

Porridge -

Ingredients

- 1/2 cup oats
- 1 cup water or milk (dairy or plant-based)
- Pinch of salt (optional)
- 1/2 teaspoon vanilla extract (optional)
- Toppings of your choice (e.g., fresh fruit, nuts, seeds, honey, or maple syrup)

Utensils

- Saucepan
- Wooden mixing spoon
- Mixing bowl
- Knife (optional based on toppings)

Method

1. In a saucepan, combine the oats and water or milk. If you prefer creamier porridge, use milk. Add a pinch of salt if desired. For added flavor, you can also stir in vanilla extract.
2. Place the saucepan over medium heat and bring the mixture to a gentle boil while stirring occasionally.
3. Once it starts to boil, reduce the heat to low, and let the mixture simmer. Stir occasionally to prevent sticking and to ensure an even consistency.
4. Continue to cook and stir for about 5-7 minutes or until the porridge reaches your desired thickness. If it becomes too thick, you can add more water or milk to reach your preferred consistency.
5. Pour the hot oatmeal into a bowl and add your choice of toppings. Common toppings include sliced bananas, berries, chopped nuts (e.g., almonds, walnuts), seeds (e.g., chia seeds, flaxseeds), a drizzle of honey or maple syrup, and a sprinkle of cinnamon.
6. Stir your chosen toppings into the porridge and enjoy your warm and nutritious breakfast.

Veggie Omelette -

Ingredients

- 2-3 large eggs
- 2 tablespoons of milk (optional)
- Salt and pepper to taste
- 1 tablespoon of butter or cooking oil
- 1/4 cup of diced bell peppers
- 1/4 cup of diced onions
- 1/4 cup of diced tomatoes
- 1/4 cup of shredded cheese (cheddar or your choice)

Utensils

- Frying pan
- Knife and chopping board
- Whisk or fork to mix
- Spatula

Method

1. Dice the bell peppers, onions, tomatoes, and any other vegetables you'd like to use.
2. Crack the eggs into a bowl and whisk them together. If you prefer a fluffier omelette, you can add a couple of tablespoons of milk and whisk until well combined. Season the eggs with a pinch of salt and a dash of black pepper.
3. Place a non-stick pan over medium heat. Add the butter or cooking oil and allow it to melt and coat the bottom of the pan evenly.
4. Add the diced bell peppers, onions, and any other vegetables to the pan. Sauté them for 3-4 minutes.
5. Once the vegetables are cooked, pour the beaten eggs evenly over them in the pan. Allow the eggs to cook undisturbed for a minute or so.
6. Sprinkle the shredded cheese evenly over one half of the omelette.
7. Carefully lift the other half of the omelette with a spatula and fold it over the cheese-covered half. This will create a half-moon shape.
8. Continue cooking the omelette for another 1-2 minutes, or until the cheese melts and the eggs are fully set but still moist.
9. Slide the veggie omelette onto a plate. Add a dollop of sour cream, salsa, or hot sauce for extra flavor.

Pancakes -

Ingredients

- 1 cup plain flour
- 1 tablespoon honey or maple syrup
- 1 teaspoon baking powder
- 1 cup of milk or milk alternative
- 1 large egg
- Cooking spray or a small amount of butter for greasing the pan

Utensils

- Frying pan
- 2 mixing bowls
- Whisk or fork to mix
- Spatula
- Wooden spoon

Method

1. Place a pan over medium heat and allow it to preheat whilst you mix the batter.
2. In a mixing bowl, combine the flour, honey and baking powder. Stir them together until well mixed.
3. In another bowl, whisk together the milk and egg.
4. Pour the wet ingredients into the dry ingredients and stir until just combined. Be careful not to overmix.
5. Lightly grease the preheated pan with cooking spray or a small amount of butter.
6. Pour 1/4 cup of the pancake batter onto the hot pan for each pancake. Use the back of a spoon to spread the batter into a circular shape if needed.
7. Cook the pancakes until you see bubbles forming on the surface, about 2-3 minutes.
8. Carefully flip the pancakes using a spatula and cook for an additional 1-2 minutes on the other side, or until they're golden brown and cooked through.
9. Remove the pancakes from the pan and place them on a plate.
10. Serve your pancakes with your favorite toppings, such as fresh fruit, yogurt or a sprinkle of nuts.

Baked Eggs -

Ingredients

- 2 large eggs
- 2 tablespoons milk
- Salt and pepper
- 1/4 cup shredded cheese (Cheddar, mozzarella or your choice)
- 2 tablespoons diced tomatoes
- 2 tablespoons diced bell peppers

Utensils

- Small baking dish
- Knife and chopping board

Method

1. Preheat your oven to 190°C.
2. Grease a small baking dish with cooking spray or a small amount of butter.
3. Carefully crack the eggs into the baking dish.
4. Pour 1 tablespoon of milk over each egg. Season with a pinch of salt and a dash of black pepper.
5. Sprinkle the diced tomatoes and bell peppers evenly over the eggs.
6. Top each egg with half of the shredded cheese.
7. Place the baking dish in the oven and bake for about 12-15 minutes or until the egg white is cooked through.
8. Carefully remove the dish from the oven and allow to cool for a minute or two before serving.
9. Serve the baked eggs hot with toast or crusty bread for dipping.