

## **Breakfast : your guide to healthy eating / Tesco Stores Limited.**

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TESCO

# BREAKFAST



YOUR  

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GUIDE TO  

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HEALTHY  

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EATING

## HEALTHY EATING BREAKFAST

Breakfast is an excellent meal to get you off to a good start, both to a healthy diet and to the day. Eating breakfast will help give you energy to concentrate and to stop you being tempted to snack on the wrong foods later in the day.

A healthy balanced diet plays an integral part in staying fit and well. Even small changes in your diet can have a positive impact on your health, making you look and feel better.

The main message is to eat less fat - especially saturated fat, whilst at the same

time making sure that we eat enough fruit and vegetables, bread, cereals, rice and pasta etc.

This leaflet gives you recipes and ideas for healthier breakfasts from the quick and convenient through to a traditional English cooked breakfast.

(Children under 5 years old should have full fat milk. Semi skimmed milk is ok for children over 2 years if they have a good varied diet).



### EARLY RISER DRINK

Serves: 2

#### Ingredients:

2 medium sized Ripe Bananas

150 ml (1/4 pt) Healthy Eating Peach

Melba Yogurt

150 ml (1/4 pt) Freshly Squeezed Orange Juice

#### Method

1. Blend all the ingredients together for 1 minute in a food processor.

#### Nutrition Information per serving:

Energy	Fat	Carbohydrate	Protein	Fibre
185 Calories (kcal)	1g	39g	5g	1g

For a refreshing breakfast drink why not try a Healthy Eating Light Fruit drink, with no added sugar; they have about half the sugar content of standard fruit juices yet all the goodness. If you are short of time take a pocket size 250 ml carton with you for later.



## APPLE AND DATE PORRIDGE

Serves: 4

### Ingredients:

125 g (4 oz) Dried Dates, chopped

1 large Cooking Apple, peeled and finely chopped

75 g (3 oz) Porridge Oats

450 ml (3/4 pt) Water

### Method

1. Place the dates and apple in a saucepan. Add 2 x 15 ml sp (2 tbsp) of water. Cook for 3-4 minutes, stirring.
2. Add the porridge oats and water and simmer for 4-5 minutes. Stir occasionally.

### Nutrition Information per serving:

Energy	Fat	Carbohydrate	Protein	Fibre
178 Calories (kcal)	2 g	37 g	3 g	3 g

As an alternative to the dates and apple just stir in a tablespoon of one of the Tesco Reduced Sugar Jams: Morello Cherry, Apricot, Strawberry or Blackcurrant. Breakfast Cereals can make a quick, convenient and healthy breakfast. Try Tesco Healthy Eating Swiss Style Muesli, Tesco Bran Breakfast Cereal or Tesco Wholewheat Flakes individually with milk, a mixture of all 3, or perhaps any combination topped with chopped fresh, dried or canned (in juice), fruits.



## BREAKFAST BARS

Serves: 10

Cooking Time: 20-25 minutes

Temperature: 180°C/350°F/Gas Mark 4

### Ingredients:

2 x 15ml sp (2 tbsp) Honey

75 g (3 oz) Sunflower Margarine

25 g (1 oz) Light Soft Brown Sugar

150 g (5 oz) Porridge Oats

25 g (1 oz) Hazelnuts, chopped

25 g (1 oz) Sesame Seeds

25 g (1 oz) Sultanas, chopped

25 g (1 oz) Ready to Eat Apricots, chopped

### Method

1. Place the honey, margarine and sugar in a saucepan. Heat gently until the margarine has melted and the sugar dissolved.
2. Stir in the remaining ingredients.
3. Press the mixture into a shallow 18 cm (7") square baking tin lined with greaseproof paper.
4. Bake in the centre of a preheated oven for 20-25 minutes. Cut into 10 bars and leave to cool and set.

