



## THE MORNFLAKE OATBRAN PLAN

The Oatbran Plan from Mornflake offers five simple ways to ensure you eat more oatbran in your daily diet, to help the battle with cholesterol:

1. Breakfast - opt for bowl of healthy and simple oatbran-based cereal, such Mornflake Very Berry Oatbran Flakes. A bowl of Mornflake Superfast Oats or Mornflake Organic Oats contains all the oatbran from the oat groat, therefore maintaining all the goodness. Or if it's the weekend and you have more time, try making some oatbran pancakes.
2. Mid-morning - prepare some delicious muffins made from Mornflake Oatbran – a tasty treat for all the family.
3. Lunch – add extra oatbran to your lunchtime meal for a healthy boost. If you're having a jacket potato with cheese, add some Mornflake Oatbran for extra texture, taste and added health benefits. Or if you're a sandwich fan, try making oatbran bread.
4. Afternoon snack – mix some Mornflake Oatbran in a hot chocolate drink for a comforting afternoon pick-me-up.
5. For your evening meal, use Mornflake Oatbran instead of breadcrumbs in your favourite casseroles, meatloaf and meatballs.

For further advice and recipe suggestions on increasing oatbran in your daily diet, please visit [www.mornflake.com](http://www.mornflake.com)