



Breakfast Ideas

Why should children have breakfast?

- Helps with concentration
- Improves mood for a good start to the day
- Gives energy to keep them going until lunchtime
- Can help prevent craving a sugary morning snack
- Opportunity to have some of their 5 a day (fruit and vegetables)



Quick ideas:

- Low sugar breakfast cereal (e.g. puffed wheat, shredded wheat, wheat biscuits or porridge)
- Low fat plain natural or Greek yoghurt with fruit
- English muffins, bagels, crumpets or homemade pancakes (see recipe overleaf)
- Toasted bread with lower fat spread, soft cheese, mashed banana, baked beans or smooth peanut butter**
- Cheese and tomato sandwich (choose lower fat cheese such as Edam or reduced fat Cheddar)
- Fruit bread -can be toasted



Keep hydrated:

- Have something to drink with breakfast: Water, Semi-skimmed milk or well diluted pure fruit juice
- On colder days try a mug of warm milk
- Children should avoid tea and coffee as these contain caffeine
- Energy drinks are not suitable for children under 16



Top tips:

- Try to include some fruit in your breakfast, you can use fresh, dried, frozen (defrosted) or tinned (in juice not syrup)
- Instead of adding sugar or honey to cereal why not try adding some fruit to give added vitamins and minerals

**Not suitable for individuals with nut allergies and never give whole nuts to children under 5 years

Breakfast Recipes

Banana Oaty Bars

Ingredients (makes 6 small bars)

7tbsp Oats

2tbsp Raisins (optional)

1 Ripe banana

¼ tsp Cinnamon



Method

1. Preheat oven to 180 °c
2. Line a baking tray with grease proof paper
3. Mash banana using a fork in a large bowl
4. Add the rest of the ingredients and mix well with a spoon
5. Mould mixture into approx 6 bar shapes place on lined baking tray and bake for approximately 8 minutes

Pancakes

Ingredients (makes 10 small)

1tbsp Vegetable oil

1 Egg

110g Self-raising flour

120ml Semi skimmed milk



Method

1. Heat the oil in a frying pan
2. Beat the egg and milk together in a bowl using a fork. Gradually add to the flour and mix well to make a smooth batter
3. Using a spoon put a small quantity of the batter into the frying pan
4. Once bubbles appear on top of the batter and bottom is golden brown, flip and cook other side.
5. Repeat until all batter is used up

Speedy Scrambled Eggs

Ingredients (serves 1)

1 or 2 eggs

Splash of milk (approximately 1tbsp)

Method

1. Crack the eggs into a microwavable bowl and add the milk
2. Using a fork whisk well, there should be bubbles on the surface
3. Cook in the microwave for 30 seconds, remove and stir
4. If necessary microwave again for 10 seconds at a time until light and fluffy
5. Remember it will still cook a little once removed from the microwave
6. Serve with toast

Porridge Toppers

Try these on your porridge

Mashed banana, blueberries, tinned pear and cinnamon, raisins/sultanas or tinned peaches or apricots

