

## Quick healthy breakfasts



### Fruit muffins with ricotta & banana

Serves: 2

2 spicy fruit muffins, split in half  
100g low-fat ricotta cheese  
2 small ripe bananas, peeled and sliced  
honey, to serve

#### Method:

Toast muffins until light golden. Spread each with ricotta. Top with sliced banana. Drizzle with honey and serve.

### Fruit & yoghurt breakfast shake

Makes: 2 large shakes

1<sup>1</sup>/<sub>2</sub> cups reduced fat milk  
200g carton reduced fat berry yoghurt  
125g strawberries, hulled  
1 small banana, peeled and roughly chopped

#### Method:

Place milk, yoghurt, strawberries and banana in a blender. Blend until smooth. Pour into serving glasses and serve immediately.

### Tomato & cheese crumpet melts

Serves: 2

2 crumpets  
butter or margarine, for spreading  
1 medium ripe tomato, sliced  
2 slices reduced fat tasty cheese, halved diagonally

#### Method:

Grill crumpets until golden. Spread lightly with butter or margarine. Top with sliced tomato and cheese. Grill until cheese melts and serve.



#### Bananas:

- An excellent source of vitamins B6 and C
- One banana provides a third of your daily vitamin C requirements
- A good source of potassium and carbohydrate
- Low GI providing sustained energy
- Bananas contain some iron and folate