



Potato Pancake with Poached Eggs (Serves 4)

Paired with eggs this simple crispy pancake recipe makes a delicious breakfast.

Ingredients

- 3 large potatoes, peeled
- 8 eggs
- 1 onion, thinly sliced
- 1 tbsp oil
- 2 tsp rosemary (optional)
- Salt and pepper

Method

- For the pancake:** Coarsely grate the potatoes. Place in a clean tea towel, wrap up to form a ball and squeeze over the sink to remove as much liquid as possible. Less moisture in the potatoes allows for a crispier pancake
- In a bowl mix potatoes and onion and season with salt, pepper and rosemary
- Divide mixture into 4 mounds
- Heat oil in a frying pan and add ¼ of the mix to pan. Pat down to form a patty
- Cook on medium heat for 5 minutes each side until golden brown
- Remove from pan, place on paper towel and pat pancake on each side to remove excess oil. Repeat for the remaining 3 pancakes
- For the poached egg:** Bring a pan of water to a simmer
- Swirl simmering water with a large spoon and tip egg into the centre of the pan, cook for 2-3 minutes
- Remove with slotted spoon and repeat with remaining eggs
- Serve eggs on top of pancake

TOP TIP:
When cooking poached eggs, make sure water is only simmering and NOT boiling

Nutrition

The yolks of the eggs provide us with a dietary source of Vitamin D. Typically we get most of the Vitamin D we need from sunshine, not food. It may be that during lockdown we are indoors for more of the day so are not getting enough Vitamin D from sunlight. To keep our bones and muscles healthy, dietary sources of Vitamin D are very important.

Nutrition per portion - 276g

Energy 362kcal 18%	Fat 16.6g 24%	Saturates 4.1g 21%	Sugars 3.3g 4%	Salt 0.7g 11%	Protein 18.7g 37%	Carbs 32.5g 13%	Fibre 4.4g
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% of an adult's reference intake

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Smoothie (Serves 4)

Start your day with this low fat but tasty smoothie

Ingredients

- 100g frozen mango
- 2 bananas
- 4 carrots (leftover cooked carrots, frozen, raw and peeled or 250g tinned)
- 250ml water
- 1 tbsp ginger (fresh or ground)
- 1 tsp turmeric (could swap for cinnamon)
- 2 tbsp lemon juice
- 4 tbsp cashew nuts

Adjust turmeric and ginger quantities to suit your tastes

Method

1. Combine all ingredients and blend until smooth. Add more water if necessary

Nutrition

Smoothies are typically packed full of lots of different vitamins and minerals. The bananas in this smoothie are a good source of potassium which helps to regulate heart function and control the balance of fluid in the body. Mango is good source of Vitamin C, which helps to protect cells and maintain healthy skin. We get Vitamin A from the carrots and mango, which is important for helping our vision in dim light and help our immune system function properly. The cashew nuts are a good plant-based source of omega-3, which has been linked to a reduced risk of heart disease.

Smoothies only count as one portion of your 5-a-day no matter how many different fruit and vegetables it contains. They are also likely to be high in sugar therefore it is recommended that smoothies are consumed only once a day.

Nutrition per portion - 230g

Energy 136kcal	Fat 5.3g	Saturates 1.2g	Sugars 15.2g	Salt 0g	Protein 3.2g	Carbs 17.7g	Fibre 2.7g
7%	8%	6%	17%	0%	6%	7%	-

% of an adult's reference intake

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Apple and Cinnamon Porridge (Serves 4)

Porridge is an excellent breakfast. It's easy to make, healthy, filling and the topping choices are endless.

Ingredients

- 200g porridge oats
- 600ml milk or water or mixture of both
- 2 tsp dried cinnamon
- 2 apples, grated

Method

1. Place oats, milk and cinnamon into a pan. Bring to the boil, stirring regularly
2. Lower heat and let simmer for 5-10 minutes. Keep stirring regularly so oats do not stick to bottom of pan
3. To serve: Pour into four bowls and top with apple

Nutrition

Using spices such as cinnamon to flavour your porridge is a great way to make it tastier without adding extra salt or sugar. Reducing salt in our diet can reduce the risk of heart disease and stroke due to high blood pressure. Adults should aim to eat no more than 6g (1 teaspoon) of a salt a day.

We should also aim to cut down on our intake of free sugars. It is recommended that adults eat no more than 30g of free sugars a day (about 7 sugar cubes) to help prevent tooth decay and obesity. Free sugars are found in foods such as sweets, cakes, breakfast bars, honey, chocolate, fruit juice and smoothies. Sugar is also found naturally in foods such as fruit and milk. We do not need to cut down on milk and whole fruits (where the sugar is contained within the cell walls), but these sugars are included in the 'total sugars' content on food labels. You can tell if the food contains lots of free sugars by checking if sugar appears at the top of the ingredients list

Nutrition per portion - 258g

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
338kcal	8g	2.6g	13.7g	0.2g	13.1g	50.8g	5.9g
17%	11%	13%	15%	3%	26%	20%	-

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Peanut Butter & Berry Overnight Oats (Serves 4)

Overnight oats are an easy and healthy breakfast that can be prepped the night before, making them perfect for busy mornings. The frozen berries work especially well as when they thaw the oats soak up the juices.

Ingredients

- 200g oats
- 400ml milk or water
- 150g frozen berries
- 2 tsp honey or syrup
- 2 tbsp nut butter
- 3 tbsp low fat yogurt

TOP TIP:
Overnight oats will typically keep in the fridge for up to four days so double up the recipe to have a few breakfasts prepped ahead of time.

