

Three minute morning meals that will help you lose weight all day long

By [Rachael Anne Hill](#)



Time after time, studies show that people who eat breakfast are routinely slimmer than those who don't. One of the reasons for this is because 'breaking the fast' of the night before with a healthy, high fibre, slow releasing meal really helps to avoid over eating throughout the rest of the day.

So, here are three ridiculously healthy, low calorie and high fibre morning meals that can all be made in minutes.

Orange, kiwi and ginger oats

Don't have time for porridge? Try this delicious little oaty number instead. Packed with immune strengthening vitamin C, the slow releasing oats will help to keep your energised all morning.

Preparation time: 3 minutes

2 tbsp oats

1 kiwi fruit, peeled and diced

150ml fresh orange juice

1 piece of stem ginger finely chopped

Simply put the oats, kiwi fruit and chopped ginger in a bowl. Pour over the orange juice and leave for a couple of minutes for the oats to soften slightly.

Nutritional information:

Kcal: 218

Fat: 2g

Protein: 5g

Carbohydrate: 44g

DISCLAIMER: The contents of this site are for information purposes only and do not constitute medical advice. Information on specific topics may not apply to everyone or in all cases. If you think you may need medical attention please consult a qualified health practitioner
