

EASY FOOD

Recipes

Top 4 toast toppers



1

Peanut butter and banana



What you need



Serves: 1
Allow 5 minutes

2 tablespoons peanut butter
1 banana
2 pieces of bread
(wholegrain recommended)

Chopping board
Knife
Toaster



Remember to wash your
hands before starting

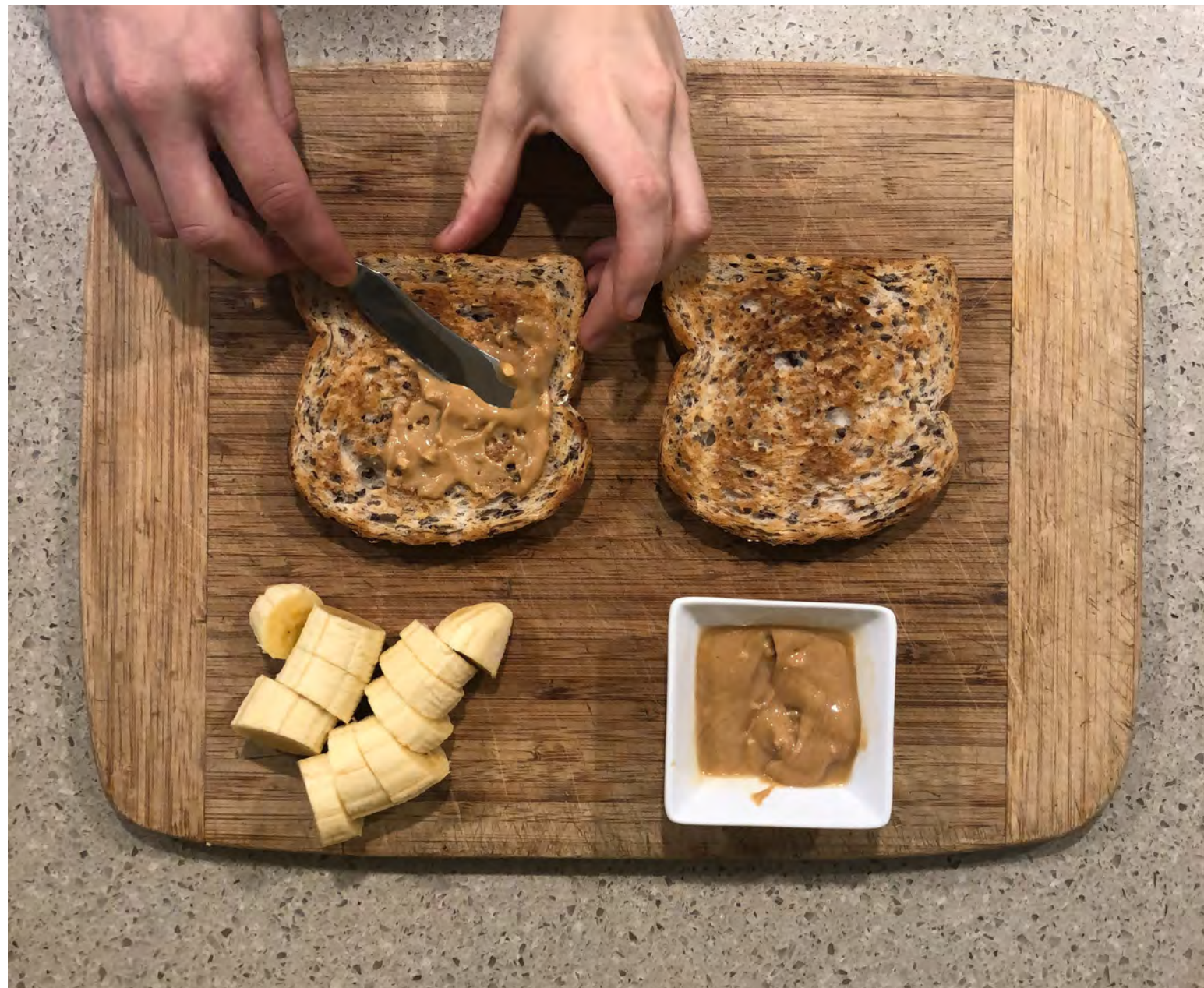
Toast bread



Cut banana in thin slices



Spread peanut butter
on toast



Put banana slices
on toast



Serve



2

Avocado and tomato



What you need



Serves: 1
Allow 5 minutes

½ avocado
1 tomato
2 pieces of bread
(wholegrain recommended)

