

Breakfast: 15 Full Recipes

Five quick options for rushed mornings, five batch-cook options you make once and eat all week, and five texture-swap versions of the most common breakfast foods for children who reject a particular mouthfeel.

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· 2-3 recipes per page throughout

Every recipe below lists exact ingredients, quantities, a serving size, an estimated nutrition value, and numbered steps — nothing here requires guessing.

5 quick breakfasts

Egg & Banana Mash-Up

📖 1 child serving ⚡ 6 minutes



INGREDIENTS

- 1 boiled egg
- ½ ripe banana
- 1 tsp peanut butter (smooth)
- 1 strip whole-grain toast

HOW TO MAKE IT

1. Mash the boiled egg and banana together in a small bowl with a fork.
2. Warm the peanut butter for 5 seconds in the microwave so it spreads easily.
3. Spread on the toast strip and serve the mash alongside for dipping.

210 kcal **8g** protein **27g** carb **8g** fat per serving, estimated

No banana on hand? Mashed pawpaw or ripe mango works the same way.

Yogurt & Oat Bowl

📖 1 child serving ⚡ 5 minutes



INGREDIENTS

- ½ cup plain yogurt
- 3 tbsp quick oats
- ¼ cup mashed pawpaw
- ½ tsp ground flaxseed

HOW TO MAKE IT

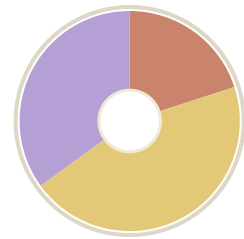
1. Stir the oats into the yogurt and let sit 2 minutes to soften.
2. Fold in the mashed pawpaw.
3. Sprinkle the flaxseed on top just before serving.

195 kcal **9g** protein **26g** carb **6g** fat per serving, estimated

Oats soften fastest in yogurt that's at room temperature, not fridge-cold.

Peanut Butter Toast Fingers

📖 1 child serving ☀️ 4 minutes



● Protein 20%
● Carb 45%
● Fat 35%

INGREDIENTS

- 1 slice whole-grain bread
- 1½ tbsp smooth peanut butter
- 4 thin banana slices

HOW TO MAKE IT

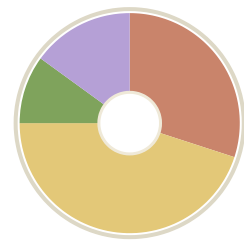
1. Toast the bread lightly.
2. Spread peanut butter edge to edge while still warm.
3. Lay banana slices on top, then cut into 4 finger strips.

220 kcal **7g** protein **24g** carb **11g** fat per serving, estimated

Cutting into strips (not squares) is easier for small hands to pick up independently.

Rice & Egg Scramble

📖 1 child serving ☀️ 7 minutes



● Protein 30%
● Carb 45%
● Veg 10%
● Fat 15%

INGREDIENTS

- ½ cup cooked white rice (leftover, from the fridge)
- 1 egg
- 2 tbsp finely chopped spinach
- 1 tsp olive oil

HOW TO MAKE IT

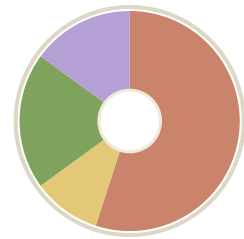
1. Warm the olive oil in a small pan on low heat.
2. Add the rice and spinach, stirring for 1 minute until warmed through.
3. Push to one side, crack in the egg, scramble soft, then mix everything together.

230 kcal **9g** protein **28g** carb **8g** fat per serving, estimated

This is the easiest way to use last night's rice — no separate cooking pot needed.

Egg & Veggie Mug (microwave)

 1 child serving  3 minutes



● Protein 55%
● Carb 10%
● Veg 20%
● Fat 15%

INGREDIENTS

- 1 egg
- 1 tbsp finely diced tomato
- 1 tbsp finely chopped spinach
- splash of plain yogurt or milk

HOW TO MAKE IT

1. Whisk everything together in a microwave-safe mug.
2. Microwave on high for 45 seconds, stir, then 30 more seconds until just set.
3. Let cool 2 minutes before serving – the mug stays hot.

140 kcal **8g** protein **3g** carb **10g** fat per serving, estimated

Pair with a piece of fruit on the side for a fuller breakfast in under 5 minutes total.

5 batch-cook breakfasts

Make once on a weekend; reheat portions through the week. The single biggest time-saver in this whole vault.

