

Breakfast Bonanza

Spruce up you Toast



3 Steps to Toast Heaven!

1 Choose the bread – there are so many to choose from – be adventurous

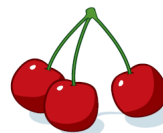
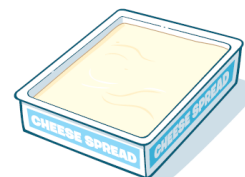
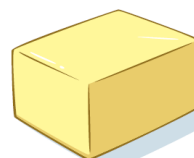
- Bread – white, half and half, wholegrain, granary, brown, seeded
- Bagels - white, sesame, poppy seed
- Crumpets
- Muffins – white or wholemeal
- Tortilla wraps
- Baguettes
- Croissants



... TOAST IT!

2 Choose the Spread

- Peanut butter
- Tahini (sesame seed spread)
- Honey
- Nutella
- Jam
- Cream cheese
- Cottage cheese
- Natural Yoghurt
- Or have it plain!



... TOP IT!

3 Top with seasonal fruit – slice and dice some fruit

- *Spring:* Banana, Berries, Elderflowers, Mangoes and Pineapples
- *Summer:* Apricots, Blackberries, Cherries, Melons, Peaches, Raspberries
- *Autumn:* Apples, Dates, Grapes, Oranges, pears, Star fruits
- *Winter:* Grapefruit, Kiwi fruit, Pomegranate, Rhubarb



... EAT IT!

Here are some examples to get you thinking...

- Peanut butter and sliced banana wrap
- Nutella and sliced strawberries on crumpet
- Cream cheese and raisins on a raisin bagel
- Honey, sliced apple and a pinch of cinnamon on thick white toast
- Mashed banana on wholemeal muffin with natural yoghurt