Chopping board
Knife
Toaster



Remember to wash your
hands before starting

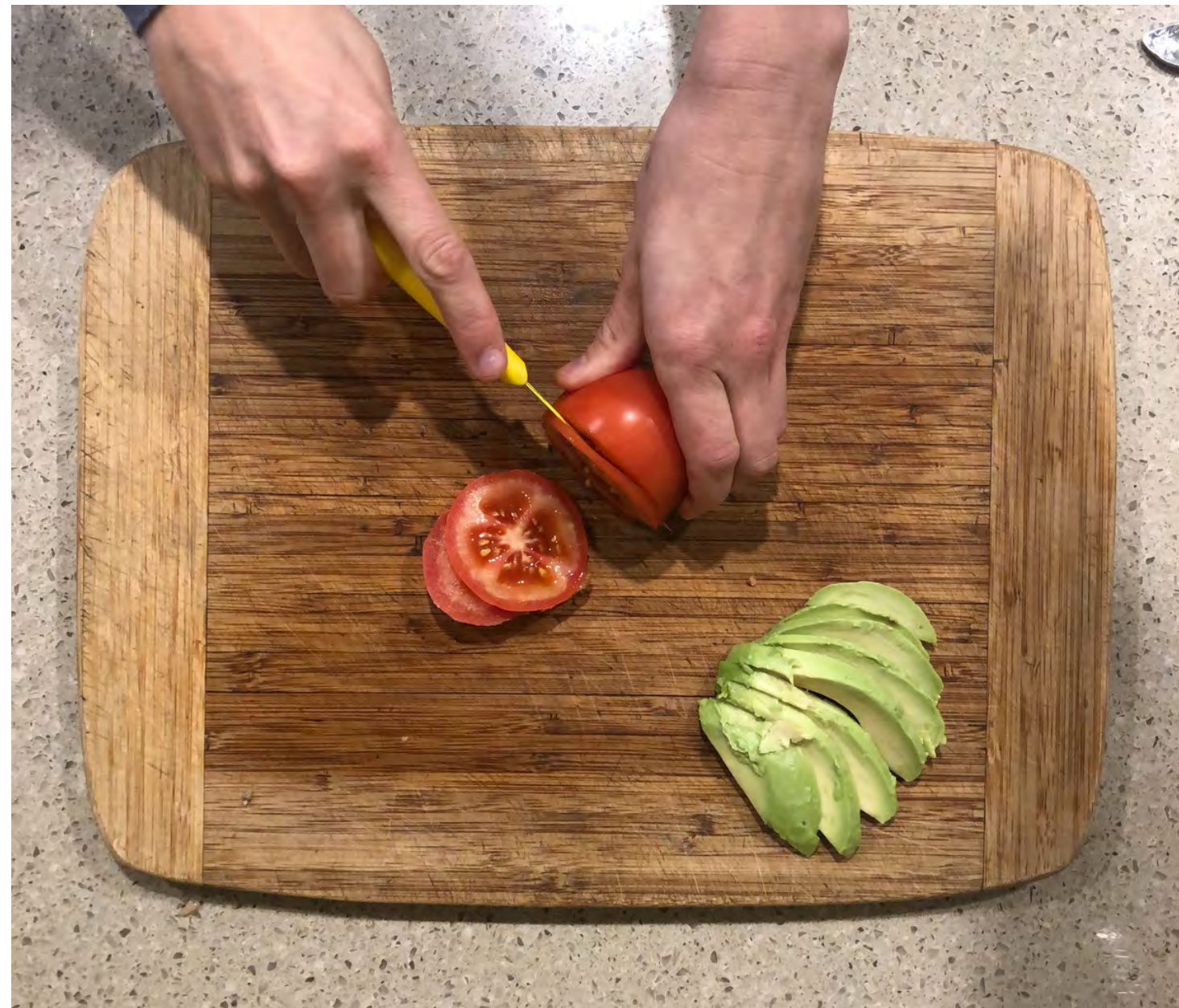
Toast bread