Baked Oatmeal Squares

📖 8 squares (freezer batch) ⚡ 35 minutes, once a week



● Protein 20%
● Carb 55%
● Fat 25%

INGREDIENTS

- 2 cups oats
- 2 mashed ripe bananas
- 2 eggs
- 1 tbsp chia seeds
- 1 cup plain yogurt
- 1 tsp ground flaxseed

HOW TO MAKE IT

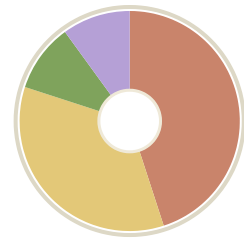
1. Preheat oven to 180°C (350°F). Mix all ingredients in one bowl until combined.
2. Pour into a greased 20cm baking dish and smooth the top.
3. Bake 25-28 minutes until firm and lightly golden.
4. Cool fully, then cut into 8 squares. Freeze individually; thaw one square overnight in the fridge as needed.

160 kcal 5g protein 24g carb 5g fat per serving, estimated

This is the single most reheat-friendly recipe in the whole guide – make it Sunday, breakfast is done all week.

Moi-Moi Breakfast Cups

 6 small cups (fridge, 3 days)  45 minutes, once a week



● Protein 45%
● Carb 35%
● Veg 10%
● Fat 10%

INGREDIENTS

- 2 cups black-eyed beans (soaked, skins removed, blended smooth)
- 1 egg
- 2 tbsp red palm oil
- ¼ cup diced bell pepper
- ¼ cup diced tomato

HOW TO MAKE IT

1. Blend soaked beans with a little water until smooth like pancake batter.
2. Whisk in the egg, oil, pepper and tomato.
3. Spoon into 6 small silicone muffin cups or ramekins.
4. Steam (in a covered pot with an inch of water) for 30-35 minutes until firm in the centre.

175 kcal **11g** protein **18g** carb **6g** fat per serving, estimated

Reheat one cup for 20 seconds in the microwave — soft, custard-like, gentle on sensitive mouths.

Sweet Potato & Egg Breakfast Muffins

📖 10 mini muffins (freezer batch) ☀️ 35 minutes, once a week



● Protein 40%
● Carb 30%
● Veg 20%
● Fat 10%

INGREDIENTS

- 1 cup grated sweet potato
- 4 eggs
- ¼ cup chopped spinach
- 2 tbsp grated carrot
- pinch of salt

HOW TO MAKE IT

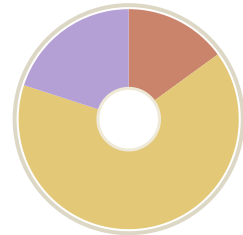
1. Preheat oven to 190°C (375°F). Whisk the eggs, then stir in everything else.
2. Divide between 10 greased mini-muffin cups.
3. Bake 16-18 minutes until set and lightly golden on top.
4. Cool, then freeze in a bag. Microwave from frozen for 30-40 seconds.

90 kcal 4g protein 8g carb 5g fat per serving, estimated

Great grab-and-go option for school mornings once thawed – no plate needed.

Millet Porridge Batch

📖 4 servings (fridge, 4 days) ☀️ 25 minutes, once a week



● Protein 15%
● Carb 65%
● Fat 20%

INGREDIENTS

- 1 cup millet flour
- 3 cups water or milk
- 1 mashed banana
- 1 tsp ground flaxseed

HOW TO MAKE IT

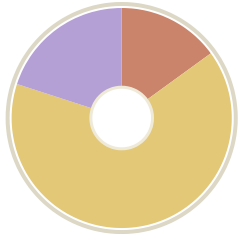
1. Whisk millet flour into cold water/milk first to avoid lumps, then heat.
2. Cook on low, stirring often, for 8-10 minutes until thickened.
3. Stir in mashed banana and flaxseed off the heat.
4. Cool and portion into 4 containers; reheat one portion with a splash of milk each morning.

180 kcal 5g protein 32g carb 4g fat per serving, estimated

A traditional, gentle grain porridge – the batch-cook version means no morning stirring at all.

Plantain & Oat Pancake Batch

 12 small pancakes (freezer)  30 minutes, once a week



 Protein 15%
 Carb 65%
 Fat 20%

INGREDIENTS

- 2 very ripe plantains, mashed
- 1 cup ground oats (blitz oats in a blender)
- 2 eggs
- ¼ tsp cinnamon-free vanilla (optional)

HOW TO MAKE IT

1. Mash the plantain until smooth, then whisk in the eggs.
2. Fold in the ground oats until just combined.
3. Cook small spoonfuls on a lightly oiled non-stick pan, 2 minutes per side.
4. Cool completely, layer with baking paper, and freeze.
Toast straight from frozen to reheat.

95 kcal **3g** protein **15g** carb **3g** fat per serving, estimated

Naturally sweet from the ripe plantain – no added sugar needed.

