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# RESILIENCE BEGINS AT HOME: BREAKFAST BOOST

Some say it's the most important meal of the day, and whatever challenges you are facing and however your circumstances during the pandemic have changed, you might want to start your day with a breakfast that will set you up for whatever your day holds in store: **Power Porridge!**

## POWER PORRIDGE INGREDIENTS AND METHOD

### INTO THE PAN:

- Porridge oats
- Milk to taste (we prefer skimmed)
- Blueberries (or other fruit of your choice) Tip: use frozen fruit, it's cheaper and lasts longer than fresh)
- 1 teaspoon of turmeric

Bring to the boil and simmer for a few minutes, stirring occasionally.

### MEANWHILE, INTO A BOWL:

- A small handful of flaked almonds
- A chopped banana
- For bonus benefits, add a sprinkling of flax seeds and/or chai seeds if you happen to have them

Add the cooked porridge to the bowl, stir and enjoy!



Once you've fuelled your mind and body with everything they need for a healthy and productive day, don't forget that we have everything you need, to super-charge your business continuity!

- [BCM software](#) - multi-award-winning Shadow-Planner
- [BCM consultancy](#) - one-off or fixed term projects, or as a managed service
- [Work area recovery](#) - with office space and homeworking solutions for the new normal
- [IT disaster recovery](#) - flexible contracts covering physical, virtual and cloud recoveries
- [Data backup, protection and recovery](#) - secure, compliant, service-matched for each customer
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