

Breakfast Recipes



Action on Sugar

A special thank-you to:

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Oral Health Foundation
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For donating their recipes



Action on Sugar

Oat & Apple Pancakes

Serves 1

40g Porridge Oats
2 Medium Oats
50ml Skimmed Milk
2 Apples Grated
Fat Free Greek Yogurt
Fresh Berries



1. Ground the oats to a powder in food processor
2. Add the eggs and milk to the processor and blend to a batter.
3. Place in a bowl and mix in the apples evenly
4. Heat up a non stick frying pan to a gentle heat, and use fry lite to grease it (couple of sprays)
5. Drop pancake mix into the pan using large tablespoon full for each pancake or make as big as you like!
6. Gently cook on one side and when looks set, turn over and cook the other side.
7. Serve pancakes stacked or set alongside each other topped with Fat free Greek yoghurt and fresh berries

Blackberry & Apple Breakfast Pot

Serves 4

4 British Eating Apples
1/4 tsp Ground Cinnamon
150g Blackberries
3 tbsp Oats
3 tbsp Unsalted Nuts
300g Natural Yogurt



1. Quarter and core the apples, leaving the skin on. Chop each quarter into 2-3cm dice. Transfer to a saucepan with 3 tbsp water and the cinnamon.
2. Cover with a lid and cook gently for 5 minutes, stirring occasionally. Remove the lid and continue to cook, stirring for a further 5 minutes - the apple should have begun to break down but should not be a puree – you want to keep some texture. Set aside 4 blackberries, then stir the rest into the hot apple and tip into a bowl to cool. You can do this the day before if you like, once cool, keep covered in the fridge.
3. Meanwhile, set a frying pan over a medium heat. Add the oats and nuts and cook, shaking the pan occasionally until lightly toasted – about 3-4 minutes. Transfer to a plate.
4. Once the compote is cool, layer up in glasses with yogurt, alternating the layers until used up. Sprinkle over the nuts and oats. Top with the remaining fresh blackberries.

Charlotte Radcliffe RNutr,
Registered Nutritionist

Veggie Breakfast Muffins

Makes 8 - 10

For the roasted veg (make in advance)

- 1 tsp olive oil
- 1 red pepper, chopped into small chunks
- 1 yellow pepper, chopped into small chunks
- 2 celery sticks, chopped
- 1 red onion, chopped

For the batter

- 80g butter/margarine
- 250g self-raising flour
- 2 tsps baking powder
- 1 tsp ground coriander
- 1 tsp garlic powder
- Cracked black pepper to taste
- 200g natural yogurt
- 50ml milk
- 1 large egg (or 1 chia seed egg)
- 1 tsp chia seeds



Charlotte Stirling-Reed RNutr,
Registered Nutritionist

1. First of all, prep and roast your veg. This can be done a few days in advance or a few hours before, as the roasted veggies need to be cool once you've put them in the muffin mix. Simply chop the veg, drizzle in olive oil and either fry them in a pan for 15 minutes on the hob, or roast in the oven for 30 minutes – it's up to you!
2. Now to prepare your muffin mix. Melt the butter in a mixing bowl in the microwave for a minute.
3. Add your dry ingredients (flour, baking powder, coriander, garlic powder and black pepper) to the butter and mix together. Don't worry, this is supposed to be lumpy.
4. Now to beat in the egg and milk – your mix should start to form a paste. You don't want to mix it much more than this as it can overwork the batter, and your muffin won't be as fluffy.
5. Fold in the yogurt until evenly spread throughout the batter
6. Add the chia seeds (These are an excellent little addition to add some extra texture)
7. Now for the veg – fold in half the veggies carefully, making sure not to get any excess juices into the mix if possible. If your mix looks a little too shiny, add in an extra tbsp of flour to balance it out.
8. Evenly distribute the mix into 8-10 muffin cases and bake in the oven at gas mark 6/200°C for 25-30 minutes or until golden brown.
9. Once cooled, serve with some yogurt, some scrambled egg or keep in a sealed container for an on-the-go breakfast/snack

Charlotte Stirling-Reed RNutr,
Registered Nutritionist

Eggs For Brunch

Serves 4

2 slices of bread

50g/1¾oz unsalted butter

50g/1¾oz finely chopped cooked ham

50g/1¾oz grated Cheddar cheese

4 large free-range eggs

Small bunch of chives,
thinly sliced, to garnish



1. Fill and boil the kettle.
2. Preheat the grill and place the bread on an oven tray. Lightly toast for 1–2 minutes on each side, then butter the toast and layer with ham and cheese.
3. Butter 4 ramekins and crack a single egg into each. Place a deep-sided roasting tin on the hob, arrange the ramekins in the tin and carefully pour in boiled water from the kettle, so that it comes to 2cm/1 inch below the top of the ramekins. Turn on the heat and cook for 6 minutes.
4. When the eggs have cooked for 6 minutes, carefully remove the ramekins from the water and place on the oven tray with the ham and cheese-topped toast. Grill for 2–3 minutes, until the eggs are just set and the cheese is bubbling.
5. Cut the toast into soldiers and serve with the egg on the side, sprinkled with chives.

