



Opal

Healthy brekky ideas

Peel, Pour and Pop your way to a healthy brekky with these great ideas:



Wheat biscuits and milk with chopped banana on top



Sultana and bran cereal and milk with chopped pear



Wholegrain toast with tomato and cheese, served with a small glass of milk



Toasted fruit loaf and a small serve of yoghurt



Porridge and milk with sultanas



Baked beans on wholegrain toast with grated cheese



Boiled eggs on wholegrain toast with a glass of milk

You could also have a small serve of leftovers from a healthy dinner the night before, or other healthy brekky foods familiar to your family.

Turn over for some great recipes for a healthy brekky or [visit **opal.sa.gov.au**](http://opal.sa.gov.au)





Try these easy, healthy brekky ideas.

Pancakes

Makes 10-15

Ingredients:

- ½ cup plain flour
- ½ cup self-raising wholemeal flour
- 1 egg, beaten
- 1 ½ cups (375ml) reduced-fat milk

Method:

- Sift flours into a bowl and tip in husks from the wholemeal flour. Make a well in the centre.
- Place the egg in the well and using a wooden spoon gradually work in the flour and half of the milk. Use a blender or whisk, if desired.
- Beat mixture well for one minute and stir in the remaining milk.
- To make the batter lighter, stand the mixture for 30 minutes before cooking.
- Heat a non-stick frying pan and when hot, add about ¼ cup pancake mixture. Cook until set and lightly browned on base.
- Flip pancake and cook until brown on the other side.
- Repeat cooking process until all mixture is used, making about 10-15 pancakes.
- Serve with your choice of fresh, tinned or frozen fruit and a dollop of low-fat yoghurt.

Super smoothie

Serves 1-2.

Blend ½ cup soft chopped fruit and ½ cup milk until smooth, using a blender or stab mixer.

Tips:

- Soft fruits like banana, strawberries, mango, apricot and peach work best.
- Choose soft fresh fruit, tinned fruit in natural juice and/or frozen fruit.
- You could also add a dollop of low-fat yoghurt before blending your smoothie.

Super quick scrambled eggs

Combine one egg and two tablespoons reduced-fat milk, in a microwave-safe container. Microwave on high for 30 to 60 seconds (cooking time will vary depending on your microwave). Stir with a fork and serve on hot wholegrain toast.

- Use one egg and two tablespoons of milk per person. For two people, use two eggs and four tablespoons of milk. You may need to cook a little longer for more eggs.
- If you have time, why not serve some cooked vegies like baked beans, mushrooms, baby spinach or tomato with your eggs?

Choose full fat milk for under 2 year olds, reduced fat milk for 2-5 year olds, reduced fat or skim milk for over 5 year olds. Also choose low fat yoghurt and reduced fat cheese.

Recipes adapted from Cookery the Australian Way, 6th Edition, Shirley Cameron and Suzanne Russell.



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