Have Sahūr (pre-dawn meal) for, indeed, there is a blessing in Sahūr

Anas ibn Mālik (may Allah be pleased with him) reported: The Prophet (may Allah's peace and blessings be upon him) said: "Have Sahūr (pre-dawn meal) for, indeed, there is a blessing in Sahūr."

[Authentic] [Agreed upon]

The Prophet (may Allah's peace and blessings be upon him) encouraged Sahūr, which is eating in the last part of the night in preparation for fasting, because it contains (blessing), i.e., a great deal of goodness in terms of recompense and reward, waking up in the last part of the night for supplication, gaining strength for fasting, being energized for it, and reducing its hardship.

http://www.sunnah.global/hadeeth/en/show/4498