

Fuel Your Day the Healthy Way!

with Healthy
Breakfast Recipes



**SCHOOL
BREAKFAST
PROGRAM**



School Breakfast Program Healthy Recipes Resource



Foodbank WA have put together a collection of healthy breakfast recipes for our SBP schools!

All of the recipes are quick and easy to prepare and contain at least one core SBP product (these ingredients are underlined in the recipes).

The WA School Canteen Association (WASCA) have kindly categorised all of these recipes as either green or amber under the traffic light system, meaning you can be confident your students will be fuelling up on healthy breakfast foods. Please use the below key when planning your SBP menu:

Green = everyday choices

Amber = select sometimes



Proudly Supported By:



Department of Health
Department of Education
Department of Regional Development



ROYALTIES
FOR REGIONS



Choose SUPERHERO FOODS!

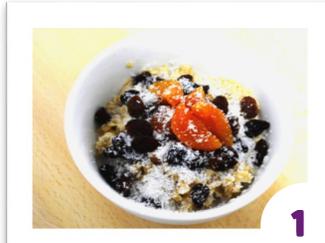
Did you know that *Everyday Foods* are really *Superhero Foods* in disguise? *Everyday Foods* such as bread, pasta, milk, cheese, fish and tinned beans are packed with nutrition. *Each Everyday Food* transforms into their *Superhero Food* alias and gives us super powers like energy to grow a healthy body.

The *Superhero Foods* live in Healthy Town and battle the Body Monsters Decay, Illness and Obesity who are out to destroy our healthy way of life.

Recipes in this collection are packed with SBP Products and *Superhero Foods*, to help your students have strong minds and healthy bodies!



Contents



Tasty Porridge Ideas



Savoury Toasties



Sweet Toasties



Crumble Cups



Smoothies



Sweet Muffins



Savoury Muffins



Sweet Pikelets



Savoury Pikelets



Breakfast Parcels



Beany Breakfast Slice



Tasty porridge ideas

All of these recipes are GREEN

1



**Banana,
cinnamon
and honey**



**Apple
and
yoghurt**



**Frozen or
tinned
berries**



**Tinned
Peaches or
Two Fruits**



**Passionfruit
(tinned or
fresh)**



**Dried fruit
e.g. apricot,
sultanas and
coconut**



**Apple and
cinnamon
(try grated
apple!)**



**Banana and
Milo**

**Porridge is a great
winter warmer for
long lasting energy!**

Savoury toasties

All of these recipes are GREEN

2



**Baked
beans and
cheese**



**Spaghetti
and cheese**



**Ham,
cheese and
pineapple**



**Egg,
Vegemite
and cheese**



**Tuna,
tomato
and cheese**



**Cheese,
ham and
egg**



**Vegemite,
tomato
and cheese**



**Corn,
tomato,
baby
spinach
and cheese**

**Toasties are a great way to
start the day!**

**For a healthy alternative,
try using wholemeal or
grainy bread.**

Sweet toasties

All of these recipes are GREEN

3



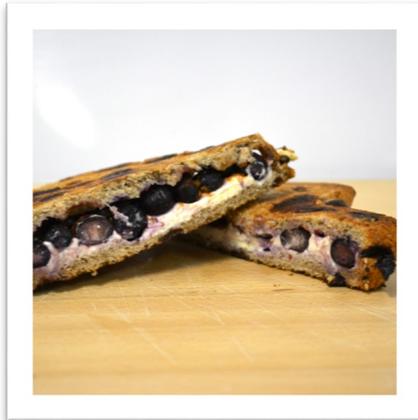
**Cream cheese
and chopped
strawberries**



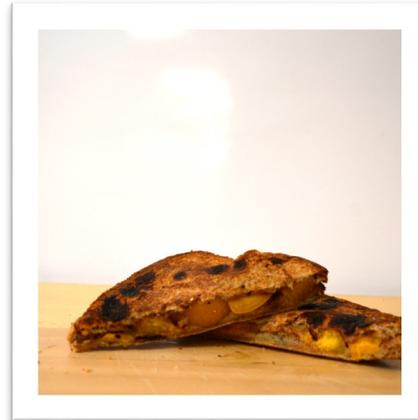
**Banana
and
Milo**



**Tinned or
stewed apple,
sultanas and
cinnamon**



**Cream
cheese,
blueberries
and
cinnamon**



**Tinned
peaches
and
cinnamon**

**Sweet toasties are a
great alternative to
savoury toasties.**

**Use fruit toast as a
base and try these
fillings!**

Ingredients



2 cups muesli OR 2 cups oats OR 4 wheat biscuits



1 litre yoghurt



1 large tin fruit

Equipment you will need:



