



Basic Education
Health



**NATIONAL NUTRITION WEEK AND NATIONAL OBESITY WEEK 2018:
“BREAKFAST – THE BEST WAY TO START YOUR DAY”**

RECIPES



THE HEART
AND STROKE
FOUNDATION
SOUTH AFRICA



Creamy oats with cinnamon and banana

Serves 4

- 1 cup (250 ml) uncooked oats
- 1½ cups (375 ml) water
- 1½ cups (375 ml) low-fat milk
- ¼ tsp (1.2 ml) salt
- 1 – 2 bananas, sliced
- 1 tsp (5ml) ground cinnamon



1. Place oats, water, milk and salt in a saucepan and bring to the boil over medium heat. Once it starts to simmer stir constantly to prevent lumps.
2. Simmer for 5 – 10 minutes or until cooked.
3. Serve oats with banana and cinnamon.

(Source and image: *Cooking from the Heart 2 - a collaboration between the Heart and Stroke Foundation SA and Pharma Dynamics*

Microwave oats porridge

Serves 1

- 1/4 cup (60 ml) uncooked oats
- ¾ cup (180 ml) water (or half water and half low-fat milk)
- pinch of salt

Place in a big enough glass bowl or microwave container and microwave for 3 – 5 minutes, depending on your microwave. Stir often and make sure it does not boil over.

Tips:

1. Pumpkin or sunflower seeds are delicious with oats and fruit. Try chopped, raw, unsalted almonds – use 2 tablespoons (30 ml) per portion of oats.
2. If you are used to sugar – try this version – the fruit add a natural sweetness and you will not miss the sugar. If you struggle at first, gradually reduce the sugar until you do not need it anymore.

(Source: *The University of Nebraska – Lincoln Extension*)

Basic overnight oats recipe

Serves 1

- 1/3 cup (80 ml) oats
- ½ cup (250 ml) low-fat milk
- 1/3 cup (80 ml) unsweetened, low-fat yogurt
- ½ tablespoon chia seeds (optional)
- Approximately ½ teaspoon (2.5 ml) honey or maple syrup

1. Put all of the ingredients in a mason jar (or container of your choice.)
2. Put the lid on and shake it up until all ingredients are combined.
3. Store in fridge overnight (or up to 3 days) and enjoy.
4. Top with any toppings you like (fruit, peanut butter, granola, cereal, etc.)

Tailor to your own taste preference by adding some of the following ingredients to your basic overnight oats recipe:

Chocolate peanut butter banana

1 tablespoon (15 ml) cocoa
1/3 of a banana, sliced
1 tablespoon (15 ml) peanut butter

Strawberries and cream

3-4 strawberries, chopped
1 teaspoon (5 ml) vanilla extract

Peaches and cream

1/2 of a peach, chopped
1 teaspoon (5 ml) vanilla extract

Apple cinnamon

½ (2.5 ml) teaspoon cinnamon
1/3 of an apple, chopped

(Source: Student Health and Wellbeing, UC San Diego)

Homemade muesli

Makes 1.2 kg

1 kg (1 box) uncooked oats
½ cup (125 ml) raw almonds, chopped (optional)
½ cup (125 ml) sunflower seeds (optional)
5 tablespoons (75 ml) sunflower oil
2 tablespoons (30 ml) honey or sugar
2 teaspoons (10 ml) vanilla essence



1. Preheat oven to 180°C and line a baking tray with baking paper.
2. Place oats, nuts and seeds in a large mixing bowl. Place oil and honey or sugar in a separate bowl and melt in the microwave or a small saucepan over low heat for a few minutes. Stir in the vanilla.
3. Mix oil mixture well into oats mixture.
4. Spread oats in a single layer on the baking paper. Roast for 10 minutes. Stir through and roast for another 8 – 10 minutes or until golden brown and crispy.
5. Remove from the oven and allow to cool completely. Store in an airtight container for up to 4 weeks.
6. Serve ½ cup (125 ml) of muesli with ¼ cup (60 ml) of unsweetened low fat yogurt and ½ cup (125 ml) of any fresh fruit (use seasonal fruit like peaches, mangoes grapes or berries in summer and pawpaw, banana, grapefruit, kiwi or naartjies in winter).
7. Add a pinch of cinnamon for more flavour.