Method

1. Mix oats, milk, berries and peanut butter together and leave in the fridge overnight
2. The following day mix yogurt into oats. If needed add a splash of extra milk or water to loosen the mixture up
3. Divide into 4 and drizzle with honey

Nutrition

Oats are a healthy breakfast option as they are rich in fibre and contribute to our daily intake of B-vitamins, phosphorus and magnesium. They provide a slow release of energy which can help us to keep full for longer. Oats have also been linked to good heart health due to the soluble fibre found in oats known as beta-glucan, which can help reduce LDL (bad) cholesterol in our gut.

Other tasty options:

- Apple and Cinnamon
- Frozen mango, pineapple and shredded coconut
- Walnuts, sunflower seeds and linseeds

Nutrition per portion - 237g

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
346kcal	11.4g	3.3g	11.1g	0.3g	13.9g	43.8g	5.6g
17%	16%	17%	12%	4%	28%	17%	-

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Banana & Blueberry Breakfast Muffins (Serves 12)

Make these muffins ahead of time for a quick breakfast or morning snack

Ingredients

- 2 eggs, beaten
- 1 tbsp low fat yogurt
- 50ml oil
- 3 ripe bananas, mashed
- 4 tbsp clear honey
- 1tsp vanilla extract
- 200g wholemeal flour
- 50g rolled oats, plus extra for sprinkling
- 1 tsp bicarbonate soda
- 1 tsp baking powder
- 1 ½ tsp cinnamon
- 100g blueberries
- 2 tbsp mixed nuts

Method

1. Pre-heat oven to 180°C/160°C fan/gas 4. Line your muffin tray with 12 large muffin cases
2. In a bowl, whisk the eggs together with the oil and honey
3. Add the yogurt, mashed bananas, vanilla extract and cinnamon, mix well
4. Add bicarbonate soda, baking powder, flour and oats, mix well
5. Mix the blueberries through
6. Divide the mix evenly between each muffin case. Sprinkle the nuts and extra oats over the top
7. Bake for 25-30 minutes until golden brown on top and well risen
8. Remove from oven and leave to cool before removing from tray. Muffins will keep for up to 3 days in a sealed container

Nutrition

These muffins are low in saturated fat. A diet high in saturated fat is associated with raised cholesterol which is linked to an increased risk of heart attacks and stroke. As part of a healthy diet we should aim to reduce our intake of saturated fats and replace them with unsaturated fats such as nuts and vegetable oils to reduce the risk of heart disease.

One muffin (80g) contains

Energy 178kcal	Fat 3.8g	Saturates 0.7g	Sugars 12.4g	Salt 0.5g	Protein 6g	Carbs 28.4g	Fibre 3.3g
9%	5%	4%	14%	8%	12%	11%	-

% of an adult's reference intake

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Banana Pancakes (Serves 4)

These pancakes feel like an indulgence but are a healthy breakfast choice. They are so simple to make requiring only 2 ingredients and taste just as good plain as they do topped with fruit and yogurt. This recipe is great if you have been struggling to get flour.

Ingredients

For the Pancakes:

- 3 ripe bananas
- 6 eggs
- 1 kcal vegetable oil spray

Topping:

- 4 tbsp low fat yogurt
- 150g frozen berries

Method

1. Mix banana and eggs with a blender to get a batter like mix
2. Alternatively, in a bowl, beat eggs and mash bananas into eggs and mix well, until no banana lumps in mixture
3. Heat pan on a low heat and spray with 1kcal oil
4. Add ladle of batter to pan, wait until top starts to bubble then flip over and cook on other side. Cook until both sides are golden brown
5. Repeat until all the batter is used up
6. Divide pancakes onto four plates. Top with 1 tbsp yogurt and ¼ of the fruit

Nutrition

Incorporating fruit and vegetables into breakfast will make it easier to achieve your '5 a day'. Eggs are great for a filling breakfast choice. Although eggs contain cholesterol, the amount of saturated fat we eat has more of an effect on the amount of cholesterol in our blood. To know if a product is low in saturated fat it should be below 1.5g per 100g.

Nutrition per portion - 255g

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
238kcal	11.7g	3.3g	23.5g	0.5g	18.1g	25.5g	1.7g
14%	17%	17%	26%	9%	36%	10%	-

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Mexican Eggs on Toast (Serves 4)

A hearty take on the Mexican breakfast dish 'Huevos Rancheros' served on toast .

Ingredients

- 4 eggs
- 1 tin chopped tomatoes
- ½ tin mixed beans, drained
- 1 tsp dried chilli or chilli powder
- 2 handfuls of spinach (optional)
- Pinch of pepper
- 4 slices wholemeal bread or any bread available, toasted

Method

1. Add tomatoes, beans, chilli and pepper to a frying pan and simmer for 5 minutes
2. Stir through the spinach for 1-2 minutes until it starts to wilt
3. Make 4 small wells in the mixture and crack an egg into each well
4. Cook for 4-5 minutes until eggs are done to your liking
5. Whilst eggs are cooking toast the bread
6. Serve the Mexican eggs on top of toast

Nutrition

This breakfast provides a variety of nutrients including fibre, protein and carbohydrates. The chopped tomatoes are a good source of Vitamin C. Spinach provides us with Vitamin K, Vitamin A and Iron, a nutrient essential for making red blood cells which help carry oxygen around the body.

Nutrition per portion - 243g

Energy 289kcal	Fat 8.7g	Saturates 2.2g	Sugars 8.5g	Salt 0.9g	Protein 20.1g	Carbs 29.4g	Fibre 6.7g
14%	12%	11%	9%	15%	40%	11%	-

% of an adult's reference intake