### Nutrition Information per serving:

Energy	Fat	Carbohydrate	Protein	Fibre
178 Calories (kcal)	10 g	19 g	3 g	2 g



## BANANA AND APRICOT MUFFINS

Serves: 4

### Ingredients:

4 Tesco Traditionally Made Muffins

2 large ripe Bananas

75 g (3 oz) Ready to Eat Apricots, chopped

2 x 15 ml sp (2 tbsp) Semi Skimmed Milk

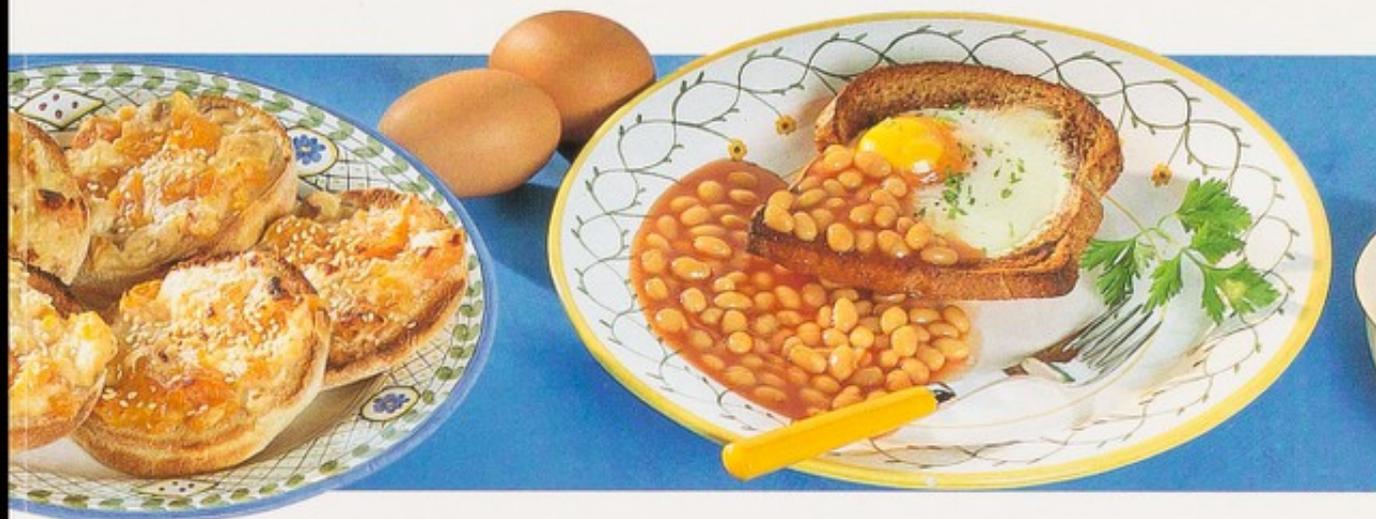
2 x 5 ml sp (2 tsp) Sesame Seeds

### Method

1. Split the muffins and toast the uncut side.
2. Mash the bananas roughly with a fork and stir in the apricots and milk.
3. Spread over the cut side of the muffin and toast for 1 minute.
4. Sprinkle with the sesame seeds and toast for a further minute.

### Nutrition Information per serving:

Energy	Fat	Carbohydrate	Protein	Fibre
232 Calories (kcal)	4g	41g	8g	6g



All bread is good for you, as it is an excellent source of fibre - rich starchy carbohydrate; and with such a wide choice of type it can really help to add variety to your diet. Included in the large range of bakery products at Tesco is Tesco Healthy Eating Bread which gives you the benefit of added vitamins and calcium, higher fibre and a lower salt content than in standard bread. Bread alone is low in fat and sugar but of course it is not always eaten just by itself. Try spreading your bread with Healthy Eating Low Fat Spread and using Tesco Reduced Sugar Orange Marmalade.

