

Breakfast Bonanza

Breakfast on the Go



Breakfast is considered the most important meal of the day, but many families find it difficult to make time for food in the morning rush! Below are some quick ideas for healthy breakfasts to eat on the move...

Breakfast Pitta Pockets (Serves 1)

Ingredients

Reduced fat peanut butter
1 banana (sliced)
1 small wholemeal pitta bread

Equipment

Knife, toaster, bowl

Method

1. Toast the pitta and cut a hole in the top
2. Lightly spread the pitta bread with the peanut butter
3. Push the banana into the pitta pocket and eat on the go!

Try making these the night before and keep them in the fridge to grab before leaving in the morning

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
201	LOW	LOW	MEDIUM	MEDIUM
Kcal	0.9	0.2	16.3	0.6

*Contains naturally occurring sugars

Yoghurt on the Go (Serves 1)

Ingredients

1 small pot of low fat natural yoghurt
1 tablespoon muesli
4 dried apricots (chopped)

Equipment

Plastic spoon or teaspoon

Method

1. Add the breakfast cereal and dried fruit to the yoghurt, stir and eat on the go!

Try buying disposable spoons so that there's no cutlery to be carried home again and the whole thing can be disposed of or recycled.

You could also try adding fresh or frozen fruit instead of dried and change the type of cereal used to vary the breakfast and find your favourite combination!

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
167	LOW	LOW	MEDIUM	LOW
Kcal	2.3	0.8	21.6	0.3

*Contains naturally occurring sugars

Tips and Hints

1. Prepare as much as possible the evening before. Try setting out ingredients and equipment before bed to speed up the process in the morning
2. If you bake over the weekend, try making extra and eating for breakfast. Banana bread or low fat muffins made with yoghurt and fruit served with milk work well for breakfast
3. Hard boil eggs the night before, refrigerate when cool and eat with a slice of wholemeal toast for breakfast
4. Try making your own breakfast bars so that you can control the amount of fat and sugar they contain. A homemade breakfast bar with a glass of milk provides a healthy and convenient breakfast