

Here are some different ideas to tempt the children at breakfast time!

FRESH AND FRUITY BREAKFAST QUESADILLAS

Ingredients

Recipe serves 8

2 cups chopped tropical fruit (strawberries, pineapple, mango, kiwi fruit or other fruit of choice)
8 small whole wheat tortillas
4 tablespoons low fat cream cheese



Method

- Combine fruit and cream cheese in a bowl and mix well.
- Spread the mixture evenly among 4 of the whole wheat tortillas. Top with remaining tortillas to make a 'sandwich'.
- Heat a non-stick fry pan and cook both sides of the quesadilla until crispy. Serve warm.

<http://www.superhealthykids.com/blog-posts/fresh-and-fruity-breakfast-quesadillas.php> accessed 29 April, 2014

BACON AND CORN PANCAKES

Ingredients

Recipe makes 8

8 bacon rashers, roughly chopped
1/3 cup finely chopped red onion
1 cup plain flour
2 tablespoons chopped fresh chives
1 teaspoon baking soda
½ teaspoon salt
1/8 teaspoon cayenne pepper
2/3 cup low fat milk
1 large egg
1 tablespoon vegetable or canola oil
1 cup frozen, fresh or canned corn kernels
½ cup low fat cheese, grated



Method

- In a small frying pan, cook the bacon pieces until they begin to brown. Add the onion and continue to cook until the bacon is crispy and the onion is softened.
- While the bacon is cooking, combine the flour, chives, baking powder, salt and pepper in a medium bowl. Stir in the milk, egg and oil until just combined. Stir in the bacon mixture, corn and cheese. If the mixture is too thick, add a little more milk.
- Heat a non-stick frying pan or skillet and pour about ¼ cup of batter for each pancake into the frying pan. Cook for 3-4 minutes per side or until golden brown. Serve warm.

<http://www.recipegirl.com/2012/02/16/bacon-and-corn-griddle-cakes/> accessed 29 April, 2014