

Breakfast ideas for the whole family

A nutritious breakfast doesn't have to take a long time to prepare or eat. Breakfast is the meal that supplies our brain and body with much needed nutrients to function well for the day. A healthy breakfast has **fruit/vegetables**, a **protein source** and some **slow release carbohydrate**. Here are some options the whole family will enjoy.

Super quick and tasty

- Smoothie with milk, yoghurt, fruit, a handful of oats or a wheat biscuit
- Cottage cheese and sliced tomato on toast
- Baked beans on a wholemeal English muffin
- Toasted bagel with avocado and sliced tomato
- Raisin toast with sliced banana and ricotta, sprinkled with cinnamon



Kids will love these

- Pancakes served with yoghurt and chopped fruit
- Breakfast sushi – flatten a piece of bread with a rolling pin and cut off the crusts. Add a spread, sprinkle some fillings then roll and cut into sushi pieces. Try vegemite and grated cheese, or ricotta and sliced banana.
- Toasted ricotta and berries on a wholemeal wrap drizzled with honey
- Boiled egg with grainy toast soldiers
- Zucchini, cheese and corn fritters



Great to make ahead

- Homemade wholemeal muffins. Savoury flavours like grated vegetables and cheese, or sweetened naturally with fruit like banana and sultanas.
- Overnight oats or Bircher muesli
- Yoghurt parfait – layers of yoghurt, chopped fruit and crunchy muesli sprinkle
- Zucchini slice/frittata slice
- Mashed egg mix to fill a wholemeal wrap with spinach leaves
- Boil eggs and keep in their shell for up to 5 days in the fridge.