Breakfast Couscous

Serves 2-3

100g couscous
30g raisins
30g flaked almonds*
2-3 pinches of ground cinnamon
1/2- 1 teaspoon vanilla essence
1 small orange
100ml milk



1. Fill the kettle and boil
2. Add the couscous to a mixing bowl and cover with around 250ml of boiling water and let it stand for 10 minutes, until absorbed
3. Soak the raisins in lukewarm water for around 10-15 minutes. Once soft, drain (chop into small pieces if offering to young children)
4. Use a fork to gently fluff up the couscous
5. Optional- gently toast the almonds by placing them in a dry frying pan over a medium heat and stir for 2 to 3 minutes, until golden brown
6. Grate the orange to create a fine zest
7. Add the raisins, almonds, cinnamon, vanilla essence and orange zest and gently toss together
8. Gently warm 100ml of milk in a saucepan and pour over the couscous
9. Serve and enjoy!

*Please note: whole and broken nuts are not suitable for children under 5

Apple Porridge

Serves 4

40g Porridge Oats

400ml unsweetened calcium-fortified soya milk alternative

120g grated apple (1/2 large apple, cored and peeled)

1/2 teaspoon cinnamon powder



1. Place all the ingredients in a non-stick saucepan and simmer for 10 minutes, stirring all the time until the porridge is cooked
2. Allow to cool before serving

Courgette and Salmon Frittata

Serves 4



1 tbsp olive oil for frying
1 onion, finely sliced
2 medium/large courgettes
75g frozen peas
6 large eggs
75ml milk of choice (dairy or alternative)
Handful of fresh coriander and/or parsley, chopped
2 wild salmon fillets (220g total), cut into chunks
Sourdough toast, to serve

1. Place an oven-proof frying pan over a medium heat on the hob, and heat the oil. Fry the onion for 2 minutes.
2. Add the courgette, peas and a splash of water to the pan and sauté for a further 5 minutes.
3. Meanwhile, in a large bowl, beat the eggs with the milk, parsley/coriander, then stir in the salmon.
4. Pour the egg mixture into the pan (over the vegetables). Stir well with a spatula, then leave to cook over a medium-low heat for 10 minutes. Meanwhile, pre-heat the oven to 200 C.
5. When it's almost set, place the oven-proof pan in the oven for 5 minutes until puffed and golden on top.
6. Ease the frittata out of the pan and slice into wedges before serving.

Eli Brecher ANutr,
Registered Associate
Nutritionist

Carrot and Orange Spiced Porridge

Serves 1 toddler

15g porridge oats

Pinch of ground mixed spice or cinnamon

100ml milk

½ tsp ground almonds

⅛ of a small carrot, peeled & grated

Zest of 1/4 an orange

Fresh orange slices (pips & pith removed)

Milled flaxseed to sprinkle on top, optional



1. Add the porridge oats, mixed spice, milk, ground almonds, grated carrot and orange zest to a small non-stick saucepan & warm on a medium heat until the mixture has thickened (approximately 3-5 minutes).
2. Stir regularly. Add a little water if it needs loosening or is too thick.
3. Serve the porridge in a bowl with the orange slices and a little flaxseed if you wish.

Laura Matthews RNutr,
Registered Nutritionist

Winter Warmer Porridge

Serves 2

60g Rolled Oats / Porridge Oats
300ml milk of choice (dairy or alternative)
1 grated apple, plus extra for topping
1 tablespoon milled linseeds (aka flaxseeds)
1/2 teaspoon ground cinnamon
1/4 teaspoon ground ginger
Pinch of nutmeg
Nut butter or tahini for topping (optional)



1. Place the oats, milk, spices and half the grated apple into a saucepan (reserving some of the apple for topping). Bring to a light boil, then reduce heat to simmer gently for 4 - 5 minutes, until thick and creamy, stirring frequently so the porridge doesn't stick to the pan.
2. Remove from the heat, stir in the linseeds and add more liquid (water or milk) if you like a runnier consistency.
3. Divide between two bowls and top with the remaining grated apple and an extra dusting of cinnamon. For extra protein and essential fats, you could also drizzle a teaspoon of nut butter or tahini over the top (optional).

