

BREAKFAST TIPS AT HOME & ON THE GO



When it's not possible to fit breakfast in at home why not pack breakfast the night before and put it in the fridge.

Porridge oats are cheap and contain lots of vitamins, minerals and fibre. If you usually add salt or sugar, try adding a few dried apricots or a sliced banana for extra fruit.

If there is time why not have a poached egg and mushrooms on toast? Try grilling the mushrooms as it's healthier than frying.

Adding fruit to cereals is a great way to get kids to eat less sugary cereals, alternatively mix sugary cereals with lower-sugar ones, increasing the amount of low-sugar cereal over time and your children will get used to the taste.

Keep a stock of foods that are easy to 'grab and go' on the way out in the morning, such as apples, pears, satsumas, bananas, dried fruit, unsalted nuts and cartons of juice.

Wash down breakfast with a glass of 100% fruit juice as this will count as a fruit and veg portion. A glass (150ml) of fruit juice counts as a maximum of one portion of your 5 A DAY.

No time? Have a car picnic! Give your children toast and smoothie or fruit juice for them to eat in the car.

Why not try a fruit smoothie? If there's time, make it the night before and store it in the fridge, or prepare all the ingredients ready to buzz in a blender in the morning. For extra fibre you could try adding some wholegrain cereal to your smoothie.

Prepare the breakfast table the night before, lay out cereal boxes for your children to choose from and help themselves and pour the milk.

For a change from ordinary toast, try some toasted fruit bread.

Dress First, Eat Second!
Kids are more likely to feel hungry once they have had a chance to wake up!

Be a good role model! 'Kids mimic their parents behaviour' So make a habit of sitting down to eat breakfast with your children.



PhunkyFoods Breakfast Planner: Plan five breakfasts and then check that they are varied and balanced.

Breakfast Ideas	Fruit and Vegetables	Starchy Foods	Protein	Dairy	Fluid
Egg sandwich, using whole grain bread & fruit juice <i>Pressed for time? Why not prepare this the night before?</i>	★	★	★		★
Breakfast on the go! Fruit juice & a cereal bar*	★	★			★
<small>*Breakfast bars are portable, easy, & appealing to kids. But many have no more nutritional value than a chocolate bar & are high in sugar & calories. Read labels carefully before you toss these breakfast bars into your shopping trolley.</small>					
Low fat yogurt and tinned peaches with granola & a glass of water <i>Tinned fruit is just as good as fresh fruit</i>	★	★		★	★
<i>Porridge oats are cheap & full of vitamins & minerals.</i>					
Porridge with chopped banana & raisins & a glass of water	★ ★	★		★	★
Grilled mushrooms & baked beans on toast & a dairy fruit smoothie. <i>Add some whole grain cereal to your smoothies to add extra fibre!</i>	★	★	★	★	★

BANANA YOGURT PANCAKES.

Ingredients (serves 4 children):

- 1 egg, lightly beaten
- 125ml milk
- 125ml natural yogurt
- 2 over-ripe bananas, mashed with a fork
- 150g plain flour
- 2 teaspoons baking powder
- 1 tablespoon brown sugar



Fruit compote:

- 100ml apple or orange juice
- Pinch of cinnamon
- Handful of berries e.g. blueberries, raspberries, strawberries
- 4 medium eating apples, peeled and bruises removed

Equipment:

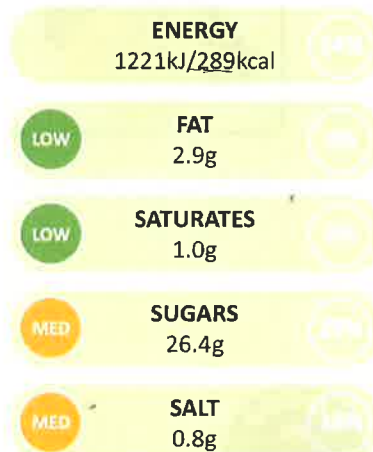
Mixing bowl, jug, fork, knife, spoon, chopping board, sieve, frying pan, heavy-based pan, hob.

Method:

1. Mix together the egg, milk, yogurt and bananas.
2. Sieve the flour with the baking powder into a large bowl, then stir in the 'wet' ingredients and sugar. The batter will look a little lumpy. Transfer to a mixing jug and allow to stand for 10 minutes.
3. Meanwhile cook the compote: put the apples, juice and cinnamon into a heavy-based pan and cook over a low heat for about 10 minutes or until just tender. Stir in the berries. Keep warm.
4. Heat a lightly oiled frying pan over a medium heat until smoking hot. Turn the heat down and pour a quarter of the batter into the pan. Cook on each side until golden.
5. Put onto a plate in a warm place until you finish cooking the other three pancakes.
6. Serve pancakes with the warm compote and extra yogurt if you like.

