

# BREAKFAST



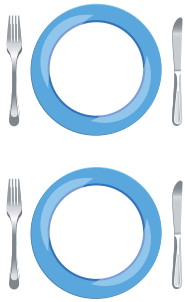
## *OTHER BREAKFAST ideas ...*

- ◆ High protein and high energy drink (for weight gain – see pages 78–80)
- ◆ Fruit salad topped with low-fat or reduced-fat yoghurt
- ◆ Natural muesli with milk and topped with sliced banana
- ◆ Peanut butter on toast (for weight gain)
- ◆ High fibre breakfast cereal with milk
- ◆ Baked beans on toast



↓sugar ↑protein

# FRENCH TOAST



NUTRITION INFO	per serve	per 100g
Energy	1190 kJ	880 kJ
Protein	11g	8.0g
Total fat	19g	14g
Saturated fat	4.0g	2.9g
Sugar	2.6g	2.0g
Sodium	333mg	245mg
Fibre	1.6g	1.2g



BREAKFAST

STORAGE:



FREEZING:



REHEATING:



## METHOD

- 1 In a mixing bowl, whisk eggs and milk.
- 2 Melt margarine in a fry pan on medium heat.
- 3 Dip bread into the egg mixture and cook bread in fry pan for 1–2 minutes.
- 4 Flip the bread and cook for another 1–2 minutes (or until golden).

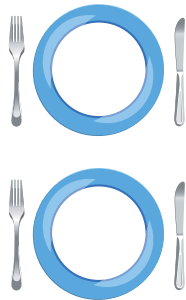
## FRENCH TOAST INGREDIENTS

- ◆ 2 eggs
- ◆ 1/4 cup skim milk
- ◆ 2 tablespoons canola margarine (low fat & low salt)
- ◆ 2 slices multigrain bread



↓saturated fat ↓salt

# PORRIDGE WITH PEACH



NUTRITION INFO	per serve (100g)
Energy	850kJ
Protein	7.0g
Total fat	6.0g
Saturated fat	1.0g
Sugar	12.5g
Sodium	38mg
Fibre	3.0g



BREAKFAST

STORAGE:



FREEZING:



REHEATING:



## METHOD

- 1 To a saucepan add the oats, milk, skim milk powder and peaches.
- 2 Simmer for 5 minutes, stirring occasionally.
- 3 Pour into bowls; sprinkle with sugar (and cinnamon).
- 4 Serve with extra milk if desired.

## PORRIDGE WITH PEACH INGREDIENTS

- ◆ 3/4 cup instant rolled oats
- ◆ 2 cups skim milk
- ◆ 2 tablespoons skim milk powder (for weight gain)
- ◆ 1/2 cup canned peaches\* (drained)
- ◆ 2 teaspoons sugar
- ◆ 1/2 teaspoon cinnamon (optional)

**TIP**  
\*Any  
canned fruit  
can be  
used!

BREAKFAST

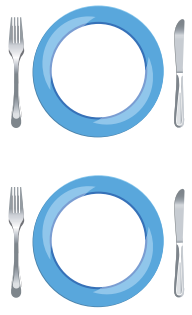


↓sugar ↑protein

# TASTY OMELETTE

G.I.  
**32**  
LOW

NUTRITION INFO	per serve	per 100g
Energy	881 kJ	432 kJ
Protein	20g	9.7g
Total fat	13g	6.5g
Saturated fat	5.0g	2.6g
Sugar	-0-	-0-
Sodium	355mg	175mg
Fibre	0.8g	0.4g



## TASTY OMELETTE INGREDIENTS

- 3 eggs ◆
- 1/4 cup skim or reduced fat milk ◆
- 1/4 cup reduced fat cheese (low salt) ◆
- 1/2 tomato (diced) ◆
- 1 slice shoulder ham (diced) ◆
- 2 mushrooms (optional - diced) ◆
- canola oil spray ◆

STORAGE: FREEZING: REHEATING:

### METHOD

- 1 In a bowl whisk the eggs and milk.
- 2 Add all the other ingredients to the bowl and mix well.
- 3 Spray fry pan with canola oil and bring to a medium heat.
- 4 Pour the mixture into the fry pan and cook for 2 minutes (or until golden) and then flip.
- 5 Cook for an additional 2 minutes, or until golden.
- 6 Serve with toast.

BREAKFAST



↑fibre ↑protein

# Mini Pizza

G.I.  
**66**  
MID

NUTRITION INFO	per serve	per 100g
Energy	1330 kJ	737 kJ
Protein	15g	8.4g
Total fat	7.0g	4.0g
Saturated fat	3.7g	2.0g
Sugar	9.6g	5.3g
Sodium	602mg	335mg
Fibre	6.6g	3.7g



STORAGE: FREEZING: REHEATING:

## Mini Pizza INGREDIENTS

- 1 medium wholemeal pita bread ◆
- 1 tablespoon tomato paste (no added salt) ◆
- 1 slice shoulder ham (diced) ◆
- 1/4 cup pineapple (drain) ◆
- 1/4 cup low-fat low-salt cheese (grated) ◆

### METHOD

- 1 Preheat oven to 180°C.
- 2 Spread tomato paste over the pita bread.
- 3 Place the ham and pineapple on top of pita-bread, then sprinkle cheese on top.
- 4 Cook in oven for approximately 15 minutes. The mini pizza is ready when the cheese is melted and the base is crispy.

**TIP**  
About  
15cm diameter  
pita bread  
best