

THE TINY

RECIPE BOOK - BREAKFAST

RYEFIELD PRIMARY SCHOOL

We hear Breakfast being referred to as the most important meal of the day. It breaks the overnight fasting and is a good head start for your child in the morning, giving them energy and the ability to concentrate throughout the day.

In this little booklet, there are some ideas that you can mix and match or replace with an option your child would prefer.

Try not to get into the habit of an easy option of high fat/sugary/salty foods/snacks.

Mrs Avery

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, located in the lower right quadrant of the page.

HEALTHY PORRIDGE POT

Ingredients

100g frozen raspberries
1 orange , 1/2 sliced and 1/2 juiced
150g porridge oats
100ml milk
½ banana , sliced
1 tbsp goji berries (any other berries)
1 tbsp chia seeds (any other seeds or can be left out).

Serves 2



Method

STEP 1

Tip half the raspberries and all of the orange juice in a pan. Simmer until the raspberries soften, about 5 mins.

STEP 2

Meanwhile stir the oats, milk and 450ml water in a pan over a low heat until creamy. Top with the raspberry compote, remaining raspberries, orange slices, banana, goji berries and chia seeds.

Note: You can simply make some porridge adding any frozen fruit during cooking or fresh fruit after cooking.

OVERNIGHT OATS

Ingredients

¼ tsp ground cinnamon
50g rolled porridge oats
2 tbsp natural yogurt
50g mixed berries
drizzle of honey.

Serves 1

Method

STEP 1

The night before serving, stir the cinnamon and 100ml water (or milk) into your oats.

STEP 2

The next day, loosen with a little more water (or milk) if needed. Top with the yogurt, berries and a drizzle of honey.



Note: If you do not like cinnamon, leave it out.

HERB OMELETTE WITH TOMATOES

Ingredients

1 tsp rapeseed, sunflower or vegetable oil
3 tomatoes, halved
4 large eggs
1 tbsp chopped parsley
1 tbsp chopped basil.

Serves 2

Note: Any soft herb can be used or left out. Tomatoes can be replaced with something else e.g. mushrooms. Alternatively add directly to the omelette mixture e.g. mushrooms, cheese or ham.

Method

STEP 1

Heat the oil in a small non-stick frying pan, then cook the tomatoes cut-side down until starting to soften and colour. Meanwhile, beat the eggs with the herbs and freshly ground black pepper in a small bowl.

STEP 2

Scoop the tomatoes from the pan and put them on two serving plates. Pour the egg mixture into the pan and stir gently with a wooden spoon so the egg that sets on the base of the pan moves to enable uncooked egg to flow into the space. Stop stirring when it's nearly cooked to allow it to set into an omelette. Cut into four and serve with the tomatoes.



ON TOAST

There are many ideas that can be used for breakfast.

Boiled egg with bread or toast

Scrambled egg on toast

Baked beans on toast

Tinned tomatoes on toast

Mushrooms (lightly fried) on toast

Cheese/cheese & tomatoes on toast

Avocado on toast.



HEALTHY PANCAKES

Ingredients

Makes 10-12

50g self-raising flour
50g wholemeal or wholegrain flour
2 small eggs, separated
150ml skimmed milk
berries and low-fat yogurt or fromage frais to serve.

Method

STEP 1

Sift the flours into a bowl or wide jug. Add the egg yolks and a splash of milk then stir to a thick paste. Add the remaining milk a little at a time so you don't make lumps in the batter.

STEP 2

Whisk the egg whites until they stand up in stiff peaks, then fold them carefully into the batter - try not to squash out all the air.

STEP 3

Heat a non-stick pan over a medium heat and pour in enough batter to make a pancake about 10 cm across. Cook for just under a minute until bubbles begin to pop on the surface and the edges are looking a little dry. Carefully turn the pancake over. If it is a bit wet on top, it may squirt out a little batter as you do so. In that case, leave it on the other side a little longer. Keep warm while you make the remaining pancakes. Serve with your favourite healthy toppings.

Note: You can use plain flour and add the whole egg (your pancakes will be flatter and not as airy, just like pancake day!).





SMOOTHIES



STRAWBERRY

Ingredients

Serves 1

10 strawberries, hulled approx.175g)
1 small banana, sliced
100ml orange juice, chilled.

Method

STEP 1

Blitz the strawberries in a blender with the banana and orange juice until smooth.

STEP 2

Pour the smoothie into a tall glass to serve.

BREAKFAST FRUIT

Ingredients

Serves 2

1 banana
1 tbsp porridge oats
80g soft fruit (whatever you have -strawberries, blueberries, and mango all work well)
150ml milk
1 tsp honey
1 tsp vanilla extract

Method

STEP 1

Put all the ingredients in a blender and whizz for 1 min until smooth.

STEP 2

Pour the banana oat smoothie into two glasses to serve.



BLUEBERRY & BANANA

Ingredients

Serves 3

2 ripe bananas , peeled
125g blueberries (fresh or frozen)
300g pack silken tofu , drained
2 tbsp porridge oats.

Method

STEP 1

Whizz all of the ingredients together in a blender with 300ml water. Drink straight away or transfer to a bottle for later, shaking well before drinking.

Note: Tofu can be left out.

SMOOTHIES



KIWI FRUIT

Ingredients

Serves 2-3

3 peeled kiwi fruit
1 mango , peeled, stoned and chopped
500ml pineapple juice
1 banana , sliced

Method

STEP 1

Put all of the ingredients in a blender and blitz until smooth then pour into 2 tall glasses.

Note: all smoothies can be mixed and matched. Try and create your own smoothie. Any fruit and vegetables can be used. Carrots, avocado, kale, spinach or coconut.

ONE MORE NOTE

Challenge yourself to create alternatives. You do not have to stick to the ingredients mentioned. Replace ingredients that you and your child/children enjoy.

Do not go for the easy option of crisps, biscuits etc. Planning is the key. Plan for seven days and you have a week of breakfasts which can be repeated each week if necessary.

Remember there is nothing wrong in just cereal and/or toast in the morning, but be aware of the high sugar content in some cereals and high fat content in what you spread on the toast. Moderation is the key.

All recipes can be found on [BBC GoodFood](#).