

Slim at Home
May 2008
Circulation: 115,000

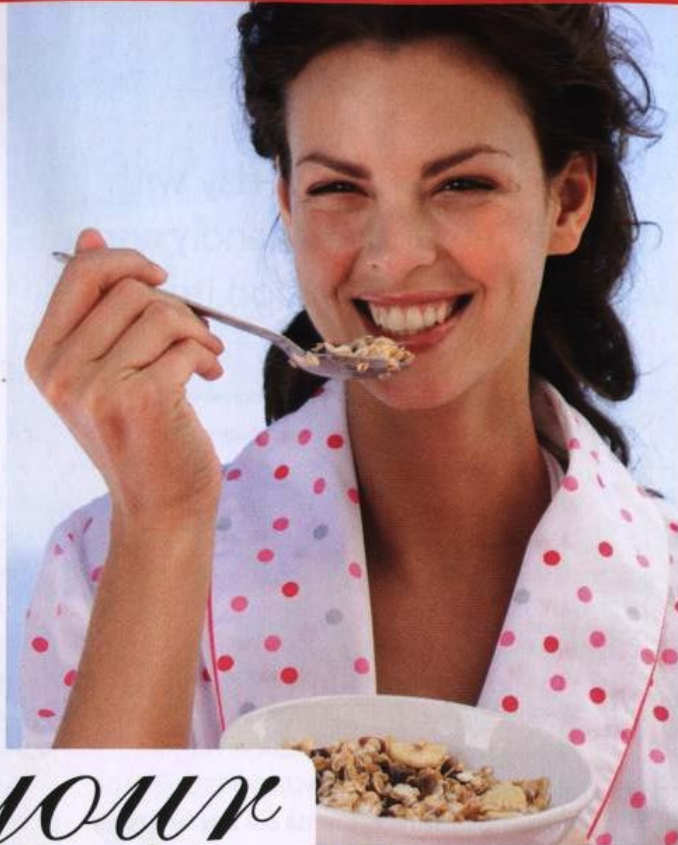
SLIM AT HOME

FREE RECIPE MINI-MAG • FREE RECIPE MINI-MAG • FREE RECIPE MINI-MAG • FREE

Rise & shine

The days are getting warmer so, chances are, you've thought about swapping your winter bowl of porridge for something a bit more seasonal. But what are other options are there that will keep your feeling full without adding up the calories? Well, with the warmer weather comes an array of fresh fruits – perfect for chopping up in a medley or mixing together with fat-free yoghurt. Add to this a sprinkling of Nature's Harvest Breakfast Sprinkle (£2.19, Holland & Barrett) you've got a low-fat and vitamin-packed brekkie.

Alternatively, try updating your trusty serving of porridge in time for the summer months. Soaking a portion of oats overnight in a little pear juice or low-fat yoghurt, then topping with grated apple, sultanas and cinnamon is a delicious option that is sure to start you off on the right foot. You could also combine toasted flakes (such as LoveDean Lite, £5.95, lovedeanfoods.co.uk) with low-fat yoghurt and fruit compote for an equally refreshing energy boost.



your
kitchen

Gabrielle Shaw Communications
Burlington House, 184 New Kings Road, London, SW6 4NF
Tel: 020 7731 8811 Fax: 020 7731 8300
www.gabrielleshawcommunications.com