### Ingredients:

4 slices Tesco Healthy Eating

Wholemeal Bread

3 x 5 ml sp (3 tsp) Ready Made French Mustard

4 size 4 Eggs

Freshly chopped Parsley

Freshly Ground Black Pepper

Healthy Eating Beans in Tomato Sauce to Serve

### Method

1. Spread the bread with a little mustard.
2. Press the slices of wholemeal bread into 4 10 cm (4") holes of a bun tray, mustard side up.
3. Gently break the eggs, one at a time, into a jug. Pour the egg mixture into the bread nest.
4. Bake in the centre of a preheated oven for 15 minutes. Sprinkle with parsley and season. Serve with the heated beans.

### Nutrition Information per serving:

Energy	Fat	Carbohydrate	Protein	Fibre
239 Calories (kcal)	7g	29g	15g	2g

## BAKED BREAKFAST EGGS

Serves: 4

Cooking Time: 15 minutes

Temperature:

190°C/375°F/Gas Mark 5



## BREAKFAST KEBABS

Serves: 4

### Ingredients:

4 rashers of Rindless Back Bacon, cut in half

12 Button Mushrooms

8 Cherry Tomatoes

Sunflower Oil for brushing

4 Continental Morning Rolls fresh from the Instore Bakery

### Method

1. Cut the bacon in half widthways to make 16 pieces.
2. Roll up the bacon to make 16 rolls.

3. Thread the bacon, mushrooms and tomatoes alternately onto 4 skewers.
4. Brush the mushrooms and tomatoes very lightly with oil. Place under a medium grill for 8-10 minutes turning frequently.
5. To serve: remove from the skewer and place in a split continental roll.

### Nutrition Information per serving:

Energy	Fat	Carbohydrate	Protein	Fibre
244 Calories (kcal)	8 g	30 g	13 g	1 g

A tasty variation is to roll the bacon around stoned dried prunes then follow the recipe as before.



## TRIPLE DECKER MUFFIN

Serves: 4

Cooking Time: 20 minutes

Temperature: 190°C/375°F/Gas Mark 5

### Ingredients:

4 large Open Cup Mushrooms, cleaned

2 rashers Lean Rindless Back Bacon, chopped

3 Eggs

3 x 15 ml sp (3 tbsp) Skimmed Milk

Salt and Ground Black Pepper

2 Tesco Traditionally Made Wholemeal Muffins

Freshly chopped Parsley

### Method

1. Remove the stalks from the mushrooms and chop finely. Mix stalks and bacon together.
2. Stuff the mushrooms with the bacon mixture. Place on a baking tray and cover with foil. Bake in the centre of a preheated oven for 20 minutes.
3. Beat the eggs and milk together and heat gently in a non-stick saucepan, stirring constantly. Season once thickened.
4. Split the muffins and toast. Top with the baked mushrooms and then the scrambled egg. Sprinkle with parsley.

### Nutrition Information per serving:

Energy	Fat	Carbohydrate	Protein	Fibre
167 Calories (kcal)	7 g	13 g	13 g	3 g

## BAKED FISH ROSTI

Serves: 4

Cooking Time: 25 minutes

Temperature: 200°C/400°F/Gas Mark 6

### Ingredients:

2 Boneless Ready to Eat Kippers, flaked

1 can Unpeeled New Potatoes, drained and chopped

2 Tomatoes, finely chopped

Ground Black Pepper

2 x 15 ml sp (2 tbsp) beaten Egg

### Method

1. Mix the ingredients together in a bowl, until the potatoes start to break up.
2. Place a sheet of greaseproof paper over a baking tray and lightly oil. Divide the mixture into 4 piles on the baking sheet. Flatten the mixture using the back of a spoon.
3. Bake in the centre of a preheated oven until crispy and golden.

