**Breakfast Burrito**

**Prep time: 10mins**

**Serves: 4**

**Description**

Eggs are highly nutritious - packed with vitamins and minerals, high in protein, contain healthy fats and important antioxidants.
Kick start your day with this Mexican inspired delicious egg recipe!

**Ingredients**

|  |  |  |
| --- | --- | --- |
| 4 |   | Eggs (lightly beaten) |
| 1⁄4 | Cup | reduced fat milk |
| 1 | Cup | corn kernels |
| 2 | Tablespoon | red capsicum (finely diced) |
| 2 | Tablespoon | green capsicum (finely diced) |
|   |   | white pepper (to taste) |
| 100 |  grams | button mushrooms (quartered) |
| 4 |   | whole flour tortillas (warmed) |
| 2 |   | medium tomatoes (slices) |
| 1 | Cup | reduced fat cheddar cheese (grated) |

**Notes**

For adults: Add a dash of tabasco sauce to the omelette mixture.

**Instructions**

1. Lightly whisk eggs, milk, corn, capsicum and pepper together.

2. Pour one quarter of the egg mixture into a small pre-heated non-stick frypan to just cover the base. Cook over medium heat until eggs are almost set. Turn over and cook for a further 15 seconds. Repeat with remaining mixture to make 4 omelettes.

3. Cook mushrooms in the same frypan until golden.

4. Top each tortilla with a cooked omelette, sliced tomato, mushrooms and cheese. Fold the edge closest to you over one third of the filling and then fold in the sides of the tortilla to form a burrito

(NutritionAustralia, n.d.)

**Breakfast Smoothies**

**Mango, almond and honey breakfast smoothie**

* Ingredients
* Nutrition
* Specials
* 1 mango
* 400ml skim milk
* 1/2 cup low-fat natural yoghurt
* 2 tablespoons almond meal
* 1 tablespoon Manuka honey
* Ice cubes

Step 1: Peel and chop mango and place in a blender with skim milk, low-fat natural yoghurt, almond meal, manuka honey and a few ice cubes.

Step 2: Blend until smooth. Divide between 2 glasses.

# Banana, oat and blueberry breakfast smoothieBanana, oat and blueberry breakfast smoothie

* Ingredients
* Nutrition
* Specials
* 1/2 cup traditional rolled oats
* 2 ripe bananas
* 1/2 cup frozen blueberries
* 2 teaspoons LSA (see note)
* 1 cup reduced-fat milk
* 1 cup reduced-fat plain Greek-style yoghurt
* 2 teaspoons honey

Step 1

Blend oats, banana, blueberries, LSA, milk, yoghurt and honey together until smooth. Pour into chilled glasses. Serve.

(Taste.com, 2014)

**Broccoli & Feta Omelette with Toast**



**Ingredients**

* Cooking spray
* 1 cup chopped broccoli
* 2 large eggs, beaten
* 2 tablespoons feta cheese, crumbled
* 1/4 teaspoon dried dill
* 2 slices rye bread, toasted

**Preparation**

1. Heat a nonstick skillet over medium heat. Coat pan with cooking spray. Add broccoli, and cook 3 minutes.

2. Combine egg, feta, and dill in a small bowl. Add egg mixture to pan. Cook 3 to 4 minutes; flip omelet and cook 2 minutes or until cooked through. Serve with toast.

**Breakfast Barley with Banana & Sunflower Seeds**



**Ingredients**

* 2/3 cup water
* 1/3 cup uncooked quick-cooking pearl barley
* 1 banana, sliced
* 1 tablespoon unsalted salted sunflower seeds
* 1 teaspoon honey

**Preparation**

1. Combine 2/3 cup water and barley in a small microwave-safe bowl. Microwave on HIGH 6 minutes.

2. Stir and let stand 2 minutes.

3. Top with banana slices, sunflower seeds, and honey.

**Banana & Almond Butter Toast**



**Ingredients**

1 tablespoon almond butter

1 slice rye bread, toasted

1 banana, sliced

**Preparation**

1. Spread almond butter on toast.

2. Top with banana slices.

**Greek Yogurt Fruit Parfait**



**Ingredients**

3/4 cup fat-free plain Greek yogurt

2 cups sliced mixed plums, peaches, and nectarines

3/4 cup puffed rice cereal

2 tablespoons walnuts and almonds, toasted and chopped

1 tablespoon ground flaxseed

1 tablespoon maple syrup, agave nectar, or honey

**Preparation**

In a tall 4-cup container or jar, layer half of the yogurt, fruit, cereal, nuts, flaxseed, and syrup. Repeat with the remaining half of ingredients, ending with syrup. (If you prefer a crunchy parfait, pack cereal separately to add right before eating.) Refrigerate up to 5 hours.

**Spiced Green Tea Smoothie**



**Ingredients**

3/4 cup strong green tea, chilled

1/8 teaspoon cayenne pepper

Juice of 1 lemon (2-3 TBSP)

2 teaspoons agave nectar

1 small pear, skin on, cut into pieces

2 tablespoons fat-free plain yogurt

6-8 ice cubes

**Preparation**

Put all ingredients in blender. Blend until smooth. Drink cold.