



## Banana Smoothie

Serves 4

Makes about 4 cups (1litre) of smoothie.

### Ingredients:

2 cups (300g) banana, roughly chopped  
2 cups (500ml) reduced-fat milk\*

### Method:

Blend chopped banana and milk until smooth, using a blender or stab mixer.

*Tip:* for more flavour, add 4 tablespoons of low-fat yoghurt, plain or vanilla before blending.



\* We recommend full fat for under 2yrs, reduced-fat for 2-5yrs and reduced-fat or skim for over 5yrs.

## Berry Smoothie

Serves 4

Makes about 4 cups (1litre) of smoothie.

### Ingredients:

2 cups (300g) fresh mixed berries  
(e.g.: strawberries, blueberries, raspberries)  
2 cups (500ml) reduced-fat milk\*

### Method:

Blend mixed berries and milk until smooth, using a blender or stab mixer.

*Tip:* instead of fresh berries you could use frozen berries or both.



\* We recommend full fat for under 2yrs, reduced-fat for 2-5yrs and reduced-fat or skim for over 5yrs.

## Mango Smoothie

Serves 4

Makes about 4 cups (1litre) of smoothie.

### Ingredients:

2 cups (300g) mango, roughly chopped  
2 cups (500ml) reduced-fat milk\*

### Method:

Blend chopped mango and milk until smooth, using a blender or stab mixer.

*Tip:* add 4 tablespoons of passionfruit pulp before blending for a tropical smoothie.



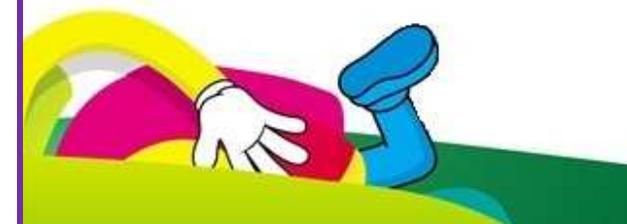
\* We recommend full fat for under 2yrs, reduced-fat for 2-5yrs and reduced-fat or skim for over 5yrs.



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## Strawberry and Banana Smoothie

Serves: 2

### Ingredients:

1½ cups reduced fat milk  
200g reduced fat berry yoghurt  
250g strawberries, tops removed  
1 banana, peeled and roughly chopped

### Method:

Blend all ingredients together using a blender or stick mixer, until smooth. Pour into serving glasses or cups and serve.



\*Source: [www.freshforkids.com.au](http://www.freshforkids.com.au).



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## Poached Eggs

Serves 4

### Ingredients:

4 eggs (1 egg per person)  
½ teaspoon vinegar  
¼ teaspoon salt (optional)

### Method:

1. Boil some water in saucepan.
2. Add vinegar and salt.
3. Break one egg at a time, into a cup and gently slide into saucepan. Once all eggs are in, allow water to simmer gently for 2-3 minutes, or until egg white is set.
4. Lift eggs carefully, drain off water and serve.

\*Source: Recipe adapted from Cookery the Australian Way, 7th Edition, Shirley Cameron and Suzanne Russell



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## Super Quick Scrambled Eggs

Serves 4

### Ingredients:

4 eggs  
8 tablespoons (120ml) reduced-fat milk

### Method:

Combine eggs and milk, in microwave-safe container. Microwave on high for 30 seconds to 1 minute. Cooking time will vary depending on your microwave. Stir with a fork and serve on hot grainy toast. If you have time, why not serve some cooked vegies like baked beans, mushrooms, baby spinach or tomato with your eggs?



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## Cheese and Tomato Omelette



Serves: 4

### Ingredients:

4 eggs  
4 tablespoons (40ml) water  
1 tomato (65g), chopped or thinly sliced  
4 tablespoons (20g) low fat-cheese, grated  
Canola spray oil  
Pepper to taste (2 -3 shakes)

### Method:

Heat pan and spray with canola oil. Add tomato and cook until softened and heated through, then set aside. In a bowl, beat the eggs with a fork. Add water and pepper and beat until frothy. Heat the pan again and evenly spray with oil. Add the egg mixture and cook slowly until lightly browned underneath. Top with the cheese and cooked tomato. Flip one side of the omelette over to form a half circle. Cook until egg is cooked through and cheese has melted. Serve.

\*Source: Recipe adapted from Cookery the Australian Way, 7th Edition, Shirley Cameron and Suzanne Russell



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## Hard-boiled Eggs



Serves 4

### Ingredients:

4 eggs (1 egg per person)

### Method:

1. Place eggs in a saucepan.
2. Add enough water to cover the eggs.
3. Bring the water slowly to a simmer.
4. Simmer for 4 minutes.
5. Turn off the heat and leave in saucepan 5 minutes.
6. Remove eggs and cool quickly in cold water to prevent dark ring around yolk.
7. Remove shell and eat.