Nutritional information

Per 200g serving



% of an adult's reference intake
Typical values per 100g : Energy 570kJ / 135kcal

Contains 147g Fruit and Veg per portion
(~2 portions of your 5 A DAY)

SMOOTHIES

Why not try adding some wholegrain cereal or oats to your smoothie for extra fibre.

GO BANANA'S:

Ingredients (serves 1):

- 1 small ripe banana, peeled
- 150 ml semi-skimmed milk

Equipment:

Jug, blender, glass.

Method:

1. Break banana into chunks and throw into the jug.
2. Add milk.
3. Use a handblender to blend until smooth and frothy.
4. Pour into a glass and serve with a straw.



Nutritional information

Per 213ml serving



% of an adult's reference intake
Typical values per 100g : Energy 263kJ / 62kcal

Contains 80g Fruit per portion
(1 portion of your 5 A DAY)

SCRAMBLED EGGS ON TOAST



Ingredients (4 small servings):

- 4 eggs
- 2 tablespoons milk
- Shake of pepper
- 1 tablespoon of margarine
- 4 slices wholemeal bread
- Extra margarine for spreading on toast

Equipment:

Saucepan (ideally non-stick), bowl, tablespoons, fork, wooden spoon, knife, plates, hob, toaster or grill

Method:

1. Break the eggs into a basin, add a shake of pepper and the milk, and whisk together gently using a fork.
2. Heat the margarine gently in the saucepan until it has melted.
3. Pour in the egg mixture, leave for a few seconds, then stir gently with a wooden spoon.
4. Continue like this as the mixture begins to thicken.
5. Meanwhile toast the bread, using a toaster or grill (if you are using a grill, brown the upper side, then turn it over until brown on the other side). Spread with a thin layer of margarine.
6. Remove the saucepan from the heat when the eggs are almost set, as they continue cooking in the heat of the pan.
7. Spoon on to the toast and serve at once!



Nutritional information

Per 88g serving

	ENERGY	953kJ/229kcal	100%
MED	FAT	13.9g	28%
MED	SATURATES	3.3g	66%
LOW	SUGARS	1.3g	2%
MED	SALT	0.8g	16%

% of an adult's reference intake
Typical values per 100g : Energy 1084kJ / 260kcal

HEALTH TIP! Eggs are an excellent source of protein, vitamins and minerals & are usually cheaper than meat or fish. For a balanced meal, why not add some vegetables to this dish – e.g. tinned or grilled tomatoes, grilled mushrooms or baked beans. Add a small glass of orange juice, and that's two portions of your 5 A DAY!

PORRIDGE



Ingredients (serves 2 children – or 4-8 'tasters'):

- 1 cup (75g) porridge oats
- 1 cup (175ml) semi-skimmed milk
- 1 cup (175ml) water

Quick and Comforting!

Optional 'toppings': 1 sliced banana, a handful of fresh berries or dried fruit, a splash of cold milk, or a swirl of clear honey (add your choice of topping once the porridge is cooked).

Equipment: Saucepan (ideally non-stick), cup, wooden spoon, hob (or microwave & microwaveable bowl), bowls & spoons.

Hob Method:

1. Put the oats, milk and water into the saucepan and stir.
2. Heat gently, stirring often.
3. Continue like this for a few minutes. The porridge is ready once the mixture is thickened and piping hot throughout.
4. Spoon into bowls and add your topping of choice before serving.



Nutritional information

Per 170g serving

	ENERGY	792kJ/188kcal	100%
LOW	FAT	4.3g	9%
LOW	SATURATES	1.4g	28%
LOW	SUGARS	4.3g	8%
LOW	SALT	0.1g	2%

% of an adult's reference intake
Typical values per 100g : Energy 466kJ / 111kcal

Microwave Method:

1. Put the oats, milk and water into a large microwave-safe container.
2. Microwave on full power for 2 minutes, stir, then microwave for a further 1-2 minutes.
3. The porridge is ready once the mixture is thickened and piping hot throughout.
4. Allow the porridge to stand for one minute.
5. Spoon into bowls and add your topping of choice before serving.