(Source and image: Cooking from the Heart 2 - a collaboration between the Heart and Stroke Foundation SA and Pharma Dynamics)

Mix and match trail mix

Serving size: ¼ cup (60 ml)

2 cups raw walnut halves/pieces or slivered almonds (or other nuts)
2 cups raw pumpkin seeds (or other seeds of choice)
1 cup dried cranberries or dried cherries (or other dried fruit of choice)
1/4 cup dark choc chips (> 80% cocoa) or cocoa nibs

Mix all ingredients together and store in airtight container.

(Source: Angela Stanford)

Fresh fruit salad

Winter fruit salad

Serves 5

- 1 medium apple or pear
- 1 medium banana
- ½ medium pineapple
- 1 small grapefruit, orange or large naartjie
- ½ medium papaya

Summer fruit salad

- 1 medium apple
- 1 medium banana
- ½ medium pineapple
- 1 medium peach or large apricot or plum
- 200 g berries, strawberries or grapes
- 1 small mango



To serve:

- 300 ml plain low-fat, unsweetened yoghurt
- 150 ml sunflower seeds or chopped almonds

1. Prepare fruit by peeling, coring, slicing and chopping according to your choice of fruit. Mix together gently.
2. Serve 1 cup (250 ml) of fruit salad per person and add ¼ cup (60 ml) plain low-fat yoghurt and 2 tablespoons (30 ml) sunflower seeds or almonds for a filling breakfast.

Tips:

1. Sprinkle with cinnamon or mint for a different flavour. Try to avoid adding honey as the fruit is naturally sweet. Any nuts or seeds of your choice are delicious with this breakfast.
2. If preferred, serve fruit salad with ¼ cup (60 ml) homemade oats for a more filling breakfast.
3. Enjoy ½ cup (125 ml) fruit salad as a snack portion between meals.
4. One portion of whole fruit, the size of your fist = 1 portion of fruit; 1 cup (250 ml) of peeled and cut fruit for breakfast = 2 portions of fruit for the day.
5. Lemon juice is a great seasoning when serving fruit. Add a few drops to 1 cup (250 ml) sliced fruit for extra flavour. This can prevent the fruit from browning too quickly.

(Source and image: Cooking from the Heart 2 – a collaboration between the Heart and Stroke Foundation SA and Pharma Dynamics)

Yoghurt parfait

1 cup (250 ml) unsweetened, low-fat yoghurt
½ cup sliced fresh fruit, e.g. banana, papaya
¼ cup (60 ml) toppings of choice, e.g. raw chopped almonds/peanuts or granola/muesli or sunflower seeds

Put the yoghurt in a glass and top with sliced fruit and then add topping of your choice
(Source: Environmental working group)

Super smoothie

Serves 4 - 5

A smoothie can be an interesting way to incorporate a variety of fruit into your breakfast. It is also quick and easy to enjoy – even on your way to work or school. By adding nuts or uncooked oats, you make the smoothie a bit more filling, which will keep you fuller for longer. Remember that a smoothie has to be nutritious otherwise it digests too fast – leaving you hungry sooner. A smoothie can be part of a breakfast with a small portion of eggs or muesli and yoghurt.

½ medium papaya or 1 large mango, peeled and cubed
1 small banana, sliced
2 pears, plums, peaches or nectarines, cubed with the skin on
½ small pineapple, peeled and cubed
¼ cup (60 ml) uncooked oats or ground almonds (optional)
Ice cubes to serve

1. Place fruit in a blender or food processor and blend until smooth. Add oats or almonds, if preferred and blend for a few more minutes.
2. Place ice in tall glasses and pour smoothie into each glass. Thin down with a little water, yoghurt, rooibos tea or low-fat milk if too thick for your preference.

