

# Breakfast

## RECIPE CARD

### Overnight Oats

#### RECIPE NAME

Breakfast

#### MEAL TIME

5 Minutes

#### PREP TIME

Overnight (ideally)

#### TIME TO COOK

Top with your favourite, healthy toppings. Try to experiment with fun, different flavours

#### NOTES

Approx. 206kcal  
before toppings

#### CALORIES

#### INGREDIENTS

- ★ 40g rolled oats
- ★ 100g fat free yogurt
- ★ Toppings of your choice

#### METHOD



Pour the rolled oats into a bowl or a mason jar



Mix in the yoghurt



If you're using frozen fruit, put these into the mix overnight so that they thaw out in the fridge



Place in the fridge overnight



Serve in the morning, topping with any extra fresh fruit.

# Breakfast

## RECIPE CARD

### Breakfast Bake

#### RECIPE NAME

Breakfast

#### MEAL TIME

10 minutes

#### PREP TIME

20 minutes

#### TIME TO COOK

Check the calories of your favourite sausages first to see if they fit into your goal calorie intake for the day.

Put all ingredients into one dish or use separate pie dishes/ramekins to make two bakes

#### NOTES

216kcal

#### CALORIES

#### INGREDIENTS

- 2 eggs
- ½ tin chopped tomatoes
- 2 sausages cooked and sliced
- Chopped onion
- 4 mushrooms sliced
- 20g reduced fat Cheddar grated
- low calorie cooking spray
- salt and pepper to taste

#### METHOD

- ☆☆☆ Cook the sausages
- ☆☆☆ Spray the ovenproof dish with low-calorie cooking spray
- ☆☆☆ Cook the onion and mushroom in a frying pan
- ☆☆☆ Add the cooked and sliced sausage, the onions and the mushrooms to the dish
- ☆☆☆ Crack the egg over the dish and sprinkle with the cheese
- ☆☆☆ Bake in the oven for 15-20 minutes and enjoy!

# Breakfast

## RECIPE CARD

### Cinnamon French Toast (serves 4)

#### RECIPE NAME

Breakfast

#### MEAL TIME

15 minutes

#### PREP TIME

2-3 minutes

#### TIME TO COOK

Although the recipe calls for cinnamon - feel free to change it up a little with different calorie friendly toppings and flavours

#### NOTES

164kcal per serving

#### CALORIES

#### INGREDIENTS

- 4 eggs
- 120ml skimmed milk
- 2 level tsp sweetener granules
- 1 tsp ground cinnamon, plus extra to decorate
- 8 slices wholemeal bread from a small 400g loaf
- Low-calorie cooking spray
- 120g fat-free natural yogurt
- Mixed Berries

#### METHOD

☆☆☆ Mix together the eggs, milk, sweetener and ground cinnamon until well combined. Carefully place each slice of bread into the egg, until the bread soaks up the mixture.

☆☆☆ Spray a frying pan with low-calorie cooking spray and place over a medium heat. Fry the bread for 2-3 minutes on each side, or until your liking.

☆☆☆ Slice in half and divide between plates. Divide over the yoghurt and berries and dust with a pinch of cinnamon.

# Breakfast

## RECIPE CARD

### Yogurt Trifle

#### RECIPE NAME

Breakfast

#### MEAL TIME

5 minutes

#### PREP TIME

2-3 minutes

#### TIME TO COOK

Feel free to choose your own flavoured low calorie or fat-free yoghurt.

Be creative with your choice of toppings or flavours - always remember to measure ingredients for accurate calories

#### NOTES

330Kcal

#### CALORIES

#### INGREDIENTS

- ★ 160g fat-free or low-fat yoghurt
- ★ 45g of no added sugar muesli
- ★ 80g mixed berries
- ★ 1tbsp Honey

#### METHOD



Mix together all ingredients and serve!

# Breakfast

## RECIPE CARD

### Baked Oats with Nutella

RECIPE NAME

Breakfast

MEAL TIME

5 minutes

PREP TIME

30 minutes

TIME TO COOK

Make sure to use  
an ovenproof dish!  
This could also  
make for a yummy  
pudding!

NOTES

540kcal

CALORIES

## INGREDIENTS

- ★ 40 g oats
- ★ 175 g fat free natural yoghurt
- ★ 1 tsp vanilla extract
- ★ 3 tsp granulated sweetener
- ★ 2 eggs
- ★ 2 tsp Nutella

## METHOD



In a bowl combine all the ingredients using only 1 tsp of Nutella, until mixed.



Place the mixture into an ovenproof dish before adding the last tsp of Nutella on top



Cook for 30 minutes or until golden.

# Breakfast

## RECIPE CARD

### Breakfast Sandwich

#### RECIPE NAME

Breakfast

#### MEAL TIME

5 minutes

#### PREP TIME

20 minutes

#### TIME TO COOK

To make a vegetarian version, use your favourite veggie sausages, checking that the calories fit into your daily intake.

#### NOTES

Approx. 286kcal

#### CALORIES

#### INGREDIENTS

- ☐ Wholemeal Thin (40g)
- ☐ 2 low fat sausages
- ☐ 1 medium egg
- ☐ 1 large tomato
- ☐ Handful of spinach
- ☐ 3 mushrooms, sliced

#### METHOD

- ☆☆☆ Cook sausages using a low-calorie cooking spray
- ☆☆☆ Use a frying pan to fry the mushrooms using low-calorie cooking spray
- ☆☆☆ Fry the egg to your liking
- ☆☆☆ Line the bottom of the bread with the spinach, place the sausage in the bread. Add the tomato and mushrooms, followed by the egg and the top slice of the bread

# Breakfast

## RECIPE CARD

### Banana Pancakes

RECIPE NAME

Breakfast

MEAL TIME

5 minutes

PREP TIME

10 minutes

TIME TO COOK

These pancakes go really well with chocolate but feel free to use honey or syrup. Measure carefully for accurate calories

NOTES

444 kcal

CALORIES

### INGREDIENTS

- ❑ 40 g Ready Brek
- ❑ 2 medium eggs
- ❑ 50 ml milk
- ❑ 1/2 tbsp granulated sweetener
- ❑ 1 tsp vanilla extract
- ❑ 1 large banana sliced
- ❑ 3 tsp chocolate spread
- ❑ 1 tsp Choc Shot
- ❑ 1 strawberry
- ❑ low calorie cooking spray

### METHOD

- ☆☆ In a bowl, mix the ready brek, eggs, vanilla and sweetener
- ☆☆ Spray the frying pan over a medium heat and pour the desired amount of pancake mixture in. Turn and cook both sides
- ☆☆ Place the cooked pancakes on a plate and cover with the chocolate and bananas, as well as strawberries for an extra taste sensation