

Breakfast Bonanza

Easter Breakfasts



Easter Eggs in Edible Cups (Serves 1)

Ingredients

- 1 slice of bread
- 1 egg
- 1 teaspoon low fat spread

Equipment

Oven, muffin trays, knife

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
176	MEDIUM	MEDIUM	LOW	MEDIUM
Kcal	8.6	2.3	1	0.7

Method

1. Remove the crusts from the bread and lightly spread both sides of the bread with the low fat spread
2. Press the bread into the muffin tray so that the slice is moulded to the shape of the tray. If the bread tears press it back together so that there are no gaps in the cup
3. Crack the egg into the cup taking care not to break the yolk
4. Bake at 180°C for around 5 minutes. The bread should begin to brown and the egg should be set before serving

Fruity Bird Nests (Serves 2)

Ingredients

- 3 apricots
- 6 tablespoons low fat natural yoghurt
- 60g breakfast cereal

Equipment

2 small bowls, knife, chopping board

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
141	LOW	LOW	MEDIUM	LOW
Kcal	1.7	0.4	17.2	0.74

Method

1. Share the yoghurt between the two bowls, placing it into a ring shape around the base of the bowl to represent the shape of a birds nest
2. Sprinkle the cereal over the yoghurt and the base of the bowl to give the yoghurt a nest-like appearance
3. Cut the apricots in half and twist around the stone. Carefully remove the stone
4. Place 3 apricot halves in each bowl to represent eggs

Easter Chick Toast (Serves 1)

Ingredients

- 2 slices wholemeal bread
- 25g reduced fat cheese (grated)
- Pickle or chutney

Equipment

Grill, grill pan, cocktail stick, chick shaped cookie cutters or a sharp knife

Method

1. Cut out one chick shaped piece of bread from each slice
2. Grill one side of the bread, flip and top with cheese
3. Continue to grill until the cheese melts and begins to bubble
4. Remove from the grill and use the cocktail stick to create a feathery texture in the soft cheese
5. Use a dab of pickle to represent the eye of the chick

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
144	MEDIUM	MEDIUM	LOW	MEDIUM
Kcal	4.8	2.7	1	0.86