Cups
Bowl
Measuring cups
Spoons
Can opener

Makes
20-30 cups



Preparation time:
10 minutes



How to make it:



1. Count out enough cups for everyone.



2. Pour muesli or oats into bowl, or crush wheat biscuits into bowl.



3. Put a spoon of yoghurt into each cup.



4. Cover yoghurt with a spoon of muesli (or oats or wheat biscuits).



5. Carefully open tinned fruit and drain.



6. Cover each cup with a spoon of fruit.



7. Add another layer of yoghurt, muesli and fruit. Use up all the leftover ingredients.



8. Place a spoon in each cup, serve.

Smoothies

This recipe is **GREEN**

Ingredients



3 cups milk



1 cup yoghurt



2 bananas



1 large tin fruit



2 wheat biscuits OR 1/2 cup oats

Equipment you will need:

Options:

Use other fresh or frozen fruit such as strawberries.

Add 2 tablespoons of Milo for a chocolatey smoothie.



- Large bowl or jug
- Measuring cups
- Chopping board
- Knife
- Blender/stick mixer
- Cups

Makes
6–10 serves



Preparation time:
5 minutes



How to make it:



1. Pour milk into mixing bowl or jug.



2. Add yoghurt to milk.



3. If required, drain and chop fruit into small pieces.



4. Add fruit to smoothie.



5. Blend ingredients together until smooth.



6. Break up wheat biscuits into smoothie, or add oats.



7. Blend together until smooth.



8. Divide smoothie into cups, serve.

Ingredients



3 bananas



4 wheat biscuits



1 cup milk



2 eggs



2 tablespoons olive oil



1 1/2 cups SR flour



3 tablespoons sultanas



Spray oil

Equipment you will need:



These muffins can be frozen.



Oven
2 bowls
Fork/whisk
Mixing spoon
Sieve
Measuring cups and spoons
Muffin tin

Makes
12 muffins
Preparation time:
15 minutes
Cooking time:
25 minutes



How to make it:



1. Preheat oven to 180°C. Spray muffin tin lightly with oil.



2. Mash bananas in a bowl.



3. Crumble in wheat biscuits. Stir in the milk and set aside for 10 minutes.



4. Whisk eggs and oil in a bowl.



5. Add eggs to banana mixture.



6. Sift flour into bowl. Add sultanas. Stir until just combined.



7. Spoon mixture into muffin pan.



8. Bake for 25mins until a skewer/knife inserted into the centre comes out clean.

Savoury muffins

This recipe is **AMBER**

7



Ingredients



Spray oil



1 1/2 cups SR flour



4 wheat biscuits
OR 1 cup oats



1 cup grated cheese



3 teaspoons dried herbs



1 cup milk



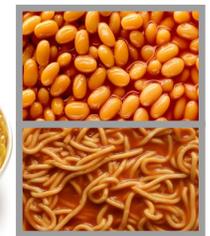
2 Tbs olive oil or melted margarine



2 eggs



1 cup corn



1 x 420g tin
Baked Beans or

Equipment you will need:

Try adding chopped capsicum, spring onion or low fat ham, or even grated carrot or zucchini!

These muffins can be frozen.



Oven

2 bowls

Fork/whisk

Mixing spoon

Sieve

Measuring cups and spoons

Muffin tin

Makes 12-16 muffins

Preparation time:
10 minutes

Cooking time:
25 minutes



How to make it:



1. Preheat oven to 180°C. Spray muffin tin lightly with oil.



2. Measure flour into bowl. Add oats or crumble wheat biscuits into bowl.



3. Add grated cheese and herbs to bowl, mix together.



4. In a separate bowl, mix together milk, oil/margarine and eggs.



5. Add corn and spaghetti/baked beans to egg mixture, stir together.



6. Gently stir wet mixture into dry mixture. Do not overmix.



7. Spoon mixture into muffin pan.



8. Bake for 25 mins until a skewer/knife inserted into the centre comes out clean.

Ingredients



1 cup self raising flour



2 eggs



1 cup milk



3 pieces of fruit OR 1 big tin of fruit



Spray oil

Equipment you will need:

Try grated apple, mashed banana, or diced strawberries for the fruit.

These pikelets can be frozen.



- Cup measures
- Large bowl
- Spatula
- Knife
- Frypan
- Chopping board
- Stirring spoon

Makes 15-20 pikelets



Preparation time: 20 minutes



How to make it:



1. Pour flour into bowl and make a hole in middle.



2. Add eggs into the bowl.



3. Add milk and mix together.



4. Grate apple/ other fruit or mash banana if using. Or, open tin, drain juice and chop fruit.



5. Mix fruit into pikelet mixture until combined.



6. Lightly spray frypan with oil.



7. Put spoonfuls of mixture into the frypan. Flip pikelets when bubbles appear.



8. Once flipped, cook for 30-60 seconds (or until brown and cooked in middle).

Savoury pikelets

This recipe is **GREEN**

9



Ingredients



1 cup self raising flour



1 egg



1/4 cup milk



1 carrot



100g cheese



1 spring onion



1/2 tin corn



1 cup frozen peas



1 teaspoon mixed herbs



Spray oil

Equipment you will need:

Try adding grated zucchini instead of carrot, or finely diced capsicum.

