

**Tasty
Breakfast Club
Recipe Ideas**

Vegetable Frittata

Not only are eggs a brilliant source of protein, they are also high in zinc and a range of vitamins.

Preparation/ cooking time: 10 minutes

Serves: 4

Ingredients:

- ✓ 3 spring onions (chopped)
- ✓ 1 garlic clove (chopped)
- ✓ 2tbsp. Oil
- ✓ 250 grams cooked sliced potatoes
- ✓ 55 grams peas
- ✓ ½ sweet pepper (chopped)
- ✓ 25 grams sweet corn
- ✓ 4 medium eggs



Preparation:

- Put the garlic, spring onions, sweet pepper and oil into a microwavable bowl
- Cook on high for 2 minutes
- Put this in a round medium deep dish and add sliced potatoes, peas and corn
- In a separate bowl beat together the eggs and pour over the potatoes etc.
- Cook on medium for 2 minute bursts until set & then brown under the grill.

Oat Pancakes

Oats are a low GI food, as discussed in the bitesize lecture, and therefore release energy slowly throughout the morning. These pancakes are a healthy, energy-filled & yummy start to the day!

Ingredients:

- ✓ 25 grams porridge oats
- ✓ 100 grams wholemeal self-raising flour
- ✓ 1tsp. Baking powder
- ✓ 1 large egg
- ✓ 150 ml skimmed milk 1 tsp. vanilla essence (optional)
- ✓ 1tbsp oil

Makes 8-10 pancakes

Preparation/ cooking time: 5 minutes

Preparation:

- Firstly mix together all the ingredients (other than the oil)
- Beat them well and then leave them to stand for approximately 10 minutes
- Heat the oil in a frying pan, then add one tablespoon of mixture per pancake
- Cook until golden on each side
- Serve with fruit or yoghurt



Mini Breakfast 'Pizzas'

This yummy & healthy recipe brings together 2 popular favourites.....pizza and scrambled eggs!

Ingredients:

- ✓ 1 small portion scrambled eggs
- ✓ 1 tbsp. tomato puree
- ✓ 1 tbsp. chopped tomatoes
- ✓ 1 whole-wheat English muffin
- ✓ 1 rasher grilled lean bacon

Preparation:

- Cut the muffin in half and toast a little on each side, taking it out before crisp
- Remove and spread a tbsp. of tomato puree and a tbsp. of chopped tomatoes into the surface of each side
- Then add the scrambled eggs, dividing the portion between the two sides
- Put back under the grill until hot
- Add the rasher of bacon just before serving

Serves: 1

Preparation/ cooking time: 5-10 minutes



Fruit Skewers

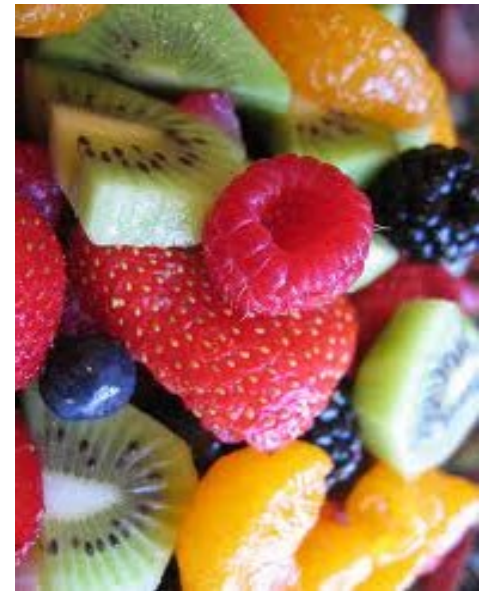
This recipe features within the activity slides as it's a wonderful way to get children involved in cooking and learning about different fruit.

Ingredients:

You can use any type of fruit really, here are a few examples though:

- Strawberries
- Grapes
- Chopped banana
- Sliced apple
- Kiwi fruit
- Melon

See what is in season and go for the best deals. Vary the amounts of fruit according to the size of children you are catering for.



Preparation:

- Get a selection of fruits and some little thin straws
- Get the children to help peel and dice the fruits so they are ready to be skewered
- Simply make fruit kebab sticks and then enjoy!
- If there is fruit leftover it will be perfect for smoothies the next day.

Breakfast Fruit Smoothie

These smoothies are a great way to get in a couple of your 5-a-day. They contain vitamins, minerals, calcium and fibre whilst the added spoonful of oat bran releases energy slowly throughout the day.

Serves: 3

Preparation/ cooking time: 5 minutes

Ingredients:

- ✓ 250ml fruit juice
- ✓ 250ml skimmed milk
- ✓ 1 banana
- ✓ 2 tbsp. low-fat yoghurt
- ✓ 3tbsp. Fruit (e.g. tinned strawberries, peaches, pineapple etc.)
- ✓ 2 tbsp. oat bran

Preparation:

- It couldn't be easier, simply blend all the ingredients together until a puree smooth consistency is achieved
- Then pour & enjoy!

