cup rolled oats
- 2/3 cup unsweetened milk of choice
- 1 tbsp chia seeds or ground flaxmeal
- ½ tsp vanilla extract
- Pinch of salt

**FLAVOUR COMBINATIONS**

<p><b>CLASSIC</b></p> <p>0-2 tbsp honey or maple syrup</p>	<p><b>CHOCOLATE</b></p> <p>2 tbsp unsweetened cocoa powder 0-2 tbsp honey or maple syrup</p>	<p><b>BANANA CHOC</b></p> <p>½ ripe banana (mashed or chopped) 2 tbsp choc chips 0-2 tbsp honey or maple syrup</p>	<p><b>STRAWBERRY CHEESECAKE</b></p> <p>¼ fresh strawberries (chopped) 3 tbsp cream cheese Zest and juice of ½ lemon 0-2 tbsp honey or maple syrup</p>	<p><b>CHOC COCONUT</b></p> <p>2 tbsp unsweetened cocoa powder ¼ cup unsweetened flaked coconut 0-2 tbsp honey or maple syrup</p>
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In addition to these great recipes you could also provide some fresh cut up fruit, muesli and smoothies.

**Tip:** Maybe staff, parents, local businesses can help by donating food items, plates, napkins etc., to help keep your costs low and your fundraising profits up.



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