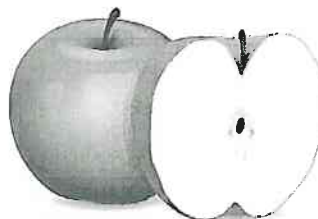


Apple Porridge

Serves: 6

Preparation time: 10 minutes



Ingredients

- 2 cups rolled oats
- 4 cups low-fat milk or 2 cups water and 2 cups low-fat milk
- 1 medium Granny Smith apple, coarsely grated
- ¼ tsp ground cinnamon
- Low-fat milk to serve
- Brown sugar to serve

Equipment needed

- Heavy-based saucepan
- Grater
- Chopping board
- Paring knife
- Wooden spoon
- Measuring cup and spoons

Method

1. Place oats, milk, apple and cinnamon in a saucepan over a medium heat and bring to a gentle boil, stirring constantly.
2. Reduce heat and simmer for 5 minutes.
3. Spoon porridge into serving dishes. Sprinkle with brown sugar and serve with extra milk.

	Per serve*	Per 100g*
Energy	900.2kJ	203.2kJ
Fat	5.1g	1.1g
- Saturated fat	2.6g	0.5g
Carbohydrate	29.8g	6.7g
- Sugars	19.0g	4.3g
Fibre	2.0g	0.4g
Sodium	125.3mg	28.2mg

*Analysis does not include brown sugar to serve.

Bircher Muesli

Serves: 6

Preparation time: 10 minutes

Standing time: 2 hours or overnight

Ingredients

- 2 cups rolled oats
- 160mL orange juice
- 1 cup low-fat milk
- 2 tbsp honey
- 1 cup low-fat Greek yoghurt
- ½ cup sultanas
- 1 banana, diced
- 1 apple, diced
- 50g strawberries, chopped
- 50g almonds, chopped

Method

1. Combine the rolled oats, orange juice, milk, honey and Greek yoghurt in a large mixing bowl.
2. Let stand for 2 hours or overnight in a refrigerator.
3. Add fruit (sultanas, banana, apple, strawberries) and mix well.
4. Add almonds and serve.

Equipment needed

- Large mixing bowl
- Wooden spoon
- Measuring cups and spoons

Handy tip

This recipe will help you meet your daily recommended intake for fruit. Each serving of Bircher Muesli contains 2 serves of fruit.

NOTE

This recipe contains nuts and should be avoided by any persons with a nut allergy.

	Per serve	Per 100g
Energy	1400.3kJ	647.3kJ
Fat	10.5g	4.8g
- Saturated fat	2.8g	1.3g
Carbohydrate	48.6g	22.5g
- Sugars	28.1g	13.0g
Fibre	4.4g	2.0g
Sodium	56.2mg	26.0mg

Buckwheat Pancakes with Mixed Berries

Serves: 4

Preparation time: 10 minutes

Cooking time: 15 minutes

Standing time: 30 minutes

Ingredients

- ½ cup self-raising flour
- ½ cup buckwheat flour
- 1 tbsp castor sugar
- 1¼ cups buttermilk
- 1 egg
- 250g strawberries
- 150g raspberries
- 150g blueberries
- 1 tbsp icing sugar
- Canola oil spray
- Low-fat vanilla yoghurt to serve

What is buckwheat?

While many people think buckwheat is a cereal grain, it is actually a fruit seed that is related to rhubarb and sorrel. Buckwheat is therefore a suitable substitute for grains for people who are sensitive to wheat or other grains that contain the protein gluten.

Equipment needed

- Sifter
- Mixing bowls x 2
- Jug
- Non-stick fry pan
- Spatula or egg flip
- Spoon

Method

1. Sift the self-raising flour into a mixing bowl, and then stir in the buckwheat flour, followed by the sugar. Make a well in the centre.
2. Whisk the buttermilk and egg together in a separate jug. Pour into the dry ingredients, then mix slowly, drawing in the flour to make a smooth batter. Cover and let stand for 30 minutes.
3. In another bowl, combine the berries and icing sugar and set aside.
4. Spray fry pan with oil and heat on a medium heat.
5. Pour ¼ cup of batter into the fry pan for each pancake, making sure they are well spaced. Cook for 1-2 minutes or until bubbles form on the surface. Flip the pancakes over and cook the other side for 1 minute or until golden.
6. Serve with a spoonful of berries and yoghurt.

