

# Breakfast – Veg & fruit on toast

- Feeds 1



## Ingredients



2 slices of multigrain or wholemeal bread



creamed corn



baked beans



tomato



mushrooms



cream cheese



Avocado



Peanut butter



sultanas



salt

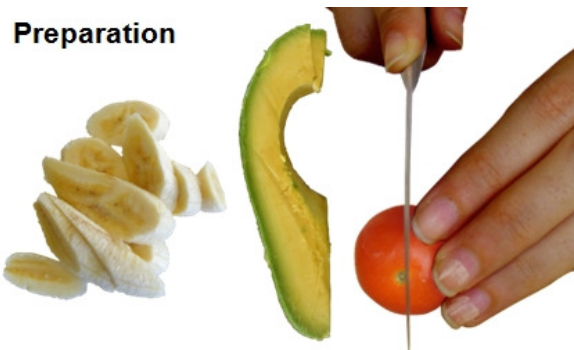


banana

## Equipment



## Preparation



1 Slice the fruit & vegetables



2 Open the tinned baked beans & creamed corn



3 Get the cheese & sultanas



4 Cook the mushrooms & tomatoes

You can have a very small amount of salt



5 Toast the bread



**Make your choices**



**6** Cut the toast into 4

**7** Make 1 set of vegetable & fruit small toast pieces you can try



**8** Make 1 large vegetable & fruit on toast using the topping you like best

You can mix & match toppings

**Food groups**



Serves in toast & avocado




2 serves of multigrain or wholemeal bread



1 serve of avocado

There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions

### **Key skills:**

This resource could be used to support development of the following skills:

- Independently follow a recipe.

### **Target group:**

This resource is designed to be used by Australians of all ages.

### **Notes:**

This resource is designed to be printed A3 size and then laminated.

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