



## Poached/baked kippers

Although we appreciate that kippers are not for everyone, we also recognise their nutritional value. Loaded with protein and healthy fat, they make a great start to your day, ensuring you are loaded up with fuel that'll keep you going throughout the morning and not looking for that extra cup of coffee or couple of biscuits to boost your energy.

### Ingredients

- Kippers
- Melon or red berries



### Method



*Quantities to be decided by you, depending on how many you are feeding.*

1. Kippers make an excellent breakfast - either poach for a couple of minutes in simmering water, or wrap in foil with a dab of butter and bake in the oven
2. Follow with melon or red berries

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