

Family breakfast ideas

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Key points:

- A nutritious breakfast doesn't have to take a long time to prepare or eat.
- A healthy breakfast has fruit/vegetables, a protein source and some slow release carbohydrates.
- Quick, tasty, make ahead breakfast ideas can be enjoyed by the whole family.

Introduction

A nutritious breakfast doesn't have to take a long time to prepare or eat. Breakfast is the meal that supplies our brain and body with much needed nutrients to function well for the day. A healthy breakfast has fruit/vegetables, a protein source and some slow release carbohydrate. Here are some options the whole family will enjoy.

Super quick and tasty

- Smoothie with milk, yoghurt, fruit, a handful of oats or a wheat biscuit
- Cottage cheese and sliced tomato on grainy bread toast
- Baked beans on a wholemeal English muffin
- Toasted bagel with avocado, sliced tomato and pumpkin seeds
- Raisin toast with sliced banana and ricotta, sprinkled with cinnamon

Kids will love these

- Pancakes served with yoghurt and chopped fruit
- Breakfast sushi – flatten a piece of bread with a rolling pin and cut off the crusts. Add a spread, sprinkle some fillings then roll and cut into sushi pieces. Try nut butter and banana, or ricotta and avocado.
- Ricotta and berries on a wholemeal wrap or wholemeal fruit toast, drizzled with honey
- Boiled egg with grainy bread toast soldiers
- Zucchini, cheese and corn fritters

Great to make ahead

- Homemade wholemeal muffins. Savoury flavours like grated vegetables and cheese, or sweetened naturally with fruit like banana and sultanas.
- Overnight oats or Bircher muesli
- Yoghurt parfait – layers of yoghurt, chopped fruit and crunchy muesli sprinkle
- Zucchini slice/frittata slice
- Mashed egg in a wholemeal wrap with spinach leaves
- Boil eggs and keep in their shell for up to 5 days in the fridge

Remember:

- Breakfast doesn't have to take a long time to prepare or eat.
- Include a source of protein, fruits/vegetables and slow release carbohydrates for a nourishing breakfast.
- Tasty, get ahead ideas for breakfast can be enjoyed by the whole family.

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