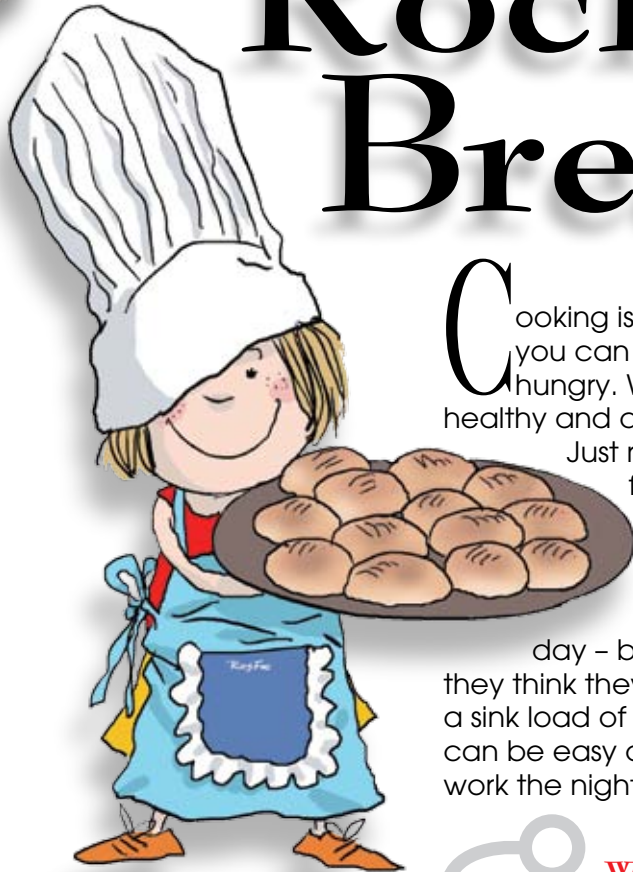


# Rockin' Breakfast Fo



Cooking is a useful skill because if you can cook, then you can feed yourself wherever and whenever you get hungry. Why eat out when you can whip up something healthy and delicious for yourself! Cooking is fun and safe! Just remember to get a responsible adult to help and follow instructions carefully.

Are you ready to put on your apron and get ready for some good eating? Yeah!

Let's start with the most important meal of the day - breakfast. A lot of people skip breakfast because they think they have to slave over a hot stove and then wash a sink load of dishes to fix a decent breakfast. But breakfast can be easy one-plate meals, especially if you do a little prep work the night before.

**Whatever you do, don't skip breakfast. Research has shown that kids who skip breakfast perform poorly in school compared to kids who chow down in the morning.**

The healthiest breakfasts are made up of a variety of vegetables, fruit, protein and whole grains. Healthy sources of protein are yoghurt, eggs, tofu, fish, lean meats and beans; and good sources of whole grains are whole wheat bread, oatmeal, and brown rice. Here are some great recipes that will give you the energy and nutrients to keep you moving all morning!

## Egg-cellent Muffin Sandwich

Eggs are an excellent source of protein, vitamins A, B, D, and E, and essential minerals such as zinc, iron and phosphorus. It is as cheap as it is versatile, and one of the easiest ways to cook it is to poach it in the microwave oven.

### Ingredients

- 1 egg
- 1 English muffin or 2 slices of whole wheat bread
- 2 teaspoons ketchup
- 4 cucumber slices
- ½ cup water



## TIPS

- To avoid the morning kitchen rush hour, get your plates, cutlery and other breakfast things ready the night before.
- Cut up your ingredients so that it's ready first thing in the morning.

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**Method**

1. Crack egg into a microwave safe mug or bowl.
2. Pierce egg yolk with a toothpick or fork.
3. Add water to egg and microwave till egg is cooked, this takes about 1 minute. (Microwave times may vary.)
4. Drain water from mug and remove egg with large spoon.
5. Place the egg on one slice of English muffin.
6. Top the egg with sliced cucumbers and ketchup, and cover with remaining slice of English muffin.

**Healthy Elvis**

Elvis Presley's favourite sandwich was a fat-laden fried peanut butter and bacon sandwich that would make anyone, even The King himself, chubby. Here's a healthier version that will let you rock on without all the fat.

**Ingredients**

- 1 banana, sliced
- 2 slices whole wheat bread
- 1 teaspoon honey
- 1 tablespoon peanut butter

**Method**

1. Spread peanut butter on a slice of bread.
2. Place bananas on top of peanut butter and drizzle honey over the bananas.
3. Place remaining slice of bread on top.
4. Toast the sandwich in the toaster oven until golden brown.
5. Remove the sandwich carefully from the oven and enjoy!

**Terrific Tuna Melt**

Tuna fish is a healthy and cheap source of protein that you can enjoy anywhere. Keep a few cans on hand and experiment with different condiments to suit your tastes!

**Ingredients**

- 1 can tuna fish in brine
- 1 small onion, finely chopped
- 2 tablespoons Dijon mustard
- 1 teaspoon mayonnaise
- 1 slice cheddar cheese

- 4 slices tomato
- 2 slices whole wheat bread

**Method**

1. Mix the first four ingredients with a fork in a large mixing bowl.
2. Spread mixture over a slice of bread and top with tomatoes and cheese.
3. Cover with the remaining slice of bread and toast the sandwich in the toaster oven until golden brown.
4. Remove sandwich from the oven carefully and enjoy!

**Power Parfait**

This is a high protein, no-cook recipe that you can whip up in minutes – great on days when you are running late! It's also a great way to entertain your friends when they come over after school!

**Ingredients**

- 1 small tub plain or vanilla yoghurt
- Strawberries, sliced
- 1 banana, sliced
- Handful of nuts or sunflower seeds
- Handful of raisins

**Method**

1. Spoon some yoghurt into a tall transparent glass.
2. Add a layer of fruit and spoon some yoghurt into the glass.
3. Alternate the layers with raisins, nuts and the remaining yoghurt to create a colourful layered parfait.

**Beans on Toast**

If you can open a can, then you can make this ultra-easy, protein-rich recipe. Add some fresh ground pepper, shredded cheese and chopped parsley for a gourmet touch!

**Ingredients**

- 1 small can baked beans
- 1 slice whole wheat bread
- Ground pepper (optional)
- Chopped parsley (optional)
- Shredded cheese (optional)

**Method**

1. Spread baked beans over the bread. Add pepper, shredded cheese or parsley if desired.
2. Toast bread and beans until beans are bubbly.
3. Remove from the oven carefully and enjoy!