\*Source: Recipe adapted from Cookery the Australian Way, 7th Edition, Shirley Cameron and Suzanne Russell



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## Cheese and vegetable muffins



Serves 12 (1 muffin per serve)

### Ingredients:

2 cups self-raising flour (can use ½ wholemeal SR Flour)  
1 tsp sweet paprika  
1 cup grated low fat cheese  
½ cup grated pumpkin\*  
½ cup grated zucchini\*  
2 eggs, lightly beaten  
30g margarine, melted  
1 cup low fat milk  
2 tsp. sesame seeds (optional)  
\*(Use equal amount of frozen diced mixed vegetables if preferred)



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### Cheese and vegetable muffins

**Method:** (Preparation time: 10 mins, Cooking time: 25 mins)

Preheat oven to 200°C. Grease a 12 cup muffin tray with margarine. Combine dry ingredients in a large bowl. Add cheese and grated vegetables. In a separate bowl combine eggs, melted margarine and milk. Add to dry ingredients. Stir until just combined. Spoon mixture into muffin tray, sprinkle with sesame seeds and bake for 25min or until cooked. Muffins are cooked when a skewer is inserted and come out clean. Can be served warm or cold.

*Variation:* Substitute the pumpkin and/or zucchini for other grated or finely diced vegetables such as carrot, capsicum, spring onions or mushroom.

\*Source: unknown (G:\Enterprises\Community Wellbeing\Health\OPAL\HE and PA resources\Kids in the kitchen cooking\Recipes\Cheese and vegetable muffins.docx)



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### Tomato, Ham & Spinach Crumpets with Hummus

Serves 2

#### Ingredients:

2 wholemeal crumpets  
 ¼ cup reduced fat hummus dip  
 20g baby spinach leaves  
 50g thinly sliced lean ham  
 4 slices of tomato

#### Method:

Toast crumpets until hot. Spread each muffin evenly with the hummus. Top with baby spinach leaves, ham and tomato. Season with pepper if desired.



\*Source: www.freshforkids.com.au



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### Veg and Egg Muffins

Serves 2



#### Ingredients:

2 eggs  
 2 tablespoons reduced-fat milk  
 2 wholegrain English muffins, split  
 1 tomato sliced  
 20g baby spinach leaves

#### Method:

Scramble the eggs by combining them and the milk, in microwave-safe container. Microwave on high for 30 seconds to 1 minute. Cooking time will vary depending on your microwave. Stir with a fork. Toast muffins until crisp. Top one half muffin with spinach leaves, tomato and egg. Add the other half of the muffin and serve. Variation: try different vegetables such as sliced mushrooms or grilled capsicum and zucchini.

\*Source: Recipe adapted from www.freshforkids.com.au.



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## Banana Toastie



Serves 2

### Ingredients:

- 1 banana sliced
- 1 tbsp sultanas
- Pinch of cinnamon
- 4 slices multigrain/wholemeal bread/raisin loaf/fruit bread
- Olive or canola oil spray

### Method:

1. Mix banana, sultanas and cinnamon together.
2. Lightly spray sandwich maker with oil.
3. Place two slices of bread on the sandwich maker, divide mixture over the two slices.
4. Top with remaining slices of bread.
5. Cook until heated through and bread is toasted.

*Time Saver:* mix filling ingredients the night before and store in fridge, ready for the morning.

\*Adapted from:

<http://www.gofor2and5.com.au/Recipes/Snacks/BananaToastie/tabid/180/Default.aspx>



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## French Toast



Serves 4

### Ingredients:

- 12 slices wholemeal/multigrain bread/raisin bread/fruit bread
- 2 eggs
- 1/3 cup reduced fat milk
- ½ tsp ground cinnamon
- 3 bananas
- Spray oil
- Small amount of Maple syrup to serve
- Optional: cookie shape cutter – star/circle/gingerbread person

## Fancy Beans on Toast



Serves 1

### Ingredients:

- 1 slice wholemeal/multigrain bread
- 200g baked beans
- 1 slice (25g) reduced-fat cheese
- 1 egg
- Tomato, sliced to serve

### Method:

1. Top bread with baked beans and then cheese
2. Grill until the cheese has melted
3. While grilling, fry egg in frypan
4. Top baked bean toasty with egg and serve with sliced tomato.



\*Adapted from: [http://www.heinz.com/our-food/recipes/recipe\\_2.aspx](http://www.heinz.com/our-food/recipes/recipe_2.aspx)



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## Soft Boiled Egg with Vegemite soldiers

Serves 2



### Ingredients:

- 2 eggs
- 2 slices wholemeal/multigrain toast
- 2 tsp margarine
- 2 tsp vegemite

### Method:

1. Place eggs in saucepan; add enough water to cover eggs. Bring water to boil and simmer for 3 minutes for soft boiled yolk.
2. Spread toast lightly with margarine and then vegemite and cut into 2cm fingers to make soldiers.
3. Remove eggs from saucepan and allow to cool slightly. Place eggs in egg cups and slice the tops off.
4. Dip soldiers into soft yolk.

