



Breakfast Bonanza

Eating a nutritious breakfast every day kickstarts bodies and brains, so children can learn and play and adults can have enough energy to get through the day.

Why breakfast?

Eating breakfast provides energy for the brain to help us stay alert and concentrate, whether that's in school or at work! A healthy and nutritious breakfast will boost energy levels, providing the fuel we need to get through the morning.

Some breakfast options are better than others. The good news is the best breakfast options are often the cheapest!

Nutritious and delicious breakfast options:

- **Weet-Bix** with milk and fruit – only 46 cents for a bowl!
A kiwi classic, this breakfast has lots of good fibre to keep us fuller for longer and help move food through the digestive system.
- **Egg on toast** – only 34 cents per serve!
Eggs provide protein to help build healthy muscles. Try microwaving an egg for a super quick breakfast - just put the egg in a lightly greased microwave-proof coffee mug and cook on high for 30 seconds.
- **Porridge** with milk and fruit – only 41 cents!
Pop $\frac{1}{2}$ cup rolled oats and 1 cup water in a bowl and microwave for 1 $\frac{1}{2}$ minutes on high. Top with milk and fresh or canned fruit and you have a delicious breakfast ready to go! The fruit sweetens up this breakfast – no need to add extra sugar.
- Banana, peach and milk **smoothie** – only 57 cents!
Blend together $\frac{1}{2}$ a banana, $\frac{1}{4}$ can of peaches in their own juice, and $\frac{1}{2}$ cup of milk for a great-tasting liquid breakfast. Experiment with different canned or fresh fruits to give your smoothie a different taste.
- **Banana oat pancakes** – perfect for weekend brunch!
Combine 1 cup milk, 1 mashed banana, 1 $\frac{1}{4}$ cups oat flour (blend rolled oats to make oat flour) and 1 tsp baking powder. Pour pancake batter into a lightly greased pan, $\frac{1}{4}$ cup at a time, and cook till golden brown on both sides.

If you need breakfast on-the-run, mix and match from these last minute options:

- Monkey roll – banana wrapped up in bread.
- Yoghurt
- Fresh fruit
- Toast with spreads
- Hard boiled eggs – boil them the night before and keep in the fridge for a quick breakfast the next day.

Wash them down with a glass of milk and you are good to go.



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