



## **Recipes for Healthy Breakfast**

### **Breakfast cereal choices**

*Weetabix*

*Readybreak and porridge*

To boost nutritional content of cereals try adding sun flower and sesame seeds as well as chopped nuts and dried fruit.

### **Breakfast Cereals**

Wholegrain breakfast cereals are a good source of iron. However, it is difficult for our bodies to absorb iron from a non-meat source (red meat provides the most easily absorbed form of iron). To improve the absorption of iron from breakfast cereal you will need to give your child vitamin-C rich fruit, like kiwi or berry fruits, or vitamin-C rich juice, like orange or cranberry juice.

#### **Breakfast Cereal**

##### **Ingredients**

175 g (6 oz) rolled oats  
70 g (2 1/2 oz) coarsely chopped pecans  
20 g (3/4 oz) shredded/desiccated coconut  
60 g (2 1/2 oz) soft brown sugar  
2 tbsp canola or olive oil  
4 tbsp agave, honey or maple syrup  
50 g (2 oz) raisins

##### **Method**

- Pre-heat the oven to 150°C/300°F/Gas 2. Put the oats, nuts, coconut, salt and sugar in a large bowl and mix together with a wooden spoon.
- Whisk the oil and syrup together in a jug or small bowl.
- Pour over the oats and mix well.
- Spread out on a lightly oiled baking sheet and bake in the centre of the oven for 40–45 minutes, stirring every 10 minutes.
- Transfer to a bowl, stir in the raisins and leave to cool.

**MAKES 6 – 8 PORTIONS**

### **Yummy Yogurt**

Yummy yogurts make a wonderful breakfast or snack. When fresh strawberries aren't in season, use sliced frozen strawberries for this yogurt parfait recipe. Or change it up a bit by substituting blueberries or raspberries for the strawberries.

### **Ingredients**

1 cup of natural yogurt  
1/2 cup granola  
1 cup sliced strawberries  
1 Tbsp. Agave or honey

### **Method**

- Place 1/4 cup of the yogurt in the bottom of two glasses or parfait dishes.
- Top with one tablespoon of granola.
- Top with 1/4 cup of the sliced strawberries.
- Repeat the layers. Drizzle 1/2 tablespoon of the agave over each yogurt

**Makes 2 yummy yogurts.**

### **Quick Breakfast Wrap**

- Melt 2 teaspoons of olive oil in a small pan.
- Beat 2 eggs with one tablespoon of low fat milk and add to the pan.
- Cook, stirring over a low heat until the egg has scrambled.
- Add any of the following to the scrambled egg, chopped tomato, smoked salmon, diced sweet pepper or onion.
- Pile onto one side of a tortilla and roll up. Wrap in foil. The foil can be peeled off as your child eats the wrap

### **Breakfast (or lunch box snack) Muffins**

These are great as breakfast muffin recipes but also delicious for kid lunch boxes or a snack. A tasty way to get your child to eat more fruit and vegetables is this breakfast muffin recipe. Muffins are also good as you can take them with you if you got up late and don't have time for breakfast

## **Apple and Carrot Muffins**

### **Ingredients**

150g (5 oz) plain wholemeal flour  
50g (2 oz) granulated sugar  
25g (1 oz) skimmed milk  
1 1/2 tsp baking powder  
1/2 tsp cinnamon  
1/2 tsp ground ginger  
1/4 tsp salt  
125ml (4 fl oz) olive oil  
60ml (2 fl oz) honey  
60ml (2 fl oz) maple syrup  
2 eggs, lightly beaten  
1/2 vanilla essence  
1 large apple, peeled and grated  
75g (3 oz) carrots, peeled and grated  
75g (3 oz) raisins

### **Method**

- Pre-heat the oven to 180C/350F/Gas 4. Combine the flour, skimmed milk, baking powder, cinnamon, salt and ginger in a mixing bowl.
- In a separate bowl, combine the honey, maple syrup, eggs, olive oil and vanilla essence. Beat lightly with a wire whisk until blended.
- Add the grated apple, carrots and raisins to the liquid mixture and stir until just combined.
- Line a muffin tray with paper cups and fill until two-thirds full. Bake for 20 to 25 minutes. You can also make mini muffins which are ideal for children they will take about 15 minutes to bake.

