



# BREAKFAST RECIPES

## SMOOTHIES

You will need a blender.

**Banana Oat** – 1 banana, ½ cup yogurt, ½ cup oats, 2 teaspoon honey, 1 cup milk, ¼ teaspoon of cinnamon. Blend till smooth and enjoy.

**Berry Oatmeal** – ½ cup fresh or frozen berries, 1 cup milk, ½ cup oats, 1 tablespoon honey, ½ cup yogurt. Blend till smooth. Hint: swap out the milk for soy, almond or coconut. Add peanut paste instead of yogurt.



## BEAN AND CHEESE TOASTIE

Can of baked beans

Grated cheese – your favourite

Wrap – any type

Method: Heat up sandwich press.

On a chopping board place your wrap and spread a thin layer of baked beans in the middle half. Sprinkle with grated cheese.

Fold left and right edges to overlap in the middle and then top and bottom and carefully transfer to your sandwich press.

## BIRCHER MUESLI

(Make the night before)

1 cup rolled oats

½ cup plain yogurt (I used Greek)

½ cup milk

½ apple, grated

Method: Mix all the ingredients the night before in a jar or bowl and put in the fridge covered.

Serve for breakfast topped with your favourite fruit and honey.

## EGGY BREAD

Sandwich press or non-stick pan

1 egg

1 slice bread

Method: Heat up sandwich press or pan.

Whisk the egg in a bowl and place bread into it soaking up all the egg. Let sit for a minute.

Place onto press or pan.

Flip over when brown 3-5mins and cook the otherside.

Serve with some pepper and salt or grated cheese. Yum!



# Breakfast Brain Power

For a balanced breakfast you need to choose at least one food from each of the following three boxes:

