

Missie's Breakfast Week Menu

Follow my Brekkie Challenge
@Missiecindz

Sunday 23rd January

Missie's 'Weekend Special' Omelette

Prep time: 15 minutes
Cook time: 10 minutes
Serves 2

Ingredients:

80g chopped leeks/spring onions
2 slices smoked back bacon or ham, chopped
100g mushrooms, sliced
3 large eggs, beaten
5 tbsp semi-skimmed milk
50g sweetcorn kernels

Monday 24th January

Pineapple Pancakes

Prep time: 5-6 minutes
Cook time: 10 minutes
Makes 4 large pancakes

Ingredients:

125g self-raising flour
1tsp baking powder
1 large egg, beaten
150ml milk
25g melted butter
75g chopped pineapple pieces
To serve: syrup/honey and extra pineapple pieces

Tuesday 25th January

Bacon & Sweetcorn Fritters

Prep time: 5 minutes
Cook time: 10 minutes
Serves 2

Ingredients:

60g self-raising flour
2 tablespoons milk
½ teaspoon baking powder
1 large egg, beaten
160g sweetcorn kernels
3 rashers back bacon, grilled & diced
maple syrup (or honey) to serve

Wednesday 26th January

Banana & Cinnamon Porridge

Cook time: 10 minutes
Serves 2

Ingredients:

½ tsp cinnamon
400ml semi-skimmed milk (or according to personal preference of thickness)
1 banana, mashed
90g porridge oats
1 drizzle Sheffield Honey



Breakfast Week 2011

23rd - 29th January

Thursday 27th January

Sheffield Honey Butter Toast

Prep/cook time: 10 minutes
Serves 1

Ingredients:

1 extra thick white bread with crust edge
2 tbsp butter
3 tbsp Sheffield Honey
1 scoop of vanilla ice cream (optional, ice-cream in the mornings might not appeal to some :)

Friday 28th January

Baked Beans on Toast with a Poached/Fried Egg

Prep time: 5 minutes
Cook time: 10 minutes
Serves 1

Ingredients:

200g can baked beans in tomato sauce
1 thick slice of wholemeal bread
1 large free range egg

Saturday 29th January

Ham Foo Yung (scrambled eggs) in a Toasted Bagel

Prep time: 5 minutes
Cook time: 10 minutes
Serves: 1

Ingredients:

2 slices of ham, chopped
1 large egg, beaten
1 plain bagel
20g finely chopped spring onions
2 tbsp semi-skimmed milk
pinch salt and pepper