Suitable for freezing

**MAKES 12 MUFFINS**

## **Raisin Bran Muffins**

### **Ingredients**

100 g (3 1/2 oz) bran-flake cereal  
250 ml (9 fl oz) milk, warmed  
60g wholemeal flour  
60g plain flour  
2 tsp baking powder  
1/4 tsp salt  
1 tsp ground cinnamon  
1/2 tsp ground ginger  
75 g (2 1/2 oz) raisins  
1 large egg  
100 g (3 1/2 oz) soft dark-brown sugar  
100ml (3 1/2 fl oz) sunflower oil  
2 tbsp Demerara sugar

### **Method**

- Pre-heat the oven to 200°C/400°F/Gas 6.
- Line a muffin tin with 8 paper cases. Put the cereal in a bowl with the milk and leave to stand for 5 minutes, until the cereal is soft (you can do this while you weigh out the other ingredients).

- Sift the flour, baking powder, salt and spices into a large bowl. Reserve the bran left in the sieve. Stir in the raisins. Beat together the egg, dark-brown sugar and oil and add to the flour, along with the soaked cereal and any milk left in the bowl. Mix together.
- Spoon the batter into the muffin cases (fill to the top). Mix the reserved bran from the sieve with the demerara sugar and sprinkle over the muffins.
- Bake for 20–25 minutes until risen and firm to the touch. Cool for 5 minutes in the tin then transfer to a wire rack to cool completely. Store in an airtight tin for up to five days.

**Makes 8 muffins**

**Preparation: 10 minutes (plus soaking)**

**Cooking: 25 minutes**

## **Fruit Salad**

Cut up a selection of your favourite fruits and serve in a bowl. Have on its own or with natural yogurt or honey.

## **Stewed Fruit**

Stewed fruit, like cooking apple cooked with a little brown sugar and cinnamon or rhubarb and some fresh orange juice and brown sugar, makes a nice change for breakfast. Alternatively make a baked apple with honey and raisins. Serve hot or cold

## **Eggs**

Ways to have your eggs: **-Boiled Egg: Poached Egg: Scrambled Egg**

Why not serve your eggs with a bread alternative, such as rice cakes, corn crackers or oat cakes. You could have a side dish of cucumber and tomatoes. Going savoury for breakfast helps stop those sugar cravings mid morning

## **Perfect Pancakes**

Pancakes for breakfast are a treat but you can make them healthy and delicious. Make them thin and bulk out with your fruit.

### **Ingredients**

100 g (3 1/2 oz) Plain / wholemeal flour

2 Eggs

300g (½ pint) Semi skimmed milk

### **Method**

- Pour all the ingredients into a bowl and use a dash of olive oil to heat up in the hot pan. Pour in the mixture with a ladle and spread evenly. Wait for the pancake to form and flip. Serve hot with freshly squeezed lemon and fruit.

**Makes 10 pancakes**

**Preparation: 5 minutes (plus soaking)**

**Cooking: 5 minutes**

## **Breakfast Smoothies**

Breakfast smoothies are a great way to tempt a fussy eater to have a nutritious breakfast, and also to hide the fact that you are giving them a couple of portions of fruit!

### **Vitamin Blast Breakfast Smoothie**

#### ***For a Banana-Split Smoothie***

1 medium banana, peeled and cut into chunks  
5 Strawberries cut into chunks  
Handful of raspberries  
1 Apple peeled and diced  
6 tbsp apple juice

- Wizz together in a blender. Pour into a glass to serve.

**Preparation time: 5 minutes**  
**Makes 1 glass**

### **Sunshine Breakfast Smoothie**

This smoothie is a great way to use up slightly overripe bananas – the ones with brown spots that children hate to eat!

1 medium banana, peeled and cut into chunks  
1/2 large mango, cubed  
1 tsp clear honey  
120 ml (4 fl oz) pineapple juice  
60 ml (2 fl oz) orange juice

#### **Method**

- Put the banana, mango and honey into a blender and whiz for 1–2 minutes, until smooth. Add the pineapple juice and orange juice, and whiz again until frothy. Pour into a glass to serve.

**Preparation time: 5 minutes**  
**Makes 1 glass**