### Nutrition Information per serving:

Energy	Fat	Carbohydrate	Protein	Fibre
171 Calories (kcal)	7 g	12 g	15 g	1 g



## INDIVIDUAL KEDGEREE PARCELS

Serves: 4

Cooking Time: 20 minutes

Temperature: 190°C/375°F/Gas Mark 5

### Ingredients:

225 g (8 oz) Easy Cook Rice, cooked

350 g (12 oz) Smoked Cod or Haddock, cooked and flaked

125 g (4 oz) Mushrooms, thinly sliced

175 g (6 oz) finely chopped Spinach

150 ml (1/4 pt) Healthy Eating Bio Natural Yogurt or Healthy Eating Natural Yogurt

Salt and Ground Black Pepper

Pinch Ground Nutmeg

### Method

1. Mix all the ingredients together.
2. Cut 4 sheets of greaseproof paper to make 25 cm (10") squares. Divide the mixture

between the squares. Roll each end up tightly to form a parcel. (If you wish to freeze parcels at this stage. Wrap in foil. Parcels will freeze for up to 1 month. Defrost thoroughly and continue the recipe from this stage after removing the foil).

3. Place parcels on a baking tray and cook in the centre of the oven.

### Nutrition Information per serving:

Energy	Fat	Carbohydrate	Protein	Fibre
167 Calories (kcal)	4 g	51 g	26 g	1 g



## SUNSHINE FRUIT SALAD

Serves: 6

### Ingredients:

410 g (14 oz) can Orange Segments, drained  
411 g (14 oz) can Grapefruit Segments, drained  
411 g (14 oz) can Apricot Halves, drained  
2 pots Healthy Eating Bio Natural Yogurt  
2 x 5 ml sp (2 tsp) Tesco Apricot Reduced Sugar Jam

### Method

1. Place all the ingredients into a large bowl and mix gently. Serve chilled.

### Nutrition Information per serving:

Energy	Fat	Carbohydrate	Protein	Fibre
61 Calories (kcal)	0.5 g	11 g	3 g	2 g



## FRUIT COMPÔTE WITH FROMAGE FRAIS

Serves: 4

### Ingredients:

125 g (4 oz) stoned dried Prunes  
250 g (8 oz) packet Dried Fruit Salad  
300 ml (1/2 pt) Freshly Squeezed Orange Juice  
1/2 x 5 ml sp (1/2 tsp) Mixed Spice  
250 g (8 oz) Low Fat Fromage Frais



### Method

1. Place the prunes, fruit salad, orange juice and mixed spice in a saucepan and heat gently for 5 minutes. Leave to cool (can be left overnight).
2. Stir in the fromage frais and serve immediately.

### Nutrition Information per serving:

Energy	Fat	Carbohydrate	Protein	Fibre
189 Calories (kcal)	1 g	37 g	8 g	5 g

And there is no need to give up cooked English breakfasts. Look at the difference even small changes can make towards a healthier diet.

Many larger Tesco stores have Coffee Shops offering breakfast until 11.30am Monday to Saturday and all day on Sunday (where stores are open). Choose from a breakfast cereal such as Tesco Bran flakes and semi skimmed milk or a cooked breakfast of scrambled eggs on toast and plum tomatoes to get you off to a healthy start.



#### ENGLISH COOKED BREAKFAST

##### HEALTHY EATING

*1 grilled Half Fat Sausage*  
*1 rasher grilled Lean Rindless Back Bacon*  
*Poached Egg*  
*Grilled Mushrooms and slices of Tomato*  
*sprinkled with a little Basil.*  
*1 slice of Wholemeal Toast Spread with*  
*Healthy Eating Half Fat Spread*

Nutrition Information per serving:

Energy	Fat	Carbohydrate	Protein	Fibre
427 Calories (kcal)	23 g	27 g	28 g	5 g

##### OR:

*1 fried Sausage*  
*1 rasher Bacon fried*  
*1 Egg fried*  
*Fried Mushrooms and slices of Tomato*  
*1 slice of Toast with Butter*

Nutrition Information per serving:

Energy	Fat	Carbohydrate	Protein	Fibre
703 Calories (kcal)	55 g	25 g	27 g	4 g

All products featured subject to availability, some lines in larger stores only.

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