

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

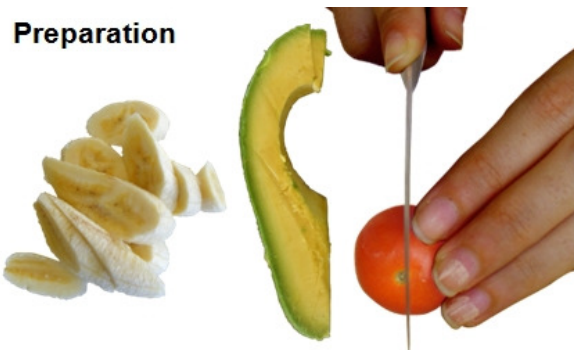


banana

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



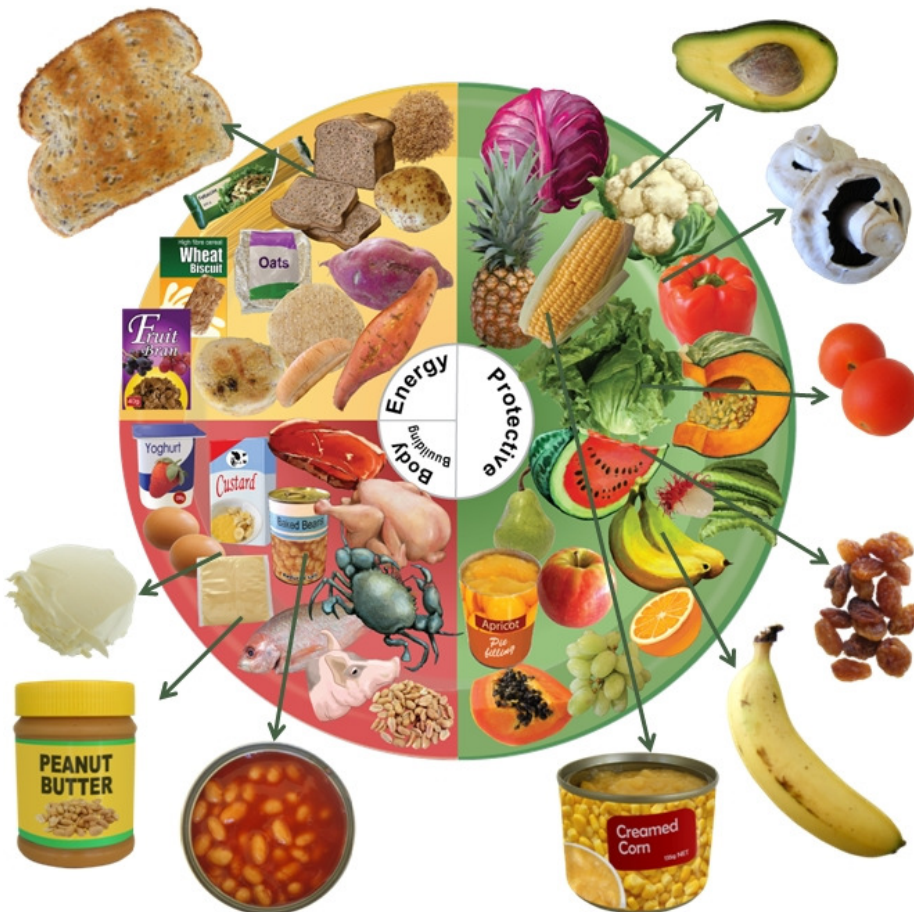
7 Make 1 set of vegetable & fruit small toast pieces you can try



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

You can mix & match toppings

Good food plate



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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