

Breakfast Bonanza

Apple Breakfasts



Apple Pancakes (Serves 4)

Ingredients

2 apples (grated)
 200g self raising flour
 200ml milk
 1 egg
 Sunflower oil
 Natural yoghurt

Equipment

Frying pan, mixing bowl, grater, whisk, spatula, oven, kitchen foil, plate

Method

1. Put the flour, milk and egg into the mixing bowl and beat together with the whisk
2. Add the apple and juices to the batter mixture
3. Add a teaspoon of sunflower oil to the frying pan and heat over a medium heat
4. Add the batter, adding a spoonful at a time until it covers the bottom of the pan
5. Allow to cook until bubbles begin to appear on the surface of the pancake and the bottom turns golden brown
6. Use the spatula to flip the pancake and continue to cook until both sides are golden brown
7. Transfer to a plate, cover with foil and place in a warm oven while continuing to cook the rest of the batter
8. Serve warm with a tablespoon of natural yoghurt

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
179	MEDIUM	LOW	MEDIUM	MEDIUM

Baked Apple (Serves 1)

Ingredients

1 apple
 Pinch cinnamon
 1 tablespoon honey
 2 tablespoons natural yoghurt
 2 tablespoons muesli

Equipment

Baking sheet, oven

Method

1. Core the apple and place onto a baking tray
2. Sprinkle over the cinnamon and the honey and bake at 220°C for 10 – 15 minutes
3. Remove from the oven and top with the yoghurt and muesli

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
179	LOW	LOW	LOW	MEDIUM