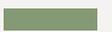
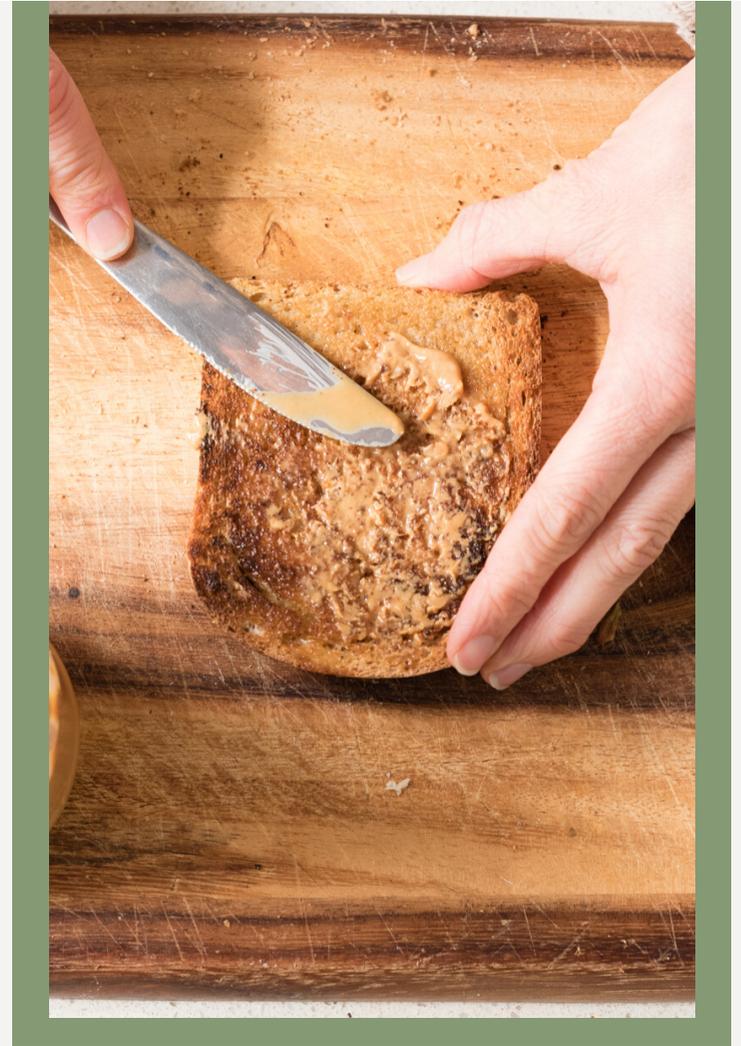

Quick & Easy Breakfast Options



Quick & Easy Breakfast Options

PEANUT BUTTER TOAST

- 1 PIECE WHOLEMEAL TOAST
- 1 TEASPOON 100% PEANUTS PEANUT BUTTER

OPTIONAL ADDITION

- SLICED OR MASHED BANANA

*NOT TO BE TAKEN TO SCHOOL

- BE SURE TO STIR PEANUT BUTTER BEFORE SPREADING ON TOAST

2 INGREDIENT PANCAKES

- 1 MEDIUM TO LARGE BANANA - MASHED
- 2 EGGS - WHISKED

OPTIONAL ADDITIONS

- SLICED BANANA
- NATURAL, GREEK (NOT "GREEK STYLE") OR COCONUT YOGHURT
- 1 TEASPOON HONEY OR 100% PURE MAPLE SYRUP

- COMBINE THE ABOVE TOGETHER IN A BOWL.

- ADD A SMALL AMOUNT OF COCONUT OIL OR BUTTER TO A FRY PAN.

- ADD INGREDIENTS TO THE PAN. HALVE QUANTITY IF NECESSARY.

- COOK UNTIL THE TOP BEGINS TO BUBBLE THEN FLIP.

CEREAL & FRUIT

- 1/2 - 1 CUP PUFFED BROWN RICE
- 1/2 CUP MILK OF CHOICE (COW'S, ALMOND, SOY ETC)
- 1 APPLE

NUTRITION INFORMATION

BENEFITS OF 100% PEANUT BUTTER

- QUALITY SOURCE OF PROTEIN AND HEALTHY FAT.
- PROMOTES SATIETY.
- PROMOTES HEART AND NEURAL HEALTH.
- AIDS IN BALANCING BLOOD GLUCOSE WHICH ASSISTS IN MINIMISING DIABETES.

BENEFITS OF WHOLEMEAL BREAD

- COMPLEX CARBOHYDRATE. SLOWLY CONVERTS TO BLOOD GLUCOSE WHICH SUSTAINS ENERGY FOR THE BODY AND THE MIND.
- QUALITY SOURCE OF DIETARY FIBRE WHICH AIDS DIGESTION, PROMOTES REGULAR BOWEL MOTIONS AND HELPS TO PREVENT BOWEL CANCER.

BENEFITS OF BANANA

- QUALITY SOURCE OF VITAMIN B6 AND VITAMIN C.
- LOW IN SODIUM AND HIGH IN POTASSIUM TO SUPPORT HEALTHY HEART AND BLOOD PRESSURE.

BENEFITS OF EGGS

- QUALITY SOURCE OF PROTEIN.
- RICH IN VITAMIN D.
- THE MOST COMPLETE NUTRIENT SOURCE (WITH THE EXCEPTION OF FIBRE) FOR A DIET.

BENEFITS OF PUFFED BROWN RICE

- COMPLEX CARBOHYDRATE. SLOWLY CONVERTS TO BLOOD GLUCOSE WHICH SUSTAINS ENERGY FOR THE BODY AND THE MIND.
- INCREASES NUTRIENT INTAKE WHILST DECREASES CONSUMPTION OF SUGARS, ADDITIVES, COLOURS AND FLAVOURINGS IN OTHER CEREALS.

HEALTH BENEFITS OF APPLE

- PREBIOTIC EFFECT TO PROMOTE GUT HEALTH.
- QUALITY SOURCE OF DIETARY FIBRE.