Shakshuka

Serves 2

1 tbsp olive oil
1 red onions, chopped
1 red chilli, deseeded and finely chopped
2 tsp paprika
1 tsp cumin
1 garlic clove, sliced
small bunch of coriander stalks and leaves chopped separately
500g fresh chopped tomatoes
1 avocado
2 eggs
1-2 tsp Chicken stock powder
salt and pepper, to taste
Juice of half a lemon



1. Add oil to pan and then add onion, chilli and garlic. Once softened, add the spices and sauté until fragrant.
2. Add in the fresh tomatoes, stock powder and stir gently until well-combined. Let simmer for ten minutes.
3. While that is simmering, prepare the avocado. Cut in two and remove the stone. Scope the avocado out of its skins and mash with salt and pepper. Add juice to the avocado and mix well again.
4. Make two little wells in your Shakshuka pan and crack each egg into their own well. Set onto a medium heat while the egg cooks.
5. Season with salt and pepper before serving alongside the avocado.

Banana and Pumpkin Seed Pancakes

Serves 2

- 1 Banana Mashed
- 1 Egg Beaten
- 2 tbsp Oats
- 1 tbsp Pumpkin Seeds
- 1 tbsp Linseeds



1. Preheat a pan/griddle and grease it
2. Mash the banana and mix with the egg
3. Mix the oats and seeds together
4. Mix the wet and dry ingredients
5. Drop a serving spoon portion onto the pan/griddle and allow to cook for a couple of minutes, look for the bubbles on the top then flip it.
6. These need a little more TLC than normal pancakes when turning them over

Priya Tew RD,
Dietitian

Traffic Light Bagels

Serves 4

2-4 wholemeal bagels
3 eggs
2-3 tomatoes
Handful spinach leaves



1. If the bagel isn't already sliced, slice it in half.
2. Crack the eggs into a small bowl and scramble with a fork.
3. Slice the tomatoes nice and thinly.
4. If you have a hob, pour the egg and spinach into a saucepan and cook on a medium temperature. Keep mixing until the egg is cooked.
5. If you don't have a hob, you can use a microwave. Simply put the egg and spinach into a microwaveable bowl, heat for 30 seconds then stir with a fork. Microwave again for 10 seconds at a time, mixing after every burst until almost set (don't forget it will continue to cook after you take it out).
6. Put the sliced tomatoes onto the halved bagel, along with the scrambled eggs and spinach.
7. Try adding 1/2 tsp paprika to your eggs to spice them up, or experiment by adding some smashed avocado

Omelette

Serves 1



2 tsp oil
2 large free-range eggs
1 tbsp milk
25g Cheddar cheese, grated
1 medium tomato, de-seeded and chopped
1 small spring onion, finely chopped
Salt and pepper

1. Grease the mug with the oil, using a pastry brush or a piece of kitchen roll dipped in the oil.
2. Crack the eggs into the mug, add the milk and whisk with a fork.
3. Add the filling ingredients, i.e. cheese, tomato and spring onion, with a pinch of salt and pepper. Whisk again.
4. Place the mug in the microwave and cook on full power for around 1 minute 40 seconds. It might take less time or a bit longer for the eggs to cook, so microwave for a 20 second burst, stir the eggs gently to mix and then repeat this process until the eggs are set.
5. Leave the eggs to stand for a minute and then serve.

Veggie Stuffed Omelette

Serves 1-2

1tsp vegetable oil
50g chopped red pepper
50g sliced mushrooms
50g red onion
25g spinach leaves
2 eggs
1 tbsp semi-skimmed milk
Black pepper
1 tbsp reduced-fat Cheddar cheese



1. In a non-stick frying pan or large non-stick pan, heat the oil over a medium-high heat.
2. Add the red pepper, mushrooms and red onion. Cook for 2 minutes, stirring constantly.
3. Add the spinach and cook until the spinach wilts.
4. Remove the vegetables from the pan and put in a bowl.
5. In a small bowl, beat the eggs with the semi-skimmed milk and black pepper.
6. Heat the same pan and add the egg mixture to the pan. Ensure that the eggs cover the base of the pan by moving the pan. Cook the omelette for a short time until it is lightly browned on the bottom.
7. Place the cooked vegetables on one half of the omelette and top with the cheese.
8. Using a spatula, carefully fold over the other half of the omelette on top of the vegetables.
9. Serve immediately.

Zoe Griffiths RNutr,
Registered Nutritionist

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