



## BREAKFAST IDEAS

# Microwave Mug Omelette

### Ingredients

2 eggs

1 spring onion, finely sliced

4 cherry tomatoes, halved

Handful of fresh spinach

Optional: Chopped ham / grated cheese /  
crumbled feta, chopped fresh herbs, chill flakes

Salt and pepper

### Cooking Instructions

1. Beat the eggs in a large mug and season with salt and pepper.
2. Add in your remaining ingredients and stir well.
3. Microwave for 1 minute, check to see if the egg is cooked, if not return to the oven for a further 30 seconds until cooked through.
4. Top with more fresh herbs or a sprinkle of seeds.



BREAKFAST IDEAS

# Scrambled Egg on Toast

## Ingredients

2 eggs

1 tbsp milk

1 slice wholegrain toast

½ avocado

## Cooking Instructions

1. Beat eggs, milk, salt & pepper in microwave safe bowl. Microwave on high 45 seconds, stir. Microwave again for another 30 second until eggs are set.
2. With a fork smash ½ ripe avocado onto wholegrain toast, top with scrambled eggs.



## BREAKFAST IDEAS

# Ham and pesto baked eggs

### Ingredients

- 2 eggs
- 2 slices of ham (or smoked salmon)
- 1 tbsp basil pesto
- 6 cherry tomatoes, halved
- Fresh basil leaves
- 10g grated parmesan
- Olive oil

### Cooking Instructions

1. Lightly grease a microwave proof bowl with a little olive oil, place the ham slices on the base and around the inside of the bowl.
2. Crack in the eggs, leaving them whole.
3. Sprinkle over cherry tomatoes, grated parmesan and dollops of pesto. Season with salt and pepper and a drizzle of olive oil.
4. Cook in the microwave for 1-2 minutes until the eggs are cooked to our liking.
5. Finish with sprigs of fresh basil.



BREAKFAST IDEAS

# Baked Apple & Cinnamon

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## Ingredients

1 apple  
Cinnamon  
150g Greek yoghurt

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## Cooking Instructions

1. Slice 1 apple and microwave 3 and half minutes or until soft and tender
2. Place on top of yoghurt
3. Sprinkle over a good helping of cinnamon



## BREAKFAST IDEAS

# Blueberry & Banana Baked Oat Meal

### Ingredients

- 1 tsp coconut oil
- 40g oats
- 1 tbsp chopped nuts or seeds
- 150ml milk
- 1 small ripe banana, mashed
- 1 handful of blueberries
- 1 tsp cinnamon

### Cooking Instructions

1. Grease the inside of a large mug or microwave safe bowl with the coconut oil. Add all the ingredients and stir well.
2. Microwave for 2-3 minutes, stirring in a little more milk if needed.
3. Top with chopped nuts, more blueberries or nut butter.



BREAKFAST IDEAS

# Seedy Porridge

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## Ingredients

50g oats

200ml milk

2 tbsp whole flaxseeds

1 tbsp almond butter

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## Cooking Instructions

1. Place oats and milk in a microwavable bowl
2. Microwave for 3 minutes or until cooked
3. Stir in flaxseeds
4. Drizzle over almond butter