Tips:

1. When in season strawberries, grapes, mango and berries are delicious. Apples also work well.
2. A small glass of smoothie can be enjoyed as a snack.
3. Add mint and a small piece of ginger to the fruit before blending for extra flavour.
4. Overripe fruit can be peeled, cut and frozen in freezer bags. Add this fruit to smoothies before blending for an ice cold treat.

(Source and image: Cooking from the Heart 2 - a collaboration between the Heart and Stroke Foundation SA and Pharma Dynamics)

Microwave scrambled eggs

Serves 1

1 egg
1 tablespoon low-fat milk or water

1. Spray glass bowl or other microwave-safe dish with non-stick spray.
2. Add milk or water and egg, blending lightly with a fork.
3. Cover with plastic wrap and cook on HIGH for 30 to 45 seconds for 1 egg.
4. Remove from microwave and stir.
5. Cover and let stand 2 to 3 minutes.
6. Season to taste

Variations • Add onions, peppers, or other vegetables before microwaving to add colour and flavour to the eggs. • Sprinkle with cheese or top with salsa after taking the eggs out of the microwave.

(Source: University of Nebraska-Lincoln Extension)

Eggy toast

Serves 4

Eggy toast is an easy way to get kids to enjoy eggs if they do not like scrambled or fried eggs. Different toppings can be added for an interesting weekend breakfast or brunch idea.

4 eggs
½ cup (60 ml) water
¼ teaspoon (1.2 ml) salt
Black pepper to taste
1 tablespoon (15 ml) sunflower or canola oil for frying
4 slices brown or whole-wheat bread

To serve

2 pears, bananas, or other fresh fruit, sliced
1 teaspoon (5 ml) honey per person
Ground cinnamon
or
1 tomato, sliced
½ cup (125 ml) grated cheddar or mozzarella cheese
1 tablespoon (15 ml) chopped fresh herbs of your choice

1. Whisk eggs with water and season with salt and black pepper. Place in a shallow bowl.
2. Heat half of the oil over a medium heat in a frying pan.
3. Dip a slice of bread in the egg mixture and turn over with two forks to cover the bread completely with the egg mixture.
4. Fry 1 – 2 slices of bread on both sides until golden brown and repeat with the remaining bread and eggs. If the pan is big enough, all the slices can be fried together. If the pan is too small, do not dip the bread in the egg mixture too long in advance as it could become too soggy to handle and fry.
5. Remove bread from pan and keep warm while frying the rest.
6. Serve with slices of fruit, drizzle with honey and sprinkle with cinnamon. Or serve with tomato and cheese and sprinkle with herbs.

(Source: Cooking from the Heart 2 - a collaboration between the Heart and Stroke Foundation SA and Pharma Dynamics)

Egg-in-a-cup

Serves 6

This is a quick, yet interesting way to serve eggs for breakfast or brunch.

You can prepare the veggie filling or use left-over veggies.

This recipe uses no salt, as the feta adds enough of a salty flavour.

3 teaspoons (10 ml) sunflower or olive oil
1 onion, chopped
2 baby marrows, thinly sliced
3 spinach leaves, shredded or sliced
1 tablespoon (15 ml) dried oregano or 2 tablespoons (30 ml) chopped fresh oregano
1 slice feta, crumbled
Lemon juice and black pepper to taste
eggs

1. Heat oil over a medium heat in a small frying pan and fry onion and baby marrows until just soft.
2. Stir in spinach and herbs and fry until spinach has just wilted. Remove from the heat, stir in half of the feta and season to taste with lemon juice and pepper.
3. Divide mixture between 6 lightly greased, ovenproof cups or ramekins (ceramic bowls). Choose cups or bowls that will fit into a saucepan or frying pan, so that it can be covered with a lid.
4. Bring 2-3 cm of water in the saucepan to a gentle simmer over medium heat.
5. Crack an egg into each cup, over veggies and sprinkle with remaining feta.
6. Carefully place cups in water in the saucepan or frying pan and fill with more boiling water if necessary, so that the cups stand halfway in water.
7. Cover with the lid and reduce the heat. Simmer gently for 8 – 10 minutes or until the egg yolks are cooked to your preference.
8. Serve with black pepper and salad ingredients or a slice of whole-wheat toast per person. A small portion of fruit can also be served instead of the salad ingredients.

