



Making sense of **sugar**

BREAKFAST RECIPES

These meal ideas were developed with support from the British Nutrition Foundation.

Wheat biscuits with banana (347 kcal)

- 2 wheat biscuits
- 125 ml semi-skimmed milk
- 1 medium banana
- Small glass (150 ml) orange juice

Toast with peanut butter and orange juice (343 kcal)

- 2 slices of wholemeal toast, medium slice
- Smooth peanut butter, thinly spread
- Small glass (150 ml) orange juice

Muesli with yoghurt (314 kcal)

- 50 g no added sugar muesli
- 150g low fat plain unsweetened yoghurt
- 100 g strawberries
- 80 g raspberries
- Glass of water

Porridge with raisins (393 kcal)

- 50 g porridge oats
- 350 ml semi-skimmed milk
- 10 g raisins
- Glass of water

Pepper, tomato and ham omelette, toast and a cup of tea (348 kcal)

- 1 tsp olive oil
- 1 red pepper, chopped
- 2 spring onions, finely chopped
- 2 thin slices of ham
- 2 whole eggs
- 1 medium slice of wholemeal bread, toasted
- Cup of tea (with semi-skimmed milk)