These pikelets can be frozen.



Measuring cups
Large bowl
Mixing spoon
Grater
Chopping board
Knife
Frypan
Spatula

Makes
15-20 pikelets



Preparation time:
20 minutes



How to make it:



1. Pour flour into bowl and make a hole in middle.



2. Add egg and milk and mix together.



3. Grate carrot and cheese.



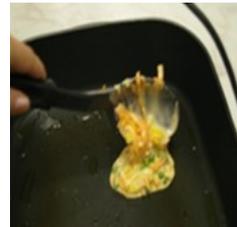
4. Chop spring onion.



5. Mix carrot, cheese, spring onion, corn, peas and herbs into flour mixture.



6. Lightly spray frypan with oil.



7. Put spoonfuls of mixture into the frypan. Flip pikelets when bubbles appear.



8. Once flipped, cook for 30-60 seconds (or until brown and cooked in middle).

Ingredients



12 slices of bread



8 eggs



125g corn, drained



1/2 tin Baked Beans or Spaghetti



1 tomato, chopped



1/2 cup grated cheese



Spray oil

Equipment you will need:

Try adding some diced low fat ham, capsicum or herbs.



- Muffin tin
- Oven
- Rolling pin
- Fork/whisk
- Large bowl
- Knife
- Chopping board
- Grater

Makes 12 parcels

Preparation time: 10 minutes

Cooking time: 20 minutes



How to make it:



1. Preheat oven to 180°. Spray muffin tin with oil.



2. Flatten bread using a rolling pin, or the spray oil can.



3. Press 1 slice of bread into each muffin hole.



4. Crack eggs into bowl and whisk.



5. Add corn, baked beans or spaghetti and tomato to bowl. Mix together.



6. Divide mixture between bread cases. Sprinkle cheese over the top.



7. Bake for 20 minutes or until egg has set.



8. Parcels can be served warm or cold.

Ingredients



- 100g cheese
- 1 carrot
- 1/2 zucchini
- 1 onion
- 1 Tbs of dried herbs OR small bunch fresh herbs
- 8 eggs
- 1 tin baked beans
- 1 1/2 cups SR flour
- Spray oil

Any other fresh/frozen or canned vegetables can be used.

This dish can be cooked in an electric frypan (with lid on) lined with baking paper, on a low heat setting.

Equipment you will need:



- Grater
- Fork/whisk
- Mixing bowl
- Baking tray
- Oven
- Knife
- Chopping board
- Wooden spoon
- Can opener

Makes 24 pieces

Preparation time:
10 minutes

Cooking time:
40 minutes



How to make



1. Preheat oven to 180°C.



2. Grate cheese, carrot and zucchini. Finely chop onion and herbs.



3. Crack eggs into large bowl and whisk.



4. Add baked beans, flour and cheese to eggs. Stir to combine.



5. Add onion, herbs, zucchini and carrot to bowl, stir to combine.



6. Spray or line the tray with baking paper. Pour mixture into tray.



7. Bake for 40 minutes or until golden.



8. Cut into pieces and serve hot or cold.

HEALTHY SWAPS

when possible, please choose...



KITCHEN TIPS & RECIPE KEYS

Common measurement abbreviations

| | | |
|---------|---|-----------------------|
| tsp | = | Teaspoon |
| Tbsp | = | Tablespoon |
| L | = | Litre |
| ml / mL | = | Millilitres |
| g | = | Grams (e.g. 150g) |
| kg | = | Kilograms (e.g. 200g) |

Converting measurements

| | | |
|--------------|---|-------|
| ½ teaspoon | = | 2.5ml |
| 1 teaspoon | = | 5ml |
| 1 tablespoon | = | 20ml |
| ¼ cup | = | 60ml |
| ½ cup | = | 125ml |
| 1 cup | = | 250ml |



Oven temperatures

| | Celcius (°C) | Farenheit (°F) |
|----------------------|--------------|----------------|
| 'Slow' oven | 120 - 135°C | 250 - 275°F |
| Moderately slow oven | 150 - 160°C | 300 - 320°F |
| Moderate oven | 175°C | 350°F |
| Moderately slow oven | 190°C | 375°F |
| Hot oven | 205 - 230°C | 400 - 450°F |



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.



Use small amounts



Only sometimes and in small amounts