	Per serve	Per 100g
Energy	1078.9kJ	305.5kJ
Fat	6.6g	1.9g
- Saturated fat	2.1g	0.6g
Carbohydrate	36.7g	10.4g
- Sugars	23.9g	6.7g
Fibre	4.7g	1.3g
Sodium	212.9mg	60.3mg

Crunchy Fruit Toast with Ricotta

Serves: 4

Preparation time: 5 minutes

Cooking time: 5 minutes

Ingredients

- 4 thick slices fruit bread
- 200g reduced-fat ricotta cheese
- 250g fresh berries
- 1 tsp honey for drizzling

Equipment needed

- Chopping board
- Knife
- Toaster
- Measuring spoon

Method

1. Lightly toast bread and spread with ricotta.
2. Top with berries and drizzle with honey.

	Per serve	Per 100g
Energy	751.7kJ	528.3kJ
Fat	5.6g	3.9g
- Saturated fat	3.0g*	2.1g*
Carbohydrate	22.3g	15.7g
- Sugars	10.5g	7.3g
Fibre	2.9g	2.0g
Sodium	174.6mg	122.7mg

*Higher amounts of saturated fat accepted for ricotta cheese.

Banana and Berry Breakfast Smoothie

Serves: 4

Preparation time: 5 minutes



Ingredients

- 1L vanilla soy milk
- 2 ripe bananas, peeled and chopped
- 250g strawberries or mixed berries
- 1 wheat breakfast biscuit or ¼ cup oat bran

Equipment needed

- Chopping board
- Knife
- Food processor
- Drinking glasses

Method

1. Place all the ingredients in a food processor and blend until smooth.
2. Serve immediately (over ice if desired).

	Per serve	Per 100g
Energy	602.9kJ	160.0kJ
Fat	0.9g	0.3g
- Saturated fat	0.02g	<0.1g
Carbohydrate	23.7g	6.3g
- Sugars	19.6g	5.2g
Fibre	4.2g	1.1g
Sodium	206.8mg	54.9mg

Porridge with Scrambled Eggs

Serves: 4

Preparation time: 15 minutes

Cooking time: 20 minutes



Ingredients

- 1½ cup rolled oats
- 2 tsp olive oil
- 1 medium onion, finely diced
- Any mixed vegetables available in fridge and freezer
- ½ red capsicum, finely diced
- 4 eggs, beaten with salt and pepper and set aside
- Spring onions (including green part) or coriander leaves or parsley, finely chopped

Equipment needed

- Saucepan or microwave-safe bowl
- Non-stick fry pan
- Spatula
- Wooden spoon
- Chopping board
- Knives

Handy tip

Eggs are very nutritious. They contain every essential nutrient except vitamin C. Eat your porridge and eggs with a glass of orange juice to get your extra vitamin C.

Method

1. Cook oats according to the packet, allowing just over ½ cup dried oats for each person. Can be cooked on stove or microwave.
2. Heat fry pan on a medium heat and add oil. Sauté onion in fry pan until soft.
3. Add vegetables and cook through.
4. Stir in beaten eggs.
5. When cooked, top with spring onions, coriander or parsley.
6. Place porridge in a bowl, top with egg and vegetable mixture.
7. Garnish with more spring onions or parsley if desired.

	Per serve	Per 100g
Energy	665.1kJ	369.9kJ
Fat	9.3g	5.2g
Saturated fat	2.3g	1.3g
Carbohydrate	9.0g	5.0g
- Sugars	1.0g	0.5g
Fibre	1.1g	0.6g
Sodium	79.8mg	44.4mg