



BREAKFAST

**TASTY RECIPES TO
START THE DAY**



OUR HEART-HEALTHY EATING PATTERNS

We hope you enjoy our new collection of heart-healthy breakfast recipes. Heart-Healthy Eating Patterns are based on a combination of foods, chosen regularly, over time.

This optimal combination is outlined in our Heart-Healthy Eating Patterns which encourage people to eat:



1

Plenty of fruit, vegetables and wholegrain cereals.



2

Healthy proteins especially fish, seafood, legumes, nuts and seeds with smaller amounts of eggs and lean poultry. Limit lean red meat to 1-3 times a week.



3

Unflavoured milk, yoghurt and cheese. Those with high blood cholesterol should choose reduced fat varieties.



4

Healthy fat choices with nuts, seeds, avocados, olives and their oils for cooking.



5

Herbs and spices to flavour foods, instead of adding salt.

Water as the drink of choice

For heart health information, please contact us on 13 11 12 or our website heartfoundation.org.au





HAVE AN EASY AND DELICIOUS START TO YOUR DAY

The following collection of our breakfast recipes are designed to easily fit into your Heart-Healthy Eating Pattern.

There's a range to suit your lifestyle and morning routine – from breakfast on the run options to days when you have some extra time in the morning to share a meal with family and friends.

For more options visit www.heartfoundation.org.au/breakfast. We hope these recipe offer enjoyment and inspiration to create long lasting healthy habits for your first meal of your day.

HOT OATS 2 WAYS

HOT OATS - BASE RECIPE

 2 SERVES

 2 MINS

 10 MINS

INGREDIENTS

3/4 cup wholegrain rolled oats

2 cups reduced fat milk

METHOD

Combine oats and milk in a medium saucepan. Cook over medium heat until mixture comes to the boil.

Gently boil for 4-6 minutes, stirring often, until thick and creamy.

Tips:

- For creamier oats, soak oats and milk overnight in a large bowl or container in the fridge before cooking.
- To cook in microwave instead of on stovetop, combine oats and milk in a large microwave safe dish. Cook on High (100%) for about 6 minutes, stirring every 2 minutes, until thick and creamy.

BLUEBERRY CHEESECAKE OATS

 2 SERVES

 5 MINS

 10 MINS

INGREDIENTS

1 quantity of hot oats (base recipe above)

2 cups fresh or frozen blueberries

1 tablespoon maple syrup

1/2 teaspoon vanilla extract/essence

1/4 cup smooth ricotta

1 small banana, sliced

1 tablespoon pepitas

METHOD

Cook hot oats following method in base recipe above.

Meanwhile, heat a medium non-stick frying pan over a medium-high heat. Add blueberries, maple syrup and vanilla. Simmer for 2-3 minutes, shaking pan occasionally until berries are soft and syrupy.

To serve, divide oats between 2 bowls. Top with ricotta and banana. Spoon over warm blueberry mixture. Sprinkle with pepitas.

Tips:

- Frozen blueberries are a cheaper option when fresh blueberries aren't in season.
- Use honey or brown sugar in place of maple syrup, if preferred.

STRAWBERRY FIELDS OATS

 2 SERVES

 5 MINS

 10 MINS

INGREDIENTS

250g punnet strawberries, sliced

1 tablespoon brown sugar

1/2 teaspoon vanilla extract

1 quantity of hot oats (base recipe above)

1 medium ripe pear, peeled, chopped

2 tablespoons reduced fat plain Greek yoghurt

2 tablespoons natural sliced almonds, toasted

METHOD

Toss strawberries, brown sugar and vanilla in a small bowl. Set aside until sugar has dissolved.

Cook hot oats following method in base recipe, adding pear to saucepan with oats and milk.

To serve, divide oats between 2 bowls. Top with yoghurt and strawberries. Sprinkle with almonds.

Tips:

- To toast almonds, stir in a small frying pan over a medium heat until light golden.
- Strawberries can be replaced with raspberries or blueberries.



SALMON SHAKSHUKA



4 SERVES



10 MINS



20 MINS

INGREDIENTS

1 tablespoon olive oil
1 red onion, thinly sliced
1 clove garlic, crushed
1 red capsicum, cut into thin strips
2 teaspoons smoked paprika
1 teaspoon ground cumin
2 tablespoons no added salt tomato paste
¼ cup dried red lentils
400g can no added salt diced tomatoes
300g skinless salmon fillets, cut into 3cm pieces
½ cup chopped fresh parsley
4 eggs
½ (200g) mixed grain sourdough breadstick, sliced, toasted

METHOD

Heat oil in a large, deep frying pan over a medium heat. Add onion, garlic and capsicum. Cook, stirring, for about 4 minutes until onion is softened.