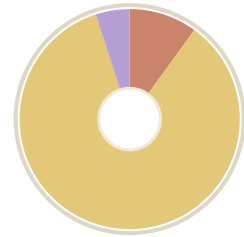
5 texture-swap breakfasts

Same food, gentler texture. Use these when a food is refused not because of taste, but because of how it feels — a very common and very fixable reason for rejection.

White rice · swap for: Regular cooked rice, when grains/lumps are a barrier

Silky Blended Rice Porridge (Pap-Style)

🍽️ 1 child serving ⏱️ 10 minutes



● Protein 10%
● Carb 85%
● Fat 5%

INGREDIENTS

- ¼ cup rice flour (or blitzed cooked rice, strained)
- 1 cup water or milk
- 1 tsp mashed banana (optional, for sweetness)

HOW TO MAKE IT

1. Whisk the rice flour into cold water/milk until fully smooth, no lumps.
2. Cook on low heat, stirring constantly, 5–6 minutes until it thickens to a smooth custard consistency.
3. Stir in mashed banana if using, and cool to warm (not hot) before serving.

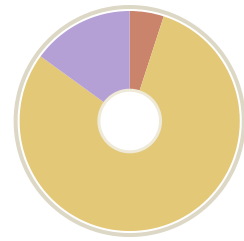
150 kcal **3g** protein **32g** carb **1g** fat per serving, estimated

Exactly the same grain as regular rice — just blended and strained so there is nothing to bite down on.

Yam · swap for: Boiled/pounded yam, when fibrous texture is refused

Smooth Yam Purée

 1 child serving  15 minutes



● Protein 5%
● Carb 80%
● Fat 15%

INGREDIENTS

- 1 cup peeled, boiled yam
- 2-3 tbsp warm milk or water
- ½ tsp olive oil

HOW TO MAKE IT

1. Boil the yam until a fork slides in with no resistance (softer than usual).
2. Mash, then blend with warm milk and olive oil until completely smooth – a hand blender works well.
3. Push through a sieve for an extra-smooth version if any fibres remain.

140 kcal **2g** protein **30g** carb **2g** fat per serving, estimated

This is still 100% yam – only the texture has changed, not the food.

Oats · swap for: Regular rolled oats, when the visible flakes are the barrier

Ground Oat "Cream"

📖 1 child serving ☀ 8 minutes



● Protein 20%
● Carb 55%
● Fat 25%

INGREDIENTS

- ½ cup oats, blitzed to a fine powder before cooking
- 1 cup milk or water
- 1 tsp peanut butter

HOW TO MAKE IT

1. Blend the dry oats in a blender until they look like flour – this is the key step.
2. Whisk into cold milk, then cook on low 3-4 minutes, stirring, until thickened and smooth.
3. Stir in peanut butter off the heat.

160 kcal **5g** protein **27g** carb **4g** fat per serving, estimated

Same oats, same nutrients – grinding first removes the flake texture entirely.

Black-eyed beans / lentils · swap for: Whole beans, when skins or graininess are refused

Puréed Bean Soup

📖 1 child serving ☀ 10 minutes (using pre-cooked beans)



● Protein 50%
● Carb 40%
● Fat 10%

INGREDIENTS

- 1 cup cooked black-eyed beans or lentils (skins removed)
- ½ cup vegetable broth or water
- 1 tsp red palm oil

HOW TO MAKE IT

1. Blend the cooked beans with the broth until completely smooth, like a thick soup.
2. Push through a sieve if any skins remain – this step matters more than the blending itself.
3. Warm through gently with the palm oil before serving.

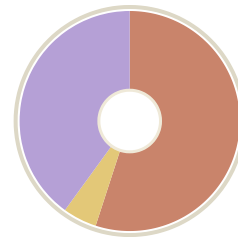
170 kcal **10g** protein **24g** carb **3g** fat per serving, estimated

Lentils blend smoothest of all the legumes if beans still feel too grainy after sieving.

Eggs · swap for: Regular firm scrambled or fried egg, when rubbery curds are refused

Silken Scrambled Egg

 1 child serving  5 minutes



● Protein 55%
● Carb 5%
● Fat 40%

INGREDIENTS

- 1 egg
- 1 tbsp milk
- ¼ tsp butter or oil

HOW TO MAKE IT

1. Whisk the egg and milk together well.
2. Cook in a non-stick pan on the LOWEST heat setting, stirring constantly and slowly.
3. Remove from heat while still slightly wet-looking – it finishes cooking off the heat into soft, custardy curds.

130 kcal **8g** protein **1g** carb **10g** fat per serving, estimated

Low heat is the entire trick here – high heat is what creates the rubbery texture children often reject.