

Healthy Breakfast Idea 1

Baked tomatoes on toast recipe

You won't be able to resist the delicious aroma of these herby baked tomatoes!

Prep: 5 mins

Cook: 15 mins

Serves 4

[Nutritional information](#)



Ingredients

- 8 tomatoes, halved
- 3 handfuls cherry tomatoes, halved
- 1 teaspoon dried mixed herbs
- 2 teaspoons fresh chives, chopped (optional)
- 2 tablespoons white or wholemeal dried breadcrumbs
- 4 teaspoons reduced-fat hard cheese, finely grated

- 4 slices wholemeal bread
- 1 pinch ground black pepper

Method

1. Preheat the oven to 190C (fan oven 170C, gas mark 5).
2. Arrange the tomatoes, cut sides up, on a baking sheet. Sprinkle with the dried herbs and chives (if using) and season with black pepper. Bake for 10 minutes.
3. Sprinkle the breadcrumbs and cheese over the tomatoes, and bake for another 5 minutes.
4. Meanwhile, toast the bread. Place the toast on warmed plates and share the tomatoes between them. Sprinkle with a little extra black pepper, then serve.

Information:

Next time, try stuffing the baked tomatoes into warmed wholemeal pittas.

Enjoy the Breakfast and let Mr Daine know how it tastes!!

Healthy Breakfast Idea 2

Banana and apricot bagels recipe

Such a simple idea – yet these fruity bagels taste so good!

Prep: 10 mins

Cook: 2 mins

Serves 4

[Nutritional information](#)



Ingredients

- 4 wholemeal bagels, sliced in half
- 80g low-fat soft cheese
- 40g ready-to-eat dried apricots, chopped

- 2 bananas, sliced

Method

1. Preheat the grill. Lightly toast the cut sides of each bagel.
2. Mix the low-fat soft cheese and apricots together and spread over the bagel bases. Top with sliced banana then sandwich the bagel tops in place.

Information:

If you cannot eat dairy, leave out the soft cheese. Mash the banana and spread over the toasted bagel, then sprinkle the chopped apricots on top.

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Healthy Breakfast Idea 3

Blueberry and banana smoothie recipe

Make a delicious smoothie with fresh or frozen blueberries blended with bananas and semi-skimmed milk.

Prep: 5 mins

Serves 4

[Nutritional information](#)



Ingredients

- 75g blueberries (fresh or frozen)
- 2 small ripe bananas
- 400ml semi-skimmed milk
- 0.5 teaspoon vanilla extract

Method

1. Tip the blueberries into a blender and slice in the bananas.
2. Add the milk and vanilla extract. Whizz together for a few seconds until smooth and blended, then pour into 4 glasses. Serve at once.

Information:

Don't worry if you don't have vanilla extract – the smoothie is just as tasty without!

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Healthy Breakfast Idea 4

Breakfast burritos recipe

Wholewheat soft tortillas are topped with tomato and pepper omelettes, then rolled up. Perfect for a tasty breakfast – or wrapped up for a packed lunch.

Prep: 10 mins

Cook: 10 mins

Serves 4

[Nutritional information](#)



Ingredients

- 4 soft wholewheat flour tortillas
- 6 eggs
- 4 tablespoons 1%-fat milk
- 2 tomatoes, finely chopped
- 2 spring onions, finely chopped
- 1 pepper, any colour, deseeded and finely chopped
- 2 teaspoons vegetable oil
- 40g reduced-fat hard cheese, grated
- 1 pinch ground black pepper

Method

1. Lay out the tortillas on a work surface. Preheat the grill.

Information:

You could use plain tortillas, though the wholewheat ones have a higher fibre content.

2. Beat the eggs and milk together in a bowl. In another bowl, mix together the tomatoes, spring onions and pepper, seasoning with black pepper.
3. Heat half a teaspoon of vegetable oil in a non-stick frying pan and pour in a quarter of the beaten egg mixture. Cook on the hob over a medium heat for a few moments to set the base.
4. Layer 1 tortilla with the cooked egg, a quarter of the tomato mixture and 10g of cheese. Grill to further set the egg and melt the cheese.
5. Roll up the tortilla and slice in half, or wrap in foil to serve later. Repeat to make the other 3 tortillas.

Information:

To make the burritos more filling, try adding 100g drained mixed beans to the tomato mixture – you will be adding extra fibre too!

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Healthy Breakfast Idea 5

Brainy beans on toast recipe

A little clever thinking adds more veg to the beans to make the meal a little smarter – and tastier!

Prep: 10 mins
Cook: 10 mins
Serves 4

[Nutritional information](#)



Ingredients

- 1 red pepper, deseeded and finely chopped
- 4 spring onions, finely chopped
- 1 tin (420g) reduced-salt and reduced-sugar baked beans
- 150g mushrooms, sliced
- 16 cherry tomatoes, halved
- 4 medium slices wholemeal bread
- 4 teaspoons lower-fat spread
- freshly ground black pepper

Method

1. Put the pepper and spring onions into a large saucepan with 3 tablespoons of water. Cook for 2 to 3 minutes over a low heat, until the water has evaporated.
2. Add the beans, mushrooms and cherry tomatoes to the saucepan. Heat gently for 5 to 6 minutes, stirring often, until the beans are piping hot.

Information:

If you don't have any spring onions, you can always use finely chopped onion.

3. Meanwhile, toast the bread, then spread each piece with the lower-fat spread. Pile the beans on to the toast and serve, sprinkled with black pepper.

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Healthy Breakfast Idea 6

Carrot and sultana mini pancakes recipe

Quick to make and delicious to eat!

Prep: 10 mins
Cook: 10 mins
Makes 8

[Nutritional information](#)



Ingredients

- 100g wholemeal self-raising flour
- 1 teaspoon ground mixed spice
- 1 large egg
- 80g grated carrot
- 4 tablespoons low-fat, lower-sugar plain yoghurt
- 100ml semi-skimmed milk
- 30g sultanas or raisins
- 1 teaspoon vegetable oil

Method

1. Put the flour, mixed spice, egg, grated carrot, yoghurt and milk into a large mixing bowl and use a hand whisk or fork to mix together thoroughly.

Information:

You could use white self-raising flour, but wholemeal has more fibre.

2. Stir in the sultanas (or raisins).
3. Heat a non-stick frying pan over a medium heat and add a few drops of oil. Cook tablespoonfuls of the batter in batches, turning them over after 1 to 2 minutes to cook the other side.
4. Make 8 mini pancakes altogether, adding a further 2 to 3 drops of oil to the frying pan with each batch.

Information:

Keep in a food bag or airtight tin in a cool place for 2 to 3 days.

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Creamy banana porridge with mishi-mash raspberries recipe

Add fruity goodness to your breakfast with mashed banana and raspberries.

Prep: 10 mins
Cook: 10 mins
Serves 6

[Nutritional information](#)



Ingredients

- 200g porridge oats
- 300ml skimmed milk
- 750ml water
- 2 large ripe bananas
- 200g raspberries (thawed if frozen)

- 4 tablespoons 0%-fat Greek yoghurt

Method

1. Put the porridge oats into a saucepan with the milk and water. Heat, stirring constantly, until the porridge thickens. Reduce the heat and simmer for 3 to 4 minutes, stirring often.
2. Meanwhile, mash the bananas in a bowl using a fork. Stir half into the porridge. Add the raspberries (or thawed frozen summer berries) to the rest of the banana and squash them a little with the fork.
3. Share the porridge between 6 warm bowls and top each portion with the yoghurt and the raspberry mixture.

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