Add paprika, cumin, tomato paste and lentils. Cook, stirring, 1 minute. Stir in tomatoes and 1½ cups water. Bring to the boil. Reduce heat and gently boil for 10-12 minutes, stirring occasionally, until thickened.

Stir in salmon and half the parsley. Using the back of large spoon, make 4 hollows in mixture. Crack an egg into each hollow. Cover and simmer a further 5-8 minutes, or until eggs are cooked to your liking.

Sprinkle with remaining parsley. Serve with toasted breadstick

Tips:

- Bulk up veggies by stirring in 1 cup frozen mixed vegetables or 60g baby spinach leaves with salmon.
- For a vegetarian shakshuka, replace salmon with a drained 400g can no added salt black beans.
- For added flavour, sprinkle 50g crumbled reduced fat feta cheese over mixture before covering and simmering.



GREEN POWER SMOOTHIE

 1 SERVE

 10 MINS

INGREDIENTS

80g frozen sliced banana (see tip)

125g chopped fresh pineapple

40g baby spinach

30g raw cashews

1 tablespoon fresh mint leaves

½ cup cold water

METHOD

Process all ingredients in a high-powered blender until smooth.

Pour into a serving glass.

Tips:

- For 80g frozen banana, peel and slice 1 small (100g) banana. Place in a container or snap-lock bag and freeze overnight.
- Freezing bananas is a great way to make use of excess ripe fruit. Peel, slice and keep in the freezer for up to 2 months. Blend frozen banana with other ingredients for an icy cold, thick, creamy smoothie.
- Fresh pineapple can be substituted for frozen pineapple.

MIGHTY MANGO SMOOTHIE

 1 SERVE

 10 MINS

INGREDIENTS

1 cup frozen mango chunks (see tip)

½ small Granny Smith apple, chopped (skin on)

¼ avocado, chopped

½ small celery stick, chopped

1 cup milk (see tip)

2 teaspoons chia seeds

1 teaspoon honey

½ teaspoon vanilla extract

METHOD

Process all ingredients in a high-powered blender until smooth.

Pour into a serving glass.

Tips:

- Frozen fruit makes an icy cold smoothie without the need to add ice.
- You'll find packaged frozen mango chunks in the freezer at major supermarkets. Alternatively, use fresh mango when in season. Peel and coarsely chop, then place in a snap-lock bag or container and keep in freezer until ready to use.
- For delicious berry version of this recipe, replace mango with 1 cup frozen raspberries or mixed berries.
 - Reduced fat milk can be used or substitute dairy milk with an unsweetened non-dairy milk eg. soy, almond, rice or oat milk.

BANANA, BERRY & OAT SMOOTHIE

 2 SERVES

 5 MINS

INGREDIENTS

1 ½ cup reduced fat milk

2 tablespoons reduced fat Greek yoghurt

1 banana

½ cup frozen (or fresh) mixed berries

½ cup rolled oats

1 tablespoon chia seeds, to serve

1 tablespoon flaked coconut, to serve

METHOD

Place milk, yoghurt, banana, mixed berries and oats into a blender or food processor and blend until smooth.

Pour smoothie into two tall glasses and top with chia seeds and coconut before serving.



BREAKFAST TACOS

 1 SERVE

 15 MINS

 5 MINS

INGREDIENTS

Olive oil

2 white corn tortillas (see tip)

¼ teaspoon smoked paprika

1 hard-boiled egg, shelled

2 tablespoons cottage cheese

100g pouch, no drain, ready-to-eat black beans

½ small carrot, grated

1 tablespoon (20g) chopped semi-dried tomatoes

1 green shallot, cut into thin strips

¼ cup fresh coriander sprigs

METHOD

Heat a lightly oiled small frying pan over a medium-high heat. Cook tortillas, one at a time, for 30 seconds – 1 minute on each side, until lightly browned. Remove and sprinkle with paprika. Loosely cover with foil and cool.

Mash egg in a small bowl. Stir in cottage cheese.

Spread egg mixture over tortillas. Scatter over beans, carrot, tomatoes, shallot and coriander. Season with pepper. Fold in half to enclose filling. Serve straightaway or wrap in baking paper, place in a container and refrigerate until ready to serve.

Tips:

- Replace white corn tortillas with mini flour tortillas, if preferred.
- Ready to eat, no drain black beans can be substituted with ½ cup drained, no added salt canned black beans.
- For a touch of heat, replace smoked paprika with Mexican chilli powder blend.