Adapted from: <http://www.vegemite.com.au/Pages/recipe-detail.aspx?recipeId=102952>



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## French Toast

### Method:

1. Optional step: Cut shapes from each bread slice using a cookie shape cutter.
2. Whisk eggs, milk and cinnamon in a bowl.
3. Slice bananas.
4. Spray pan with oil. While heating pan, dip the bread in the egg mix until each side is soaked but not dripping.
5. Place soaked bread directly into fry pan, flipping bread so that both sides are golden.
6. Once cooked put cooked toasts on plate under alfoil or a tea-towel to keep warm while remaining bread is cooking.
7. Serve French toast stars with sliced banana and a small drizzle of maple syrup

\*Source: <http://www.taste.com.au/recipes/23085/french-toast-stacks>



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## Vegemite Downunder

Serves 1

### Ingredients:

- 1 wholemeal/multigrain English muffin
- 1 tsp Vegemite
- 1 egg scrambled or poached

### Method:

1. Beat egg and 1-2tbsp milk and fry, breaking up so that the egg is scrambled. Alternatively poach the egg in a saucepan or microwave.
2. Toast muffin and spread with vegemite
3. Top muffin with egg and serve.



Adapted from: <http://www.vegemite.com.au/Pages/recipe-detail.aspx?recipeId=103180>



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## Tomato, Ham and Mushroom Omelette



Serves 1

### Ingredients:

2 eggs  
1 tbsp reduced fat milk  
Salt & pepper to taste  
50g mushrooms, thinly sliced  
20g lean ham, finely chopped  
Cooking spray  
1/2 tomato, finely chopped  
1/4 cup reduced-fat cheese, grated

### Method:

1. Use a fork to whisk eggs and milk together. Add salt and pepper to taste. Set aside.



Picture source: <http://www.yummly.com/recipes/ham-tomato-mushroom-egg-bake>



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## Bean and Egg Toastie Pies



Makes 12, Serves 6-12

### Ingredients:

12 slices wholemeal/multigrain bread  
50g margarine, melted  
420g can baked beans  
100g lean ham, finely sliced  
4 eggs, lightly beaten  
1 Tbsp chopped chives  
Pepper  
1/2 cup reduced-fat cheese, grated

### Method:

1. Using a rolling pin, roll the bread slices lightly. Trim crusts and brush with melted margarine on one side. Place the buttered side down into 12 muffin tins.



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## Breakfast Tarts



Makes 12, Serves 6-12

### Ingredients:

12 slices wholemeal/multigrain bread, crusts removed  
60g margarine  
1 ½ tbsp vegemite (optional)  
24 cherry tomatoes halved (or 6 tomatoes sliced)  
½ cup reduced-fat cheese, grated  
¼ cup roughly chopped flat leaf parsley  
6 eggs beaten

### Method:

1. Spread each slice of bread lightly with margarine and vegemite if desired.  
2. Press into 12 x 1/3 cup capacity lightly greased muffin tins.  
3. Place some tomato, cheese and parsley in each and then pour in egg.  
4. Bake in a very hot oven (220°C) for 10-15 minutes or until cooked.  
5. Cool slightly before turning out. Serve warm or cold.

Adapted from: <http://www.vegemite.com.au/Pages/recipe-detail.aspx?recipeId=125086>



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## Bircher Muesli

Serves 6



### Ingredients:

- 2 cups rolled oats
- 1/2 cup chopped dried apricots
- 1 cup orange juice
- 1 1/2 cups reduced fat milk
- 1 cup reduced fat natural yogurt plus extra, to serve
- 1/3 cup chopped nuts (such as hazelnuts or almonds)
- 1 apple, grated
- chopped banana or strawberries, to serve

### Method:

1. Combine oats, apricots, orange juice, milk, yogurt, nuts and apple, cover and refrigerate overnight.
2. Serve with banana or strawberries and extra yogurt.

Adapted from: <http://www.recipes.com.au/Recipe/Bircher-Muesli.aspx>



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## Bean and Egg Toastie Pies

2. Bake at 180°C for 10-12 minutes until the bread cases are golden and crispy.
3. Divide the baked beans and sliced ham evenly among the bread cases.
4. Combine the eggs and chives and season with pepper. Pour over the beans and sprinkle with grated cheese.
5. Return to the oven for a further 15 to 20 minutes or until hot and golden.

