Healthy Lifestyles: Breakfast Recipes

Three Bears Breakfast

Adding fruit to porridge really liven it up – and contributes to your 5 A Day.

**Ingredients**
- 200g high-fibre porridge oats
- 1 litre 1% fat milk
- 80ml cold water
- 4 tbsp low-fat natural yoghurt
- 1 apple, cored and thinly sliced
- 40g frozen raspberries (thawed - fresh are also fine)

**Nutritional Values**
- Prep time: 5 mins
- Cooking time: 8 mins
- Effort: Super easy
- Serves: 4
- 1439kJ / 344kcal
- 17g protein
- 48g carbohydrate, of which 20g sugars
- 9g fat, of which 3.5g saturates
- 6g fibre
- 137mg sodium, equivalent to 0.3g salt

**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 3-4 minutes, stirring.

   *If you or the kids can't tolerate dairy products, make the porridge with water, or try making it with soya milk or oat milk.*

2. Share the porridge between four serving bowls and top with the yoghurt, apple and raspberries. Serve immediately.

   *Try topping with ready-prepared mango and fresh pineapple – available in most supermarkets. You could also use canned fruit, packed in natural juice.*
Banana and Apricot Bagels

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

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

**Nutritional Values**
- 1020kJ / 244kcal
- 11.5g protein
- 46g carbohydrate of which 18g sugars
- 2g fat of which 1g saturates
- 5g fibre
- 270mg sodium equivalent to 0.7g salt

**Prep time:** 10 mins  
**Cooking time:** 2 mins  
**Effort:** Super easy  
**Serves:** 4

**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 and sandwich the bagel tops in place.

*If you can't eat dairy products, leave out the soft cheese. Mash the banana and spread over the toasted bagel, then sprinkle the chopped apricots on top.*
Breakfast Burritos

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

**Nutritional Values**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>958kJ / 229kcal</td>
</tr>
<tr>
<td>Protein</td>
<td>15g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>17g, of which 5g sugars</td>
</tr>
<tr>
<td>Fat</td>
<td>12g, of which 4g saturates</td>
</tr>
<tr>
<td>Fibre</td>
<td>1.5g</td>
</tr>
<tr>
<td>Sodium</td>
<td>240mg</td>
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</tbody>
</table>

Equivalent to 0.6g salt

**Ingredients**

- 4 soft wholewheat flour tortillas
- 6 eggs
- 4 tbsp 1% fat milk
- 2 tomatoes – finely chopped
- 2 spring onions – finely chopped
- 1 pepper (any colour) – deseeded and chopped
- 2 tsp vegetable oil
- 40g reduced fat hard cheese
- 1 pinch ground black pepper

**Prep time:** 10 mins
**Cooking time:** 10 mins
**Effort:** Medium effort
**Serves:** 4

**Method**

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

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 ½ tsp 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.

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

To make the burritos more filling, try adding 100g drained mixed beans to the tomato mixture - you'll be adding extra fibre too.