ANZAC PANCAKES WITH FRUIT TOPPING



4 SERVES



20 MINS



20 MINS

INGREDIENTS

300g fresh ricotta

2 eggs, separated

1 tablespoon golden syrup

1 ¼ cups buttermilk

1 teaspoon coconut essence

¾ cup wholemeal plain flour

¾ teaspoon baking powder

⅓ cup quick oats

Olive oil cooking spray

2 tablespoons crumbed walnuts

TOPPING INGREDIENTS

375g fresh plums, cut into wedges

125g punnet fresh raspberries

125g punnet fresh blackberries

2 tablespoon golden syrup

METHOD

To make fruit topping, place all ingredients in a bowl. Gently stir to coat fruit in golden syrup. Set aside while making pancakes (standing time allows juices to release from fruit).

Set aside 150g ricotta in fridge for serving. Place remaining 150g ricotta in a medium bowl with egg yolks and golden syrup. Whisk to combine, then whisk in buttermilk and essence.

Sift flour and baking powder into a large bowl. Return any husks remaining in sieve to the bowl. Add oats. Make well in centre. Add ricotta mixture. Whisk to form a smooth, thick batter.

Using a clean wire, whisk or hand-held electric mixer, beat egg whites in a small bowl until soft peaks form. Fold into batter.

Heat a large, non-stick frying pan over a medium heat. Lightly grease with cooking spray. Spoon 2 heaped tablespoons of batter into pan to make an 8cm pancake. Repeat to make 2 more pancakes. Cook for 2-3 minutes, or until browned underneath. Turn pancakes and cook for a further 2 minutes, until other side is browned. Remove. Cover with foil to keep warm. Continue with remaining batter, re-greasing pan with a little cooking spray between batches, to make 12 pancakes altogether.

To serve, arrange pancakes in stacks of 3. Top with reserved ricotta, fruit topping and walnuts.

Tips:

- Replace golden syrup with honey or maple syrup, if preferred.
- Coconut essence is available from the baking aisle in supermarkets.
- Replace raspberries, blackberries and plums with any combination of seasonal fresh or frozen fruit. Try strawberries, blueberries and figs.



FRUIT AND NUT MUESLI



10 SERVES (MAKES 1 KG)



15 MINS

INGREDIENTS

4 cups (360g) wholegrain rolled oats

4 cups (80g) wholegrain puffed rice

¾ cup (140g) soft and juicy dried figs, chopped

¾ cup (140g) dried apricots, chopped

1 ½ cups (225g) nut and seed mix

⅓ cup (65g) mixed chia seeds

1 teaspoon ground cinnamon

FRUIT AND NUT MUESLI WITH YOGHURT AND FRESH FRUIT TO SERVE (1 SERVING)

100g fruit and nut muesli (base recipe)

⅓ cup reduced fat milk

1 tablespoon reduced fat plain Greek yoghurt

Sliced red apple, chopped kiwi fruit and fresh passionfruit pulp (or fruit of your choice)

(⅓ large apple, ⅓ kiwi fruit,

1 teaspoon passionfruit pulp/50c per serve)

METHOD

Combine oats, puffed rice, figs, apricots, nut and seed mix, chia seeds and cinnamon in a large bowl. Transfer to a large airtight container. Store in a cool, dry cupboard for up to 1 month.

To serve, place muesli in bowl. Top with milk, yoghurt and fruit.

Tips:

- We used a nut and seed mix containing raw cashews, sunflower kernels, walnuts, hazelnuts, almonds and pepitas. To toast for extra crunch and flavour, spread nut and seed mix over a baking tray and bake in 160°C oven for 5-8 minutes or until lightly browned and fragrant.
- Vary the fresh fruit to serve as desired.
- Use a non-dairy milk and yoghurt, if preferred.



BREAKFAST BEAN AND MUSHROOM PIZZA

 2 SERVES

 10 MINS

 20 MINS

INGREDIENTS

1 teaspoon olive oil

100g button mushrooms, sliced

420g can no added salt pinto beans, rinsed, drained

½ teaspoon dried oregano leaves

½ teaspoon ground paprika

150g wholemeal Turkish bread (see tip)

2 tablespoons no added salt tomato paste

125g medley cherry tomatoes, halved

½ cup grated mozzarella cheese

1 green shallot, thinly sliced

METHOD

Heat oil in a medium non-stick frying pan over a medium heat. Add mushrooms. Cook, stirring for 2-3 minutes, until lightly browned. Add beans, oregano and paprika. Cook, stirring for a further 1 minute. Remove from heat.

Cut bread into 2 even pieces, then cut horizontally through the middle to give 4 thin pieces. Spread with tomato paste. Place on a baking tray. Top with bean mixture and tomatoes. Sprinkle with cheese.