Adapted from: <http://www.foodinaminute.co.nz/Recipes/Bean-and-Egg-Toastie-Pies>



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## Tomato, Ham and Mushroom Omelette

2. Spray a small non-stick frying pan (16cm base) with cooking spray. Heat the oil over medium high heat, and then add mushrooms and ham. Cook for 3 minutes or until mushrooms soften. Stir in tomato. Cook for 1 min. Remove from pan and set aside. Wipe pan with paper towel.
3. Spray the frying pan with cooking spray. Add eggs to the pan, cooking over medium-high heat. Use a fork to quickly draw the cooked egg back from edge of pan to allow uncooked egg to run to the edge. Continue until egg is almost set. Cook for a further 30-45 seconds or until egg is just set.
4. Spoon mushroom mixture over half the omelette. Sprinkle over cheese. Use a fork or spatula to lift one side of the omelette over to enclose filling. Carefully slide onto plate and serve.

Adapted from: <http://www.taste.com.au/recipes/13721/mushroom+bacon+and+tomato+omelette>



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## Banana Yoghurt Muffins



Makes 12, Serves 6-12

### Ingredients:

Cooking spray

1 ¾ cups Self Raising flour (option: change to wholemeal SR flour)

½ cup castor sugar

1 cup natural yoghurt

1 egg

1/2 cup canola oil

2 large bananas mashed



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## Savoury Muffins



Makes 12, Serves 6-12

### Ingredients:

Cooking spray

½ cup wholemeal self-raising flour

½ cup self-raising flour

1 tsp baking powder

2 eggs

1 tbsp vegetable oil

½ cup reduced fat milk

1 small onion, diced finely (or pureed)

½ red capsicum, diced finely

1 small zucchini, grated (or carrot grated)

100g corn kernels (drained weight)

2 tbsp chopped fresh chives or parsley (optional)

½ cup reduced-fat cheese, grated

Pepper to taste



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## Pear and Banana Muffins



Makes 24, Serves 12-24

### Ingredients:

Olive or canola oil spray

2 cups whole-meal self-raising flour

2 cups white self-raising flour

¾ cup brown sugar

2 eggs

150 mL low-fat natural yoghurt

½ cup orange juice

1 large banana, peeled and chopped

1 pear, cored and diced

½ cup reduced fat milk



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### Pear and Banana Muffins

#### Method:

1. Preheat oven to 170 °C. Lightly grease a 12-hole, 1/3 cup capacity muffin pan with cooking spray.
2. Sift flours, returning husk from whole-meal flour to the bowl, add brown sugar.
3. In a separate bowl mix eggs, yoghurt and juice. Combine with the flour mix and fold through fruit and milk (you may need less milk depending on moisture in fruit). Do not over-mix.
4. Spoon mixture into trays. Bake near the top of the oven for 18-20 minutes. Turn onto a wire rack to cool.

*Morning Time Saver:* Cook these muffins in advance and freeze. In the morning microwave a muffin or two for breakfast.

Source:  
<http://www.gofor2and5.com.au/Recipes/Snacks/PearBananaMuffins/tabid/186/Default.aspx>



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#### Method:

1. Preheat oven to 180°C
2. Lightly grease a 24-hole, 1/4 cup capacity mini muffin pan with cooking spray.
3. Sift flours and baking powder in a bowl
4. Combine eggs, oil and milk in a separate bowl
5. Stir milk mixture through the flour mixture very gently, and then add the onion, capsicum, zucchini/carrot, corn, chives/parsley and cheese until just mixed – do not over-mix or muffins will be tough.
6. Season with pepper
7. Spoon mixture into prepared pans, filling until ¾ full
8. Bake in oven for about 10-15 minutes or until golden brown.

*Morning Time Saver:* Cook these muffins in advance and freeze. In the morning microwave a muffin or two for breakfast.

Source: "Playford Mini Savoury Muffin Recipe"  
Picture source: <http://allrecipes.com.au/recipe/12913/zucchini-savoury-mini-muffins.aspx>



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### Banana Yoghurt Muffins

#### Method:

1. Preheat oven to 180°C. Lightly grease a 12-hole, 1/3 cup capacity muffin pan with cooking spray.
2. Combine yoghurt, egg, oil and 1 cup mashed banana in a large bowl. Gradually add the flour and sugar, stirring until just combined.
3. Spoon mixture into muffin holes. Bake for 20 to 25 minutes or until a skewer inserted into the centre comes out clean
4. Stand muffins in pan for 5 minutes. Turn onto a wire rack to cool completely. Serve warm or cold

*Morning Time Saver:* Cook these muffins in advance and freeze. In the morning microwave a muffin or two for breakfast.

Adapted from:  
<http://www.taste.com.au/recipes/16068/banana+yoghurt+muffins>  
Picture from: <http://pracperfect.wordpress.com/2010/11/27/banana-yoghurt-muffins/>



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