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