Bake in preheated 200°C oven (fan-forced) for 12-15 minutes until cheese is melted and bread is crisp. Sprinkle with shallot to serve.

Tips:

- Pinto beans can be replaced with no added salt borlotti beans, red kidney beans or Mexican-style 3 bean mix.
- Wholemeal Turkish bread is available from some greengrocers and delicatessens. You will need about one-third of a 430g loaf for this recipe. Freeze the leftover bread for another use. Replace with white Turkish bread, if preferred.



APRICOT APRICOT PECAN MUFFIN BARS



8 SERVES



20 MINS



30 MINS

INGREDIENTS

Olive oil spray

410g can pear slices in juice, drained

2 eggs

¼ cup olive oil

⅓ cup milk

2 teaspoons finely grated orange rind

¾ cup wholemeal self-raising flour

100g almond meal

1 cup wholegrain rolled oats

¼ cup firmly packed brown sugar

2 teaspoons baking powder

1 teaspoon mixed spice

1 cup pecans, coarsely chopped

200g dried apricots, chopped

1 tablespoon honey, warmed

METHOD

Lightly spray an 8-hole (¾ cup capacity) mini loaf pan with oil. Line each hole with baking paper to cover base and extend up sides.

Process pear slices in a food processor until smooth. Transfer pear puree to a medium bowl. Whisk in eggs, oil, milk and rind until combined.

Place flour, almond meal, oats, sugar, baking powder and spice in a large bowl. Add pear mixture. Stir until combined. Stir in half the apricots and half the pecans.

Spoon mixture evenly into holes in prepared tray. Sprinkle with remaining pecans and apricots. Lightly press into batter.

Bake in preheated 170°C oven (fan-forced) for about 25 minutes or until lightly golden and cooked when tested with a skewer. Brush bars with honey. Stand in pan for 15 minutes, then transfer to a wire rack to cool.

Tips:

- If you don't have a mini loaf pan, line 8 holes in a Texas muffin pan (¾ cup capacity) with café style muffin wraps. Spoon mixture evenly into wraps and cook for an extra 5 minutes (about 30 minutes in total).
- Bars will keep for several days in an airtight container or can be frozen for up to 2 months, making them ideal as a portable breakfast to grab and go.
- To serve, try warming muffin bars in the microwave or cut in half lengthways, then toast and spread with smooth ricotta.
- You can replace pecans and apricots with any dried fruit or nut combination. Try dates and walnuts, or figs and almonds.



SWEET POTATO BREAKFAST HASH



2 SERVES



10 MINS



15 MINS

INGREDIENTS

400g sweet potato, peeled,
cut into 2cm pieces

1 tablespoon olive oil

1 clove garlic, crushed

1½ teaspoons curry powder

100g pouch no drain chickpeas

½ cup frozen green peas

2 tablespoon tomato chutney

100g baby spinach

2 eggs

50g smooth feta cheese, crumbled

60g grape tomatoes, halved

Lemon wedges, to serve (optional)

METHOD

Boil, steam or microwave sweet potato until almost tender. Drain.

Heat oil in a medium ovenproof non-stick frying pan over a medium heat. Add sweet potato. Cook, stirring occasionally, until lightly browned and tender.

Add garlic, curry powder and chickpeas. Cook, stirring for a further 1 minute, until fragrant. Stir in peas and chutney until combined. Add spinach. Cook, stirring, until just wilted.

Preheat an oven grill to medium-high. Crack eggs over sweet potato mixture. Sprinkle with feta. Place frying pan under grill. Cook for about 2 minutes or until egg white is set but yolk is still soft. Sprinkle with tomatoes. Serve with lemon wedges.

Tips:

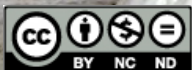
- 100g pouch chickpeas can be replaced with ½ cup drained, no added salt canned chickpeas.
- Use 400g diced pumpkin instead of sweet potato, if preferred.





Looking for more tasty heart-healthy recipes?

Check out our full range of delicious recipes at
www.heartfoundation.org.au/search/recipes



Heart Foundation recipes reflect our Heart Healthy Eating Pattern recommendations. If you have specific dietary needs please check that our recipes do not contain ingredients, or combinations of ingredients, that are likely to be inappropriate for your circumstances. These recipes do not replace advice from your doctor or dietitian. Terms of use: This material has been developed by the National Heart Foundation of Australia (Heart Foundation) for general information and educational purposes only. It does not constitute medical advice. Please consult your healthcare provider if you have, or suspect you have, a health problem. The information provided is based on evidence available at the time of publication. Please refer to the Heart Foundation website at www.heartfoundation.org.au for Terms of Use. ©2021 National Heart Foundation of Australia ABN 98 008 419 761