

## Over-night Oats

### On The Go Breakfast

Have it prepared the night before so you can grab it in the morning!



### Ingredients:

- 50g porridge oats
- 100 mls water/milk
- Pinch of cinnamon, optional
- 2 tblsp natural yogurt
- 50g mixed berries
- Drizzle of honey

### Method:

1. The night before serving, stir 100ml milk/water & cinnamon, if using, into the oats.
2. The next morning, loosen with a little more milk/water if needed.
3. Top with yogurt, berries, a drizzle of honey.
4. You can also add seeds, nuts, or peanut butter to your oats.

# French Toast

## Ingredients:

- 3 slices of bread
- 1 egg
- 1 tbsp oil
- 30mls milk

## Method:

1. In a bowl, beat the egg, and milk together
2. Dip each slice of bread into the egg mixture
3. Heat a large pan with some oil.
4. Fry one slice of bread (on both sides) until golden brown.
5. Repeat process with remaining bread.
6. Serve with your preferred toppings.

**TIP:**  
This is a  
great recipe  
to use up  
bread that is  
slightly  
stale.

## Suggested Toppings:

- Maple syrup/Honey
- Berries and yoghurt
- Sliced banana



Frozen fruit is  
cheaper than fresh  
fruit & just as  
nutritious

## Smoothies

<b>Red Berry</b>	<b>Tropical Paradise</b>
<b>Ingredients</b> 200g berries 1 banana 125ml fruit yogurt 150ml cranberry juice/milk#	<b>Ingredients</b> 280g pineapple/mango or 140g of both 2 passion fruit/1 kiwi 125ml natural yogurt 150ml orange juice/milk
	

**Each recipe makes 2 servings or 1 large serving**

### Method

1. If using frozen fruit, thaw slightly.
2. Roughly chop all fruit.
3. Blend all the ingredients together using a liquidiser/hand blender.
4. Pour into glasses & enjoy.

## Banana pancakes

### Ingredients

- 1 large banana
- 2 medium eggs, beaten
- Splash of vanilla extract (optional)
- 1 tsp oil
- Strawberries/Raspberries (fruit of choice)

These pancakes are delicious served with fruit of your choice and yogurt.

### Method

1. In a bowl, mash 1 large banana with a fork until it resembles a thick purée.
2. Stir in 2 beaten eggs and a splash of vanilla extract, if using.
3. Heat a large non-stick frying pan over a medium heat and brush with some oil.
4. Using half the batter, spoon two pancakes into the pan, cook for 2-3 mins each side, then turn onto a plate. Repeat the process with another ½ tsp oil and the remaining batter.
5. Top the pancakes with some berries/fruit of your choice.



## Egg Muffins

Can be served hot or cold, for breakfast, lunch or dinner.

A different take on the classic omelette.

### Ingredients

- Oil, for greasing
- 6 eggs
- Grated cheese
- Whatever fillings you like:
  - Chopped tomatoes
  - Diced ham/chicken
  - Diced pepper



### Method

1. Heat the oven to 200°C/180°F/Gas 6.
2. Grease 6 of a muffin tin/or silicone tray
3. Beat the eggs with a fork and season
4. Chop the ingredients (tomatoes, cheese) and add these fillings to the mix)
5. Spoon the mixture into the 6 holes evenly.
6. Bake for 15 minutes until the eggs are set.
7. Leave for a minute or two to cool, then use a knife to carefully remove the 'muffins'.

## Pizza Wraps

1. Preheat the oven to 180°C fan/400°F/Gas 6.
2. Put a tortilla wrap on a baking sheet/baking tray and spread over some passata/chopped tomatoes.
3. Add any toppings that you may like (see suggestions below).
4. Sprinkle over the cheese.
5. Bake for 5-6 minutes until the cheese has melted and the base is crisp.
6. Cut into triangles and allow to cool slightly before serving  
(Toppings- 1 slice of ham cut into thin strips, pineapple cubes, red pepper slices, sweetcorn, diced onions)



## **SPANISH OMELETTE**

1. Chop 1 onion, ½ pepper & 1 cooked potatoe.
2. Heat oil on a frying pan.
3. Add onions & cook until soft. Add the pepper & cook for a further 3 minutes.
4. Beat 2 eggs in a bowl with salt & pepper.
5. Stir the potatoes, mixed herbs & cooked vegetables into the egg mixture.
6. Pour the egg mixture into a frying pan & spread evenly to the edge.
7. Cook for 5-7 minutes or until the egg mixture comes away from the side of the pan.
8. Place the pan under a pre-heated grill for 3-5 minutes to cook the top of the omelette.
9. Serve with a mixed salad & homemade chips.



## Quick Vegetable Quesadillas



1. Chop  $\frac{1}{2}$  pepper and  $\frac{1}{2}$  onion into small pieces.
2. Grate 100g cheddar cheese.
3. Place a tortilla wrap on a dry pan & cover with tomato relish/chutney.
4. Sprinkle with a little cheese.
5. Sprinkle with the chopped peppers, onions, sweetcorn or other vegetables of your choice.
6. Finish with another layer of cheese and place a tortilla wrap on top.
7. Place the pan on a medium heat and toast for 3-4 minutes until the cheese has melted and is a nice golden colour.
8. Using a plate, flip over and place back on the pan to toast the other side.
9. Remove the quesadilla onto a chopping board & cut into wedges.
10. Serve with homemade guacamole/salad/homemade chips.

**This is a great way of using up leftover vegetables. Tortilla wraps open for a while which may have dried out a little are also ideal.**