Tips:

Any left-over veggies, meat or chicken can be spooned into the bottom of the cups or bowls. Use about 80 – 100 ml filling per cup

Substitute the baby marrow for small broccoli florets or use 125 g mushrooms sliced.

Left-over or tinned fish will also be delicious. Try tuna with the baby marrows or just spoon pilchards in tomato sauce into the bottom of the cups. Prepare a light meal by using slightly bigger bowls and adding two eggs per container.

(Source and image: *Cooking from the Heart 2 - a collaboration between the Heart and Stroke Foundation SA and Pharma Dynamics*)

Versatile scrambled eggs

Serves 4-6

8 eggs
½ cup (125 ml) water
½ teaspoon (2.5 ml) salt
Black pepper to taste
2 teaspoons (10 ml) sunflower or olive oil
3 tablespoons (45 ml) fresh herbs of your choice, like
origanum, parsley, dill or thyme

Add any 1 of the following

½ cup (125 ml) grated cheddar or mozzarella cheese
1 slice feta crumbles
1 x 170 g tuna in water, drained
½ cup (125 ml) frozen peas or whole kernel corn, rinsed and patted dry
125 g mushrooms, sliced and pan-fried in a very small amount of oil



1. Beat eggs with water, salt and pepper in a bowl.
2. Heat oil in a frying pan over medium heat and add the egg mixture.
3. Allow egg to start setting before stirring too much. Then gently stir egg with an egg lifter, to ensure that all the raw egg is cooked. Do not over-mix the eggs and do not make the pan too hot, otherwise the eggs can separate quite easily. Reduce heat if necessary.
4. If you want to add another ingredient from the list above, add this after stirring the eggs for the first time.
5. Gently stir scrambled eggs until just cooked and serve immediately. Sprinkle with herbs and black pepper and serve with a slice of wholewheat or brown toast per person and tomato slice, if preferred.

Tip:

For a delicious, yet easy seasoning, stir the chopped herbs into the egg mixture, before adding.

(Source: Cooking from the Heart 2 - a collaboration between the Heart and Stroke Foundation SA and Pharma Dynamics)

Baked beans on toast

Serves 4

Baked beans and bread both contain salt already so there is no need to add more to this dish. The lemon juice, black pepper, herbs and chutney adds a delicious flavour to this quick breakfast.

1 x 410 g tin baked beans in tomato sauce
2 x teaspoons (10ml) dried mixed herbs
2 tablespoons (30 ml) chutney
Lemon juice and black pepper to taste
1 slice whole-wheat or brown bread, toasted
1 avocado, cubed (when in season)
fresh oregano leaves (optional)

1. Place beans, dried herbs and chutney in a saucepan. Bring to the boil over a medium heat. Reduce the heat and simmer until warmed through.
2. Season with lemon juice and hot pepper. Serve hot on toast with avocado and oregano.

Tips:

1. To add more flavour, season with paprika, any fresh herbs or even 2 teaspoons (10 ml) pesto. Fresh basil or thyme is delicious with beans. Stir in ½ teaspoon (2.5 ml) curry powder and 2 teaspoons (10 ml) chopped coriander for a spicier version.
2. For an even more filling breakfast, fry an egg in a little oil and serve on the beans or enjoy with a boiled egg. If preferred, serve beans only with the avocado.
3. Rye bread is delicious with baked beans.
4. This is ideal as a light lunch or supper as well.
5. Try to choose a good quality chutney that is lower in added salt and sugar. Check your food label.

(Source and image: *Cooking from the Heart 2 - a collaboration between the Heart and Stroke Foundation SA and Pharma Dynamics*)



Omelette with broccoli and cheese

Serves 4

2 tablespoons (30 ml) sunflower or canola oil
1 onion, sliced
100 g broccoli, cut in florets
1 tablespoon (15 ml) dried mixed herbs
Lemon juice and black pepper to taste
6 eggs, beaten
½ teaspoon salt
½ cup (80 ml) grated cheddar or mozzarella cheese



1. Heat half the oil in a frying pan over a medium heat and fry onion until soft.
2. Add broccoli and herbs and fry for a few more minutes until broccoli is just cooked but still crunchy.
3. Season broccoli with a few drops of lemon juice and pepper.
4. Beat eggs and salt together. Add remaining oil to the veggies in the pan and stir through.
5. Pour eggs evenly over veggies, but do not stir. Reduce heat slightly.
6. Allow egg to set and lift cooked egg around the edges with an egg lifter, to allow raw egg to run underneath. Continue with the process until most of the egg has set, but do not stir the eggs. Sprinkle with cheese and allow to melt slightly.
7. Cover with a lid for a few minutes or until the egg is just set on top.
8. Serve with salad, slices of tomato or a slice of whole-wheat toast. A dollop of chutney or sweet chilli sauce will also be delicious.

Tips:

Any veggies of your choice can be used for this omelette. If the veggies have lots of liquid, like mushrooms or tomatoes first sauté them for a few minutes, like the broccoli in step 2, otherwise it could draw water once the egg is added.

(Source and image: Cooking from the Heart 2 - a collaboration between the Heart and Stroke Foundation SA and Pharma Dynamics)

Weekend oven-roasted veggies

Serves 4

This is a delicious, warm vegetarian breakfast and the veggies are very versatile. See the tips below:

- 2 tablespoons (30 ml) canola or olive oil
- 2 tablespoons (30 ml) red wine or balsamic vinegar
- 1 tablespoon (15 ml) dried mixed herbs
- ½ teaspoon (2,5 ml) salt
- Lemon juice and black pepper to taste
- 2 onions cut in thin wedges
- 3 baby marrows, cut in thick slices
- 3 large tomatoes, cut in wedges
- 1 green or red pepper, cut in slices
- 3 large spinach leaves, shredded
- 4 – 8 eggs
- 4 slices whole-wheat bread, toasted
- Large handful of fresh basil or parsley leaves (optional)
- 1 avocado, sliced (when in season)



1. Preheat oven to 200°C. Mix vinegar and dried herbs in a large bowl. Season with half the salt, lemon juice and pepper.
2. Add all the veggies, except the spinach and mix well to coat with the oil. Place in a single layer in a large baking tray.
3. Roast for 20 minutes or until the veggies are golden brown and cooked. Stir in spinach and roast for another 5 minutes to heat through.
4. Meanwhile, heat a very thin layer of oil in a frying pan. Fry eggs over a medium heat until cooked to your preference. Season with the remaining ¼ teaspoon (1.2 ml) salt
5. Serve spoonfuls of veggies on toast. Place an egg (or 2 for a more filling breakfast or brunch) on top and season with pepper. Garnish with herbs and serve immediately with slices of avocado.

Tips:

1. Serve these veggies as a side dish with meat, fish or sausage or stir in a tin of chickpeas for a vegetarian meal. Left-overs are perfect for a lunch box.
2. If you enjoy an egg with a runny yolk, the yolk will be extra 'sauce' on the veggies.
3. Make a double batch of the veggies and use some for supper, tossed into pasta.
4. If you do not want to serve the veggies with eggs, heat a tin of pilchards in tomato sauce and serve on the veggies.

(Source and image: *Cooking from the Heart 2 - a collaboration between the Heart and Stroke Foundation SA and Pharma Dynamics*)

Spicy pan breakfast

Serves 6

5 teaspoons (25 ml) sunflower or canola oil
2 onions, halved and thinly sliced
1 clove of garlic, crushed
1 tablespoons (15 ml) finely grated fresh ginger
1 carrot, grated
1 baby marrow, grated
1 teaspoon (5 ml) cumin
1 teaspoon (5 ml) ground coriander
1 teaspoon (5 ml) paprika **or**
a pinch of cayenne pepper
1 chilli, seeded and chopped (optional)
1 x 410 g tin chopped tomatoes
½ teaspoon (2.5 ml) salt
Lemon juice and black pepper to taste
6 eggs
3 tablespoons (45 ml) chopped fresh coriander or parsley



1. Heat half of the oil over a medium heat in a large frying pan. Fry onions, garlic and ginger until soft. Add carrot and baby marrow and fry for a few minutes.
2. Stir in the spices and chilli and fry until aromatic. Add tomatoes, reduce heat and simmer for 5 minutes. Season with salt, lemon juice and peppers.
3. Make 6 openings in the sauce and divide the rest of the oil between these openings.
4. Crack an egg into each opening and simmer with a lid for 4-5 minutes or until the yolks are cooked to your preference.
5. Sprinkle with fresh herbs and serve on toast or with slices of avocado.

Tips:

1. Other veggies like brinjals, baby marrows or mushrooms can be fried with the onions.
2. Add a tin of beans to the sauce before adding the eggs, to make this an even more filling breakfast or light meal.

(Source and image: Cooking from the Heart 2 - a collaboration between the Heart and Stroke Foundation SA and Pharma Dynamics)

Carrot muffin

Makes 30 muffins (80 g each – 1 muffin per serve)

3 cups (750 ml) whole wheat flour
2 teaspoons (5 ml) baking soda
2 teaspoons (10 ml) baking powder
½ teaspoon (2.5 ml) cinnamon, ground
¼ cup (62.5 ml) sugar
½ cup (125 ml) vegetable oil
1 cup (250 ml) yogurt, unsweetened yogurt
4 eggs, beaten
2 teaspoon (10 ml) vanilla
3 cups (750 ml) carrots, shredded

1. Preheat oven to 180°C.
2. In a large bowl, mix together flour, baking soda, baking powder, cinnamon, and sugar.
3. In another bowl, combine oil, yogurt, eggs, and vanilla.
4. Add wet ingredients to dry ingredients. Stir until just combined. Fold in carrots.
5. Divide batter between greased/lined muffin tins.
6. Bake for 15 - 20 minutes until golden.

(Source: Ottawa Public Health.

Bran muffins

Makes 24 muffins (75 g each – 1 muffin per serve)

2½ cups (625 ml) whole-wheat flour
¼ cup (62.5 ml) sugar
2 tablespoons (30 ml) baking powder
4 cups (1 litre) high bran flour
2 eggs, beaten
3 cups (750 ml) milk
½ cup (125 ml) vegetable oil
2 teaspoon (10 ml) vanilla
Optional: fruit (fresh, frozen or dried)

1. Preheat oven to 200°C.
2. In medium bowl, mix together the dry ingredients.
3. In separate bowl, combine high bran flour and milk. Let stand about 2 minutes or until bran softens. Add egg and oil. Beat well.
4. Add wet ingredients to dry ingredients. Stir until just combined. Fold in optional ingredients if desired.
5. Divide batter between greased/lined muffin tins.
6. Bake for approximately 20 minutes until golden.

(Source: Ottawa Public Health)

Cheese and vegetable muffins

Serves 12 (1 muffin per serve)

2 cups (500 ml) self-raising flour
1 teaspoon (5 ml) paprika
1 cup grated cheddar cheese (preferably reduced fat)
½ cup (125 ml) grated pumpkin*
½ cup (125 ml) grated zucchini*
2 eggs, lightly beaten
2 tablespoons (30 ml) margarine, melted
1 cup (250 ml) low-fat milk
2 teaspoons (5ml) sesame seeds (optional)

*Substitute the pumpkin and/or zucchini for other grated/finely diced vegetables, e.g. carrots, bell's peppers, spring onion or mushroom or use equal amount of frozen diced mixed vegetables if preferred.

1. Preheat oven to 200°C.
2. Spray cooking spray on a 12 cup muffin pan.
3. Combine dry ingredients in a large bowl. Add cheese and grated vegetables.
4. In a separate bowl combine eggs, melted margarine and milk. Add to dry ingredients. Stir until just combined.
5. Spoon mixture into muffin tray, sprinkle with sesame seeds and bake for 25 minutes or until cooked.

(Source: Unknown)