



# Recipes



# Easy Pancakes

Make a batch of pancakes to serve for your Big Breakfast. These can be frozen for up to 3 months. Simply place on a lined baking sheet, and place into the freezer. Once frozen, transfer to a zip lock bag. Simply defrost by placing on a plate and reheat in the microwave for 20–30 seconds.

Try different flavours and add fruit. Try adding 3 blueberries to each pancake onto of the batter when in the pan, and flip over to cook. Or coarsely grate half an apple to the mixture when combining the batter in step 2.

## Ingredients

- 2 large bananas peeled
- 2 eggs
- 4 tbsp self-raising flour
- ½ tsp ground cinnamon
- 1 tsp unsalted butter
- 2 tsp vegetable oil

## Method

### Step 1

Mash the banana in a medium bowl using a fork.

### Step 2

Whisk the eggs, flour and cinnamon together in a separate bowl until combined. Add this to the mashed banana and mix well until combined. For a smoother pancake, tip all the ingredients into a blender, or blitz using a hand blender until smooth.

### Step 3

Heat ½ tsp butter and ½ tsp vegetable oil in a large non-stick pan over a medium heat and, once foaming, spoon in 1 tbsp batter to make a small pancake. Repeat until the pan is full. Cook for 1–2 mins until set at the edges, then flip over and cook for a further minute. Repeat with the remaining batter, then serve the pancakes warm with fruit, if you like.



# Dippy eggs & cheesy crumpet soldiers

Who doesn't love a dippy egg? They're great for busy mornings, a quick snack, or powering up your Big Breakfast crew!

**TOP TIP:** Have you tried soft-boiled eggs in air fryer?

Making soft-boiled dippy eggs in an air fryer is even easier. Place your room temperature eggs in the air fryer basket and cook them at 120°C for 10 minutes. This will give you eggs perfect for dipping in your cheesy bread soldiers!

## Ingredients

- 4 large eggs
- 4 crumpets
- 25g sliced or grated cheddar cheese

## Method

### Step 1

Place 4 large eggs in a saucepan and add enough cold water to completely cover. Set over a medium-high heat. Once boiling, reduce the heat to a simmer and cook for 4 mins (for a soft-set yolk).

### Step 2

Top each crumpet half with cheese and grill or air fry until the crumpets are crisp and the cheese is melted.

### Step 3

Remove the eggs from the pan, put in egg cups and slice off the top with a knife. Cut the crumpets into soldiers and serve with the eggs to dip in.





# Easy 'Make Ahead' Granola

This energy-boosting granola is a great start to your day and something that's very simple to make ahead for your Big Breakfast. Packed with heart-healthy oats, seeds, nuts and berries, it's sure to make you feel good – just like your fundraising will!

## Ingredients

- 2 tbsp vegetable oil
- 150ml maple syrup or honey
- 1 tsp vanilla extract
- 300g rolled oats
- 50g sunflower seeds
- 50g sesame seeds
- 50g pumpkin seeds
- 100g flaked almonds
- 50g coconut flakes or desiccated coconut
- 100g dried fruit – raisins, sultanas, cranberries, banana chips



## Method

### Step 1

Heat your oven to 150C/fan 130C/gas 2. In a large bowl, mix the oil, maple syrup or honey and vanilla. Tip in all the remaining ingredients – keeping the coconut and dried fruit to one side for now. Mix well.

### Step 2

Spread the granola onto two baking sheets in a flat even layer. Bake for 15 mins and remove from the oven. Mix in the coconut and dried fruit, then bake for another 10 mins more.

### Step 3

Remove and transfer to a flat tray to cool. The granola can be stored in an airtight container for up to a month.

### Step 4

Serve with cold milk, yogurt or fresh fruit.

# Vegan Big Breakfast Berry Smoothie

Kick off your Big Breakfast with this vegan berry, banana and chia seed smoothie. Add any frozen fruit you like instead of berries – go tropical with coconut milk and frozen pineapple and mango.

## Ingredients

- 350 g frozen mixed berries
- 2 ripe bananas
- 250 g vegan/soya yogurt alternative
- 100 g rolled oats
- 4 tbsp. chia seeds

## Method

### Step 1

Put all the ingredients into a large blender with 500ml cold water.

### Step 2

Whizz until smooth – simple!

### Step 3

This recipe makes 4 servings so divide your smoothie between 4 glasses and serve.

