



KickStart
BREAKFAST



Proudly supporting
New Zealand schools since 2009



MINISTRY OF SOCIAL
DEVELOPMENT
TE MANATŪ WHAKAHIATO ORA





In 2019, we celebrated 10 years of proudly providing a nutritious breakfast of Anchor™ milk and Sanitarium Weet-Bix™ to schools all around Aotearoa.

We've collated some of our favourite recipes that hero Anchor™ milk and Weet-Bix™ that we'd love your breakfast club to try. These might be served at your KickStart Breakfast club to celebrate a special occasion or used to inform your wider whānau of the different ways you can utilise these household staple ingredients.

We would love your KickStart Breakfast club to create these yummy breakfast options as well as recreate your own recipes.

At the back of this booklet are some blank recipe pages where students can share their favourite recipe creation that features both Anchor™ milk and Sanitarium Weet-Bix™.

Breakfast is often considered the most important meal of the day, so try to keep your recipes healthy to fuel young minds and help boost energy levels¹.

Ensure your recipe creations:

- Include foods from a variety of food groups e.g. breads & cereals (preferably wholegrain), fruit, milk & milk products¹
- Contain fibre
- Are lower in added sugar (sweeten with fruit)
- Use healthy fats e.g. nuts & seeds
- Contain a protein source e.g. milk, yoghurt, eggs

Remember, it is important to have a clean space to safely prepare the food!

KEEP THE BUGS AWAY - Wash your hands before eating/making food

REMEMBER

THE 20 + 2 RULE
WASH 20 seconds
+
DRY 20 seconds
CLEAN HANDS

WASH



Count to 20

CLEAN



DRY



Count to 20



Contents

Fresh & Filling Smoothies

Breakfast Crumble

Stack 'em Up!

Roll Up Pancakes

Weet-Bix™ Slice

Mighty Muffins

Your recipe creations



The recipes above are derived from <https://www.sanitarium.co.nz/recipes/a-z/>
Please note some of the recipes below will differ from the website as they have been slightly tweaked with ingredients. All recipes have been tested.



INGREDIENTS (SERVES 2)

BANANA BERRY BLISS

- 1 cup Anchor™ UHT Blue Lite milk
- 1 Weet-Bix™ wheat biscuit
- 1 banana
- ½ cup fresh or frozen berries

PEACHES & CREAM

- 1 cup Anchor™ UHT Blue Lite milk
- 1 Weet-Bix™ wheat biscuit
- 1 cup tinned peaches in juice (drained)
- 1 teaspoon honey (optional)



Source of Fibre



1 Serving of fruit per serve



Source of Calcium



Source of Protein

Fruity & Filling Smoothies

Smoothies have been a popular KickStart Breakfast club choice for years! Many students have perfected the best smoothie flavours... check out our favourite combinations below and then try to create your own!

METHOD

Place all ingredients into a blender, and blend until smooth. Pour into serving glasses.

Get creative with what fruit you can source. Fresh fruit in season can provide delicious flavours whilst frozen or tinned fruit is always readily available.

LEVEL OF DIFFICULTY





INGREDIENTS (SERVES 2)

- ½ cup frozen berries
- 1 red apple, peeled, cored and diced
- ¼ tsp cinnamon, ground
- 4 Weet-Bix™ wheat biscuits
- 1 ¼ cups Anchor™ Lite UHT milk

- ✓ Good source of calcium
- ✓ Good source of fibre
- ✓ Good source of protein

Breakfast Crumble

Feel free to use different fruits. We recommend using what is in season or opting for some tinned fruit to create this yummy breakfast crumble on cooler mornings.

METHOD

Using a small saucepan or microwavable bowl, heat the berries with the apple and cinnamon. Stir regularly and allow the fruit mixture to thicken.

In a shallow breakfast bowl, layer your crumble by alternating half a crushed Weet-Bix™ biscuit with a spoonful of the berry mix.

Pour over hot milk, ensuring even coverage and serve.

This can be prepared in advance and kept in a warm oven. Have a jug or pot of warm milk to pour onto servings.

LEVEL OF DIFFICULTY





INGREDIENTS (SERVES 2)

Select a couple of different fruits to include, a favourite flavour combination of ours is:

- ½ can of peaches (in juice), drained
- ¾ cup Anchor™ Greek Natural Yoghurt (200g)
- ½ can of pears (in juice), drained (sliced)
- 2 bananas, sliced
- 4 Weet-Bix™ wheat biscuits (crushed)
- 1 ¼ cups Anchor™ UHT Blue Lite milk (300ml)



High Fibre



Good source of calcium



2 Servings of fruit per serve



High in Protein

Stack'em Up!

Start your morning with a tasty, fruity stack

METHOD

Place your peaches into a small bowl and using the back of a fork, mash into a puree. Add the yoghurt and stir to combine.

Take a glass or mug and start to layer your stack:

- Crushed Weet-Bix™
- Sliced banana and pears
- Peachy yoghurt
- Repeat!

Pour over the milk when ready.

If preferred, try blending the ingredients into a delicious smoothie.

You can try any fruit combinations you want! Ask around within your school community as some whānau may have an abundance of fruit from their fruit trees to share with your breakfast club.

Some yummy combinations include:

- Grated or stewed apple and feijoa
- Mandarin and pears
- Apricots and banana
- Berries and apple

LEVEL OF DIFFICULTY





INGREDIENTS (SERVES 3) MAKES ABOUT 6-8 PANCAKES

- ½ cup flour
- ½ tsp salt
- 1 tbsp brown sugar
- 3 Weet-Bix™ wheat biscuits, finely crushed (about 1/3 cup)
- 2 small whole eggs
- 250ml Anchor™ UHT Blue Lite milk
- 50ml water
- Vegetable oil for frying



Source of calcium



Good source of Protein

Pancakes

Pancakes on the weekend with your whānau can be a yummy treat! For a special treat one morning, you could have a pancakes party at your KickStart Breakfast club to celebrate KickStart Breakfast turning 10!

METHOD

Sift the flour and combine with salt, brown sugar and finely crushed Weet-Bix™.

Slowly add eggs until mixture is well combined. Add the milk, small amounts at a time, and mix until smooth.

Finally add the water to the desired thickness. Whisk to combine until smooth. Mixture will thicken if you pop it in the fridge for 5 minutes.

Heat a small amount of oil in a non-stick fry pan and add a few spoonfuls of pancake mix. Ensure you move the pan around until the mixture fills the bottom.

Cook for approximately 2 minutes, until lightly brown and then flip and repeat.

TO SERVE

Fresh or tinned fruit
Yoghurt

LEVEL OF DIFFICULTY





INGREDIENTS (SERVES 10-12)

- ¼ cup wholemeal flour
- ½ tsp baking powder
- ½ cup Weet-Bix™ wheat biscuits, blended to a fine powder (4 Weet-Bix)
- ¼ cup brown sugar
- 1¼ cups fruit and nut mix*
- 1 egg
- ½ cup Anchor™ UHT Blue Lite milk
- 2 tablespoons Anchor™ butter, melted
- 2 tablespoon honey, melted

*Can make nut free by just adding fruit (this can be a mixture of grated or finely diced fresh/tinned fruit or chopped dried fruit)

Weet-Bix™ Slice

This is a great way to use up those leftover Weet-Bix crumbs at the end of each box. A class activity where students can get creative with the dried fruits & nuts they add. A great snack served alone or with a glass of plain milk

METHOD

Pre-heat oven to 170°C. Line a 20cm x 30cm tin with baking paper.

Combine flour, baking powder, Weet-Bix™, sugar and fruit and nut mix.

Mix together egg, Anchor™ milk, butter and honey, then combine with dry ingredients. Press into prepared tin and bake for 20-25 minutes or until golden.

Cool on a wire rack, then cut into squares.

LEVEL OF DIFFICULTY





INGREDIENTS (SERVES 12 MUFFINS)

- 6 Sanitarium Weet-Bix™ wheat biscuits
- 1 1/2 cup wholemeal self-raising flour
- 1/4 cup sugar
- 1 teaspoon cinnamon
- 3 medium apples, grated (keep skin on for an extra fibre boost)
- 2 eggs, lightly beaten
- 1/3 cup vegetable oil
- 1 cup Anchor™ UHT Blue Lite milk

 Source of fibre

Mighty Muffins

These muffins are perfect for busy students served with a glass of Anchor milk. They are lower in added sugar than regular muffins with plenty of sweetness from the apples.

METHOD

Crush 5 of the Weet-Bix™ in a bowl and combine with the flour, sugar, cinnamon and grated apple.

Combine egg, oil and Anchor™ milk in a separate bowl.

Fold liquid ingredients gently into dry ingredients until just combined.

Spoon mixture into lightly greased large 12-hole muffin tray and sprinkle with the remaining one crushed Weet-Bix™.

Bake in a moderate oven, 180°C, for 30 minutes or until golden.

LEVEL OF DIFFICULTY





SCHOOL NAME

RECIPE CREATION

INGREDIENTS

METHOD

DRAW A PICTURE OF YOUR CREATION

LEVEL OF DIFFICULTY



Colour in hats for difficulty level



SCHOOL NAME

RECIPE CREATION

INGREDIENTS

METHOD

DRAW A PICTURE OF YOUR CREATION

LEVEL OF DIFFICULTY



Colour in hats for difficulty level



SCHOOL NAME

RECIPE CREATION

INGREDIENTS

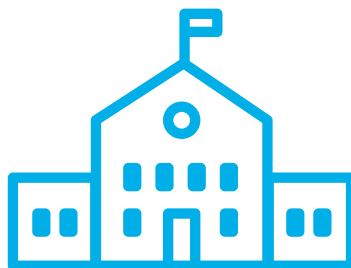
METHOD

DRAW A PICTURE OF YOUR CREATION

LEVEL OF DIFFICULTY



Colour in hats for difficulty level



KickStart

BREAKFAST



**MINISTRY OF SOCIAL
DEVELOPMENT**
TE MANATŪ WHAKAHIATO ORA

Enabling school-aged learners to realise their full potential by supporting their wellbeing and nutrition