

# Some Breakfast Ideas

## BREAKFAST IN A BOWL

- ☺ Breakfast cereal/ Untoasted muesli eg. Special K, Just Right, Sultana Bran, Guardian + chopped fruit + low fat milk
- ☺ 1.5-2 cups low fat/diet yoghurt + chopped or stewed fruit
- ☺ Instant oat sachets
- ☺ Porridge + water/low fat milk + grated apple/chopped banana



## BREAKFAST IN A FLASH

- ☺ Toasted fruit bread or English fruit muffin + scrape of margarine
- ☺ Rice cakes + reduced fat peanut butter + banana
- ☺ Wholemeal bread or fruit bread + banana
- ☺ Weetbix + sliced banana (cold or warm)
- ☺ Reduced fat Peanut butter on wholemeal or multigrain bread
- ☺ Fruit smoothies: blend 1.5 cups low fat milk + 100g (small tub yoghurt) +1 cup fresh, tinned or frozen fruit
- ☺ Wholemeal Crumpets with honey & strawberries
- ☺ Wholemeal toast with vegemite + scrape of avocado/slice of LF cheese



## HOT BREAKFAST

- ☺ Wholemeal/multigrain toast + reduced salt baked beans
- ☺ Bagel + ham + mushrooms + spinach + tomato
- ☺ Breakfast wrap + boiled egg + spinach + mushroom + tomato
- ☺ Wholemeal/multigrain toast + scrambled eggs(made on LF milk) + cooked tomatoes
- ☺ Toasted wholemeal sandwich/jaffle made with ham, pineapple, and tomato, baked beans or tinned spaghetti
- ☺ Pikelets +fruit + yoghurt
- ☺ Savoury vegetable muffins eg. Corn & capsicum
- ☺ 2 Boiled eggs + tomato + mushroom + wholemeal toast

