

EASY WAYS WITH EGGS:

Make an omelette with your favourite fillings: try strips of smoked salmon and baby capers

Roll up a wholemeal mountain bread filled with fresh goat's cheese, sliced figs (or seasonal fruit) and a drizzle of honey—for luxury on the run

STACK BLUEBERRIES ON TOAST

Need a reason to get moving in the morning? This one's better than George Clooney knocking on your front door.

For a fresh, energising, mouth-watering brekkie, toast two slices of seeded bread and top them with ricotta cheese, fresh blueberries and a handful of chopped almonds. For an even sweeter treat, add a layer of blueberry jam.

Jennifer Pinkerton, *Features Editor*,
Prevention

PILE EGGS ON RYE CRACKERS

I make scrambled eggs, vegetarian style. Sauté 1 chopped garlic clove, some baby cherry tomatoes (halved) and red capsicum in a little olive oil or ghee until soft. Add 2 whisked eggs and cubes of goat's-milk fetta; cook quickly; and serve with rye crackers, cracked pepper and sea salt.

Belinda Randell, *The Organic Cook*
(theorganiccook.com.au)



MIX UP BIRCHER MUESLI

One of my fave breakfasts is Bircher muesli—made soft and sticky like the original from Switzerland. I simply soak some traditional rolled oats and chopped dried fruit in soy milk overnight. In the morning, I add nuts or seeds, honey and a freshly grated green apple. It's important to keep the skin on the apple, as you get more antioxidants. To serve, I top with fresh or tinned berries. Yum! When I was in Geneva, I saw the Swiss selling Bircher on the streets, in cups, as a snack! It's too good to eat only for brekkie.

Sue Radd, *accredited nutritionist*,
author and speaker (sueradd.com)

Cherry Breakfast Risotto

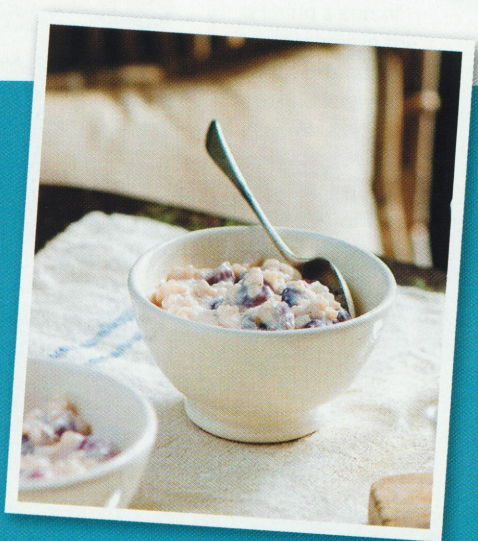
Fans of porridge or rice pudding will adore this sweet breakfast dish. Serves 4.

- 1 litre full-cream milk
- 1 vanilla bean (split lengthwise), or 2 tsp vanilla extract
- 3 x 3-cm strips lemon peel
- 100 g caster sugar
- 160 g arborio (or other risotto) rice
- 200 g cherries, halved and pitted
- Pinch of ground nutmeg

1 PUT milk, vanilla, lemon peel and sugar in a large saucepan over high heat.

2 ADD rice; reduce heat when it starts to simmer. Cook for approximately 20 minutes, stirring every few minutes.

3 STIR in cherries and nutmeg. Keep simmering, stirring occasionally, until rice is very soft, about 10 more minutes.



From *The Real Food Companion* by Matthew Evans (\$89.95; Murdoch Books)

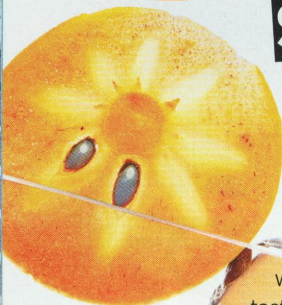
CAN YOU OD ON ANTIOXIDANTS?

Sue Radd, accredited practising dietitian and *Prevention's* nutrition expert, answers:

Research suggests that you can take too many antioxidants in pill form, but that you can't overload on whole plant foods. Surprisingly, studies link excessive antioxidant supplementation with a higher risk of type 2 diabetes, elevated cholesterol, certain cancers and a shortened life span. Yet antioxidant-rich foods are highly protective, so it's best to regularly feast on the key fighters.

HOW MUCH?	Seven servings	A handful	½ cup	Half your total grains
OF WHAT?	 Fruits and vegies	 Nuts	 Legumes and beans	 Wholegrains
HOW OFTEN?	Every day	Five times a week	Three times a week	Every day

Superfruit SWAP

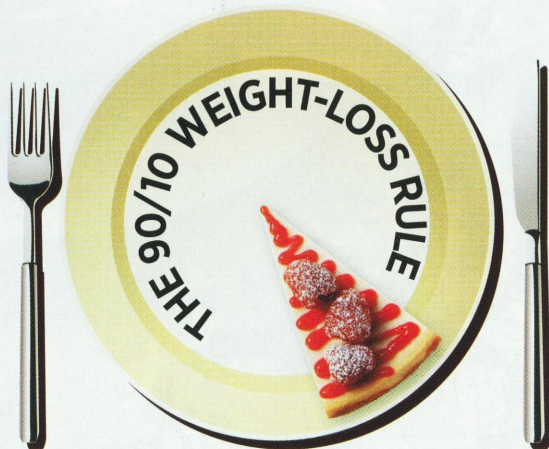


Ripening in Aussie orchards right now: the sweet, tangy persimmon.

Often compared with plums in taste and texture, persimmons are brimming

with vitamins A and C, and one medium-sized Fuyu persimmon (the main Oz variety) contains 6 g of fibre, almost 25 per cent of your daily needs.

So try a Fuyu persimmon instead of an apple. Buy orange to red-orange fruit that's smooth, plump, glossy and soft to the touch. Halve one and just spoon out the flesh. When you thinly slice them, persimmons also taste great in salads. —Jennifer Pinkerton



When German and US cognitive scientists compared the dietary behaviour of 390 women on two radically different eating plans, they found that the more complicated the women thought the plan, the sooner they were likely to can it. “Even if you believe you can succeed, thinking that the diet is cognitively complex can undermine your efforts,” says Jutta Mata, PhD, from Stanford University. Instead, **choose a diet that's simple to remember and follow.** For example, use the 90/10 rule: “If 90 per cent of your intake is healthy, the remaining 10 per cent of occasional treats won't derail your efforts,” says accredited nutritionist Catherine Saxelby. —JP