



YOGHURT BANANA BREAD

Prep 15min **Cook** 60min **Serves** 8

INGREDIENTS

1 cup mashed bananas (about 3 bananas)	1 cup plain yoghurt
2 large eggs	1/2 cup sugar
4 Tbsp butter, melted	1 tsp vanilla extract
1.5 cups all-purpose flour	1 tsp baking powder
1/2 tsp baking soda	1/2 tsp salt
1/4 tsp nutmeg	1/2 cup chopped walnuts

METHOD

- Step 1** Step 1: Preheat the oven to 175°C. Rub a little butter on the inside of a loaf pan to coat the bottom and sides.
- Step 2** Mash the banana well, then add it to a large bowl along with the yoghurt, eggs, sugar, melted butter, and vanilla. Whisk these ingredients until they are well combined.
- Step 3** In a separate bowl, stir together the flour, baking powder, baking soda, salt, and nutmeg until well combined.
- Step 4** Pour the dry ingredients into the bowl of wet ingredients and stir together just until there is no dry flour left on the bottom of the bowl (a few lumps are okay, just be careful not to over stir). Gently fold in the chopped walnuts.
- Step 5** Pour the batter into the prepared loaf pan, then bake in the preheated 175°C oven for 60 minutes, or until the bread is brown, cracked open on top, and a toothpick inserted in the centre comes out clean (a few moist crumbs are okay, just no raw batter).
- Step 6** After baking, let the banana bread cool in the pan for about 15 minutes. Once it is slightly cooled it will have pulled away from the bread pan slightly. Run a knife along the sides between the bread and pan, then gently turn the loaf out onto a wire rack to finish cooling. Once cool, slice and serve.

Coles price total \$10* | per serve \$1.25*

Woolworths price total \$8.45* | per serve \$1.05*

**Prices are approximated and worked out based on amount required*



LEMON BERRY YOGURT BREAKFAST BOWLS

Prep 5min **Cook** 0min **Serves** 1

INGREDIENTS

1/2 cup yoghurt
2 Tbsp rolled oats
1/2 Tbsp chia seeds
1 Tbsp lemon curd
2 strawberries, sliced

Optional toppings

berries
sliced bananas
nuts
powdered sugar
peanut butter
chocolate chips

METHOD

- Step 1** Place the yoghurt in a bowl and top with the rolled oats, chia seeds, lemon curd, and sliced strawberries. Serve immediately.
- Step 2** To prepare this bowl as overnight oats, place the oats and chia seeds in the bottom of a jar or other sealable container. Top with the yoghurt, lemon curd, and strawberries. Refrigerate for at least 8 hours, or up to 3-4 days.

Coles price total \$4* | per serve \$4*

Woolworths price total \$2.40* | per serve \$2.40*

**Prices are approximated and worked out based on amount required*



HUMMUS BREAKFAST TACOS

Prep 30min **Cook** 25min **Serves** 4

INGREDIENTS

8 small tortillas
2 Tbsp butter
8 large eggs
1 pinch salt and pepper
1 cup hummus

Optional toppings

1/4 bunch of coriander
1/4 cup pickled red onions
30 grams of feta cheese

METHOD

- Step 1** Step 1: Toast the tortillas either in a dry skillet over medium heat or over an open gas flame until browned on the edges.
- Step 2** Crack the eggs into a bowl and whisk until mostly combined. Add the butter to a large skillet and melt over medium-low heat.
- Step 3** Once the butter is melted and beginning to foam, pour in the whisked eggs. Gently scramble the eggs, taking care not to over stir, until they are mostly set and still moist. Season with a pinch of salt and pepper.
- Step 4** Remove the skillet from the heat and build the tacos. Spread about 2 Tbsp hummus in the centre of each tortilla, then add about one egg-worth of scrambled eggs, followed by your desired toppings (coriander, pickled red onion, and a small pinch of crumbled cheese). Serve immediately!

Coles price total \$9.75* | per serve \$2.45*

Woolworths price total \$10.75* | per serve \$2.70*

**Prices are approximated and worked out based on amount required*



VEGAN CINNAMON BREAKFAST MUFFINS

Prep 10min **Cook** 16–18min **Serves** 12

INGREDIENTS

Easy flax egg

80 ml water
2 tablespoons ground flaxseeds
(milled linseeds)

Cinnamon crumb topping

20 grams rolled oats
1 tablespoon brown sugar
1 tablespoon coconut oil
1/4 teaspoon cinnamon

Cinnamon muffin

100 grams spelt flour (or whole wheat)
90 grams all-purpose flour
100 grams brown sugar (both light and dark
is fine)
2 teaspoons baking powder
1/4 teaspoon baking soda
2 teaspoons ground cinnamon
1 pinch salt
180 grams milk alternative
75 grams coconut oil - melted
1/2 tablespoon vinegar

METHOD

- Step 1** Preheat oven to 190°C. Line a 12-cup muffin tin with paper liners.
- Step 2** In a small bowl, mix the water and flaxseeds. Set aside to allow it to gel.
- Step 3** In a separate small bowl, mix the cinnamon crumb topping. Set aside.
- Step 4** In a large bowl, mix the flours, brown sugar, baking powder, baking soda, cinnamon, and salt. Make a well in it, and add in the milk alternative, coconut oil, vinegar, and flax egg. Mix everything together using a fork, or a hand beater on low speed, until all the ingredients are just combined. The batter might seem a bit thick and gummy compared to non-vegan muffins that contain egg, but it is ok.
- Step 5** Evenly divide the batter into the muffin cups. Each muffin cup will only be just over 1/2 full. Evenly top with the cinnamon crumb topping.
- Step 6** Bake in the oven for about 16–18 minutes, until a toothpick inserted in the middle comes out clean.
- Step 7** Allow to slightly cool in the tin, then transfer to a wire rack to finish cooling. Serve warm or room temperature.

Coles price total \$4.50* | per serve \$0.38*

Woolworths price total \$4.60* | per serve \$0.39*

**Prices are approximated and worked out based on amount required*