

We all know that breakfast is one of the most important meals of the day, and this is supported time and time again by scientific research. A good breakfast breaks the overnight fast and provides us with **long lasting energy and nutrients** to help us get through the day. As breakfast is often a meal well consumed by those living in Residential Aged Care Facilities (RACFs), further efforts should be made to increase the nutrient density of these meals. In particular, **protein, energy and calcium intake** can be increased by making a few additions to your standard breakfast menu.

## Increasing protein on the breakfast menu

1. Offer **hot breakfast items** at least 1-3 times per week in addition to cereal, toast and fruit. Try offering one hot protein item daily e.g.

**Monday:** Baked beans

**Tuesday:** Ham steaks

**Wednesday:** Omelettes

**Thursday:** Warm savoury muffins

**Friday:** Eggs Benedict

**Saturday:** Savoury mince

**Sunday:** Smoked salmon and eggs

2. **Encourage dairy foods** as choices with breakfast such as a glass of milk, a tub of yoghurt or ricotta cheese with honey on toast/pancakes. Sliced tasty cheese is also an easy high protein topping for toast.
3. **Nut pastes** are a high protein spread for toast e.g. peanut, cashew or almond butter.
4. **Legumes** are a good source of protein and fibre and can be served on their own (e.g. baked beans) or incorporated into egg dishes such as frittata with added cannellini beans.
5. **Make porridge on milk rather than water.** Porridge can also be fortified with additional protein by adding extra milk powder or neutral flavoured nutritional supplements. Cereal can be further fortified by topping with yoghurt or thickened cream.



**Offering special breakfast items regularly can help to improve the nutritional intake of residents for a number of reasons including:**

- Increased choice and variety on the menu to prevent flavour fatigue
- Higher protein intake from ingredients such as eggs, meat (e.g. ham, salmon or mince) and legumes
- Higher energy intake from sauces (e.g. Hollandaise or relishes)
- Increased fibre intake from added vegetables (e.g. wilted spinach, tomatoes and beans)

**See further recipe ideas over page.**

## Recipes

### Hollandaise sauce

Ingredients (per cup of sauce):

- 100g unsalted butter
- 2 egg yolks
- 1 tbs lemon juice
- 1 tsp mustard
- Ice cube

Method:

1. Melt butter in a saucepan.
2. Add egg yolks to a small bowl and place over a pan of gently simmering water. Add lemon juice and mustard to yolks and whisk together well.
3. Gradually add small amounts of melted butter to the egg mixture, whisking well between each addition.

Tip: If the mixture is starting to split, add an ice-cube and whisk together.



### Egg and vegetable breakfast slice

Ingredients (Serves 12):

- 250ml water
- 100g brown rice
- 200g baby spinach leaves
- 12 eggs
- 2 carrots, grated
- 2 zucchini, grated
- 130g cottage cheese
- 250g cherry tomatoes, halved

Method:

1. Line 2x lamington tins (26x16cm) with baking paper and preheat oven to 160°C (fan forced).
2. In a saucepan, boil water and cook rice over high heat until tender.
3. Place spinach in a bowl and cover with boiling water for 30 seconds until wilted, drain well.
4. Whisk eggs in a large bowl until well combined. Stir in cooked rice, spinach, grated carrot and zucchini.
5. Pour mixture evenly into prepared pans and top with dollops of cottage cheese and tomato halves.
6. Bake for 30-40 minutes or until golden brown and cooked through.

## Other hot breakfast ideas

- Pancakes (fortified with milk powder) with high protein toppings such as ricotta cheese or Greek yoghurt served with honey and/or fruit.
- Croissants with ham and cheese, warmed in the oven to melt cheese.
- Warm savoury muffins.
- Frittata, quiche or egg and vegetable bake.
- English muffins with cheese, bacon/ham/salmon and eggs.
- Vegetable fritters (e.g. corn or sweet potato) served with eggs.
- French toast served with yoghurt and fruit.