



THE HEALTH FOOD COMPANY



KIDZ BODZ 10 WEEK HEALTHY EATING CHALLENGE WEEK 1 - Breakfast for bounce!

We have all heard about the importance of a good breakfast. Eating a healthy breakfast gives us the energy to start the day and keeps our metabolism moving making it easier to maintain a healthy weight and body.

The following are some easy recipe ideas that you can try for a wholesome breakfast. These recipes are quick and easy, and you can get the whole family involved! We've also included some healthy hints for parents to try out.

Apple Muesli Muffins Makes 12

Ingredients

- 1½ cups natural muesli
- 1 cup wholemeal self-raising flour
- ½ cup sugar
- 1 cup grated apple
- ½ cup sultanas
- 1 egg lightly beaten
- 1/3 cup oil
- 1 cup light milk



Method

- 1) Place muesli, sifted flour, sugar, apple and sultanas in a large bowl. In a separate bowl combine egg, oil and milk.
- 2) Add liquid ingredients to dry ingredients and mix gently until just combined. Spoon mixture into lightly greased muffin tins.
- 3) Bake in a moderately hot oven (190°C) for 30 minutes or until lightly golden.

Banana, walnut and date bread

Serves 12

Ingredients

1½ cups self raising flour
½ cup wholemeal plain flour
½ teaspoon ground cinnamon
¾ cup caster sugar
¼ cup canola oil
2 egg whites
30 mls water
2 ripe bananas
½ cup lite milk
½ cup chopped walnuts
½ cup dates, chopped



Method

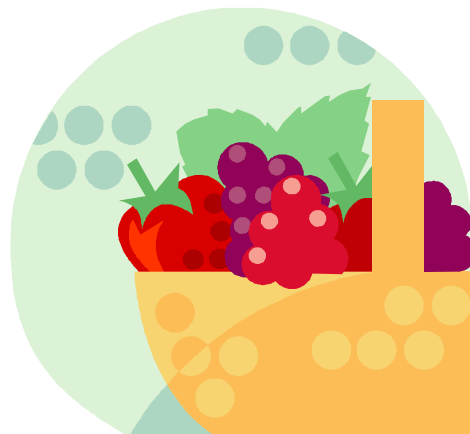
- 1) Preheat oven to moderate (180°C). Lightly grease a 22x11x6cm loaf tin.
- 2) Place flours, cinnamon, sugar, oil, egg whites, water, bananas and soy milk in a food processor and blend until smooth
- 3) Fold the walnuts and dates through the mixture and pour into the loaf tin. Bake for 1 hour, or until firm and golden
- 4) Allow to cool slightly in the tin before turning out. Serve warm with honey and light cream cheese

Very berry breakfast trifle

Serves 4

Ingredients

2 cups low fat natural yoghurt
2 tablespoons honey
2 cups Light'n'Tasty Berry
1 punnet raspberries or strawberries
1 punnet blueberries



Method

- 1) Place yoghurt and honey in a bowl and mix well. Divide half the yoghurt evenly between 4 small bowls or tall glasses. Top with half of the cereal and then half of the berries.
- 2) Repeat layers with remaining ingredients.

Malted banana smoothie

Serves 2

Ingredients

2 ripe bananas, chopped
1½ cups lite milk
2 tablespoons malted milk powder
1 tablespoon honey



Method

1) Place all ingredients into a blender and blend until smooth. Serve in tall glasses.

Corn Cakes

Serves 4

Ingredients

1 cup (160g) wholemeal self-raising flour
½ teaspoon bicarbonate of soda
¾ cup skim milk
2 eggs, beaten lightly
2 cups (330g) fresh corn kernels
1 cup fresh or frozen peas
2 green onions, sliced thinly
2 tablespoons finely chopped parsley



Method

1) Sift flour and bicarb soda into medium bowl. Make well in centre of flour mixture, gradually whisk in combined milk and eggs until batter is smooth. Stir corn, peas, onion and parsley into batter.

2) Pour ¼ cup batter into heated large lightly greased non-stick frying pan; using spatula, spread batter to shape into a round. Cook about 2 minutes each side or until fritter is lightly browned and cooked through, remove from pan; cover to keep warm. Repeat with remaining batter.

3) Serve with tomato chutney, baby spinach and light natural yoghurt. Yummy!

Cheese'n'Chive muffins

Serves 6

Ingredients

1½ tablespoons plain flour
1¼ litre milk
440g can creamed corn
¼ teaspoon salt
½ cup grated cheese
1 tablespoon chopped chives
6 English muffins



Method

- 1) Combine flour and So Good in a large saucepan. Add creamed corn, salt and cheese. Place over heat and stir continuously (or microwave on HIGH 100% for 6 minutes, stirring after every minute) until thickened.
- 2) Remove from heat and stir through chives.
- 3) Split and toast the muffins, according to instructions on the packet. Serve sauce over warm muffins.

Healthy Hints for parents

Include these simple hints in your school newsletter for parents to follow throughout the challenge!

Kidz Bodz Healthy Hint 1

No time for breakfast? Try a quick smoothie to have on the run. Blend 2 Weet-Bix, 1 banana, 1 small tub yoghurt and 500ml low-fat milk and you'll have breakfast for the whole family ready in no time!

Kidz Bodz Healthy Hint 2

Make some extra fruit salad for your dessert. The next morning add some low-fat yoghurt or custard and you'll have breakfast ready without having to lift a finger...ok maybe just a spoon!

Kidz Bodz Healthy Hint 3

Mmm...easy peezy cheesymites! 2 pieces wholegrain toast, spread of marmite, a slice of cheese, into the sandwich toaster and voila! Breakfast is done, nutritious and easy.

Kidz Bodz Healthy Hint 4

Make a big batch of breakfast muffins on the weekend with the kids and freeze! These will last you for weeks and it's a simple and quick idea for families on the go!

Kidz Bodz Healthy Hint 5

Yoghurt...the ultimate snack food! Easy to carry, yummy and with endless flavour varieties. Try low-fat options but avoid the artificial sweeteners. Read the ingredients list.

Kidz Bodz Healthy Hint 6

Go for grains! Wholegrains that is. A breakfast cereal high in fibre and low GI gives us longer lasting energy for the day ahead!

Kidz Bodz Healthy Hint 7

Avoid giving your children chocolate or coffee flavoured milk. Not only is it high in sugar but the caffeine limits the absorption of calcium into the blood to build healthy bones!

Kidz Bodz Healthy Hint 8

Do the weekly challenges! Each week support your child's learning and forming of healthy behaviours by participating in the healthy eating challenges each week!

Kidz Bodz Healthy Hint 9

A breakfast omelette is a good alternative to the weekend big breakfast. To a hot pan add ¼ cup sliced ham, ½ cup mushrooms, 1 small onion. Then add some beaten eggs, ¼ grated cheese and cook. Yum!

Kidz Bodz Healthy Hint 10

Make sure your child's school is a Kidz Bodz school. To talk to an educator in your region or for tips on how to get your school involved visit www.kidzbodz.com.au or call 1300 731 149.



For more breakfast ideas or more information on the fantastic Kidz Bodz program please call 1300 731 149 or visit www.kidzbodz.com.au