

## Veggie breakfast bakes



Hit 3 of your 5-a-day with this alternative fry-up - it's packed with vegetables and oven-baked

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### Preparation and cooking times

#### Easy

Serves 4

Prep 15 mins & Cook 30 mins

Vegetarian, Gluten-free, Low-fat

### Method

1. Heat oven to 200C/180C fan/gas 6. Put the mushrooms and tomatoes into 4 ovenproof dishes. Divide garlic between the dishes, drizzle over the oil and some seasoning, then bake for 10 mins.
2. Meanwhile, put the spinach into a large colander, then pour over a kettle of boiling water to wilt it. Squeeze out any excess water, then add the spinach to the dishes. Make a little gap between the vegetables and crack an egg into each dish. Return to the oven and cook for a further 8-10 mins or until the egg is cooked to your liking.

### Per serving

127 Kcal, protein 9g, carbohydrate 5g, fat 8 g, saturated fat 2g, fibers 3g, sugar 5g, salt 0.4 g

## Banana breakfast loaf



### Preparation and cooking times

#### Easy

Serves 8

Ready in 1 hour

### Method

1. Heat the oven to 180C/fan 170C/gas 4. Beat the butter, sugar, flours, baking powder, eggs and banana together. Stir in the nuts and spoon into a lined and buttered 450g loaf tin.
2. Bake for 50 minutes or until a skewer comes out clean. Spoon over the lemon sugar, if using.

### Per serving

331 Kcal, protein 6.2g, carbohydrate 47.1g, fat 14.4 g, saturated fat 5.8g, fibers 2.5g, salt 0.58 g

## One-pan English breakfast



### Preparation and cooking times

**Easy** Serves 4

Prep 5 mins / Cook 15 mins

### Method

1. Heat the grill to high. Heat a medium non-stick frying pan, add the chipolatas and fry for 3 mins. Add the bacon, turning occasionally, until it starts to crisp, about 5 mins more. Tip in the mushrooms and continue to cook for a further 3-5 mins. Drain any excess fat and move the ingredients so they are evenly spread out.
2. Season the eggs, then add to the pan, swirling to fill the spaces. Gently move with a fork for 2 mins over a low-medium heat until beginning to set. Scatter over the tomatoes, cheese, if using, and chives, then grill for 2 mins until set. Cut into wedges and serve with your favorite sauces.

### Make it veggie

For a vegetarian version, swap the chipolatas for veggie sausages, omit the bacon and add more mushrooms.

### Per serving

349 Kcal, protein 25g, carbohydrate 4g, fat 26 g, saturated fat 8g, fibers 1g, sugar 2g, salt 2.27 g

## Full English breakfast



### Preparation and cooking times

**Easy** Serves 2

Prep 5 mins / Cook 20 mins

Source of calcium, folic acid, vitamin C and omega-3s, counts as 4 of 5-a-day

### Method

1. Lay the bacon, mushrooms and tomatoes on a foil-lined tray. Brush the tops of the mushrooms with 3 tsp of the oil and both sides of the bread with the remaining oil. Set aside. Heat the grill to very hot. Lay the sausages on a small foil-lined tray (best not to prick good-quality sausages or they may lose moisture). Grill for about 10 mins until cooked, turning occasionally.
2. Meanwhile, three-quarters fill a small pan, and a wide, deep sauté pan with water. Bring both to the boil. Lower an egg into the small pan and remove after 30 secs. Crack the egg into a cup. Add vinegar to the larger pan then, using a wire whisk, swirl the water around to create a whirlpool. Remove the whisk and slowly tip the egg into the center of the whirlpool (see top picture). When the water comes back to the boil, remove the pan from the heat, cover and leave for 3 mins, then remove the egg. Place in a bowl of warm water while you cook the other egg - or cook both eggs an hour ahead, leave in a bowl of iced water, then reheat for 1½ mins in simmering water before serving.
3. Meanwhile heat a griddle pan to very hot. Place the tomatoes, bacon and mushrooms under the grill for 3-4 mins without turning. At the same time, lay the bread on the griddle pan, cook until crisp, about 1 min each side. Drain everything on kitchen paper.
4. Remove the eggs with a slotted spoon and drain briefly on a cloth. Arrange everything on a plate and serve with the juice and fruit.

### Not-so-guilty pleasure

A traditional English breakfast contains 807 calories, Ours has almost half the fat. more fibers, less salt and extra vitamin c from the berries and juice.

**Per Serving:** 618 Kcal, protein 37g, carbohydrate 37g, fat 37 g, saturated fat 11g, Fibers 5g, sugar 21g, salt 3,05

## Apple & raspberry breakfast muffins



### Preparation and cooking times

**Easy** Makes 10

Ready in 35 mins

### Method

1. Heat the oven to 180C/160Cfan/gas4. Mix the flour, oats and 3 tbsp. of the sugar in a bowl with the cinnamon. Stir in the apples, bicarb, eggs, yogurt and oil and mix everything together. Line a muffin tray with 10 paper cases and half fill them with the mixture, then dot 2 raspberries on top of each and cover with the rest of the mixture. Mix the spare tbsp. of oats with the rest of the sugar and sprinkle over the top. Bake for 25 minutes or until golden, risen and cooked through.

### Per serving

207 Kcal, protein 5.1g, carbohydrate 29.5g, fat 8.4 g, saturated fat 0.9g, fibers 1.9g, salt 0.4 g

## American blueberry pancakes



Light, fluffy and fruity, these pancakes are a US classic. Serve them stacked high with syrup and extra fruit

### Preparation and cooking times

**Easy** Makes 10 pancakes

Cook 35 mins /Low-fat

### Method

1. Mix together the flour, baking powder and a pinch of salt in a large bowl. Beat the egg with the milk, make a well in the center of the dry ingredients and whisk in the milk to make a thick smooth batter. Beat in the melted butter, and gently stir in half the blueberries.
2. Heat a teaspoon of oil or small knob of butter in a large non-stick frying pan. Drop a large tablespoonful of the batter per pancake into the pan to make pancakes about 7.5cm across. Make three or four pancakes at a time. Cook for about 3 minutes over a medium heat until small bubbles appear on the surface of each pancake, then turn and cook another 2-3 minutes until golden. Cover with kitchen paper to keep warm while you use up the rest of the batter. Serve with golden syrup and the rest of the blueberries.

### Per serving

(without syrup) 108 Kcal, protein 4g, carbohydrate 18g, fat 3 g, saturated fat 1g, fibers 1g, salt 0,41 g

## Spicy tomato baked eggs



Vary this dish by flavoring the simple tomato sauce with whatever you have to hand - curry powder, pesto or fresh herbs

### Preparation and cooking times

**Easy** Serves 2

Prep 5 mins /Cook 20 mins

Vegetarian, Gluten-free, Nut-free. The sauce can be frozen for one month

### Method

1. Heat the oil in a frying pan that has a lid, then soften the onions, chili, garlic and coriander stalks for 5 mins until soft. Stir in the tomatoes and sugar, then bubble for 8-10 mins until thick. Can be frozen for 1 month.
2. Using the back of a large spoon, make 4 dips in the sauce, then crack an egg into each one. Put a lid on the pan, then cook over a low heat for 6-8 mins, until the eggs are done to your liking. Scatter with the coriander leaves and serve with crusty bread.

### Per serving

340 Kcal, protein 21g, carbohydrate 21g, fat 20 g, saturated fat 5g, fibers 0g, sugar 17g, salt 1.25 g

## Crunchy granola with berries & cherries



### Preparation and cooking times

**Easy** Makes about 12 breakfast bowlfuls

Prep 10 - 20 mins, Cook 25 mins, Low-fat

### Method

1. Preheat the oven to 190C/Gas 5/fan oven 170C. Halve some of the pecans, leave some whole. Mix with peanuts, oats, sesame seeds, sunflower seeds and a pinch of salt in a large bowl. In a jug, measure the oil and pour into the mixture, then measure the honey - it will slide out easily. Stir together with a fork to break up any big clumps of oats.
2. Pour on to a large baking tray with sides, preferably non-stick, in a thin layer. Bake for 20-25 minutes, stirring well at least twice and bringing the mixture in from the edges, until it is golden. Transfer to a large bowl and leave to cool.
3. Mix in the berries and cherries and serve with plenty of chilled milk.
4. Store for up to 1 month in airtight container.

### Per serving

409 Kcal, protein 9g, carbohydrate 39g, fat 25 g, saturated fat 4g, fibers 4g, sugar 7g, salt 0.13 g

## Squash, goat's cheese & rosemary pancakes



### Preparation and cooking times

**Easy** MAKES about 8

Prep 15 mins Cook 25 mins Vegetarian

### Method

1. Mix the flour, baking powder, rosemary and a good pinch of salt in a large bowl. Beat the egg with the milk. Make a well in the center of the dry ingredients and whisk in the milk mixture and melted butter to make a thick, smooth batter. Place in the fridge while you prepare the rest of the ingredients.
2. Over a medium heat, add a knob of butter and 1 tsp oil to a large pan, then add the butternut squash and cook for 10 mins until tender, turning the heat up for the final few mins to brown a little. Remove batter from the fridge, add the goat's cheese and squash, then carefully fold everything together.
3. Heat a little oil in a non-stick frying pan, then, in batches, add a ladleful of batter per pancake. Allow to cook for 3 mins until bubbles cover the surface, then flip over and cook the other side until golden. Serve with dressed rocket salad, a sprinkling of pumpkin seeds and onion chutney on the side.

### Per serving

269 Kcal, protein 10g, carbohydrate 29g, fat 13 g, saturated fat 7g, fibers 2g, sugar 5g, salt 0.9 g

## Baked eggs with ham & tomato



An simple dish that always delights, make it in one big dish to share or in individual dishes for dinner parties

### Preparation and cooking times

**Easy** Serves 2

Ready in 20 minutes

### Method

1. Heat the oven to 180C/fan 160C/gas 4. Heat a little oil in a pan, sizzle the garlic for a few seconds then add the tomatoes and simmer for 10 minutes until thickened.
2. Stir in the basil. Divide the sauce and ham between 2 individual baking dishes. Crack an egg on top and season.
3. Bake for 12-14 minutes until just set. Serve with crusty bread.

### Per serving

208 Kcal, protein 18.4g, carbohydrate 5.9g, fat 12.4 g, saturated fat 2.9g, fibers 2.1g, salt 1.99 g

## Parsnip & potato rosti



The perfect accompaniment to a poached egg for great Sunday brunch

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### Preparation and cooking times

**Easy** Serves 2

Ready in 40 minutes

### Method

1. Put the grated potato in a clean tea towel and squeeze to remove excess water. Tip into a bowl with the parsnip, onion, thyme and melted butter. Season really well and mix.
2. Heat a non-stick frying pan to hot then tip in the mixture and press down with a spatula. Cook for 6-8 minutes until golden brown and crisp underneath. Flip the rösti potatoes out onto a plate then put back in raw-side down and continue cooking for another 6-8 minutes until completely cooked through.
3. Divide into two and serve.

### Per serving

299 Kcal, protein 4.4g, carbohydrate 32.3g, fat 17.8 g, saturated fat 10.4g, fibers 6.3g, salt 0.35 g

## Parsnip hash browns



### Preparation and cooking times

**Easy** Serves 6

Ready in 25-35 minutes, Gluten-free, Low-fat

Reheats from frozen in 15 mins

### Method

1. Peel and coarsely grate the potatoes and parsnips - if you're using a food processor, attach the medium grater. Squeeze out as much liquid as possible with your hands and put them in a bowl.
2. Stir in the onion, garlic, egg and season if you like. Divide the mixture into six and roughly shape into flat cakes. Heat 2 tbsps. of the oil in a large non-stick frying pan and fry three of the cakes on a low heat for 4-5 mins on each side until golden and tender. Transfer to kitchen paper with a slotted spoon and leave to cool while frying the remainder, adding remaining oil as necessary. Meanwhile grill the bacon and tomatoes, poach the eggs and serve alongside.

### Freezing

Leave cakes to cool then interleave them in foil, put in a freezer bag and freeze for up to 1 month. To serve, heat the oven to 190C/fan170C/gas 5. Unwrap cakes and spread out on a lightly oiled baking sheet. Brush with a little oil and reheat from frozen for 15 mins. Serve with grilled bacon rashers, vine tomatoes, and poached or fried eggs.

### Per hash brown

179 Kcal, protein 4g, carbohydrate 21g, fat 9 g, saturated fat 1g, fibers 4g, salt 0.06 g

## Skinny granola



Mixing oats, seeds and nuts creates a light and nutritious breakfast cereal that keeps you full until lunch

### Preparation and cooking times

**Easy** Serves 6

Ready in 15 mins

### Method

1. Heat the oven to 190C/170Cfan/gas5. Mix the nuts, oats and seeds with the oil and cinnamon and spread out on a non-stick baking tray. Drizzle over the honey then cook for 10-12 minutes until golden. Allow to cool on the tray then store in a jar for up to a month. Serve with yoghurt and fruit.

### Per serving

239 Kcal, protein 6g, carbohydrate 17.4g, fat 16.6 g, saturated fat 2.4g, fibers 2.4g, salt 0.01 g

## Hot corncakes with avocado, bacon & basil



Corncakes like these are classic brunch food in Australia. They're also delicious made with shredded chicken coriander

### Preparation and cooking times

**Easy** Serves 4

Prep 10 mins , Cook 10 mins

### Method

1. Heat grill to high. Heat 1 tbsp. oil in a large non-stick frying pan and sizzle the pepper for 5 mins until softened, adding the chili for the final min.
2. Put the flour into a large bowl, make a well, then stir in the egg and then the milk to make a batter. Stir in the corn, cooked pepper and chili and chopped basil, then season well. Add more oil to the pan if you need to, then drop tbsps. of the batter into the pan.
3. Cook for 2 mins until risen and golden underneath, then cook for 1 min more. You'll need to do these in batches, making 12 in total. Keep warm.
4. Meanwhile, grill the bacon and mix the lemon juice and remaining oil together with seasoning. Serve 3 cakes each, topped with the avocado, bacon, a scattering of basil leaves and a drizzle of the dressing.

**Fresh chilies:** More exotic chilies are reaching our shelves, such as Caribbean Scotch Bonnets and tiny Thai bird's-eye chilies. Remove the seeds and pith with a teaspoon before slicing - these are packed with capsaicin, the compound that gives chilies their fire.

### Per serving

420 Kcal, protein 16g, carbohydrate 49g, fat 19 g, saturated fat 40,2g, fibers 4g, sugar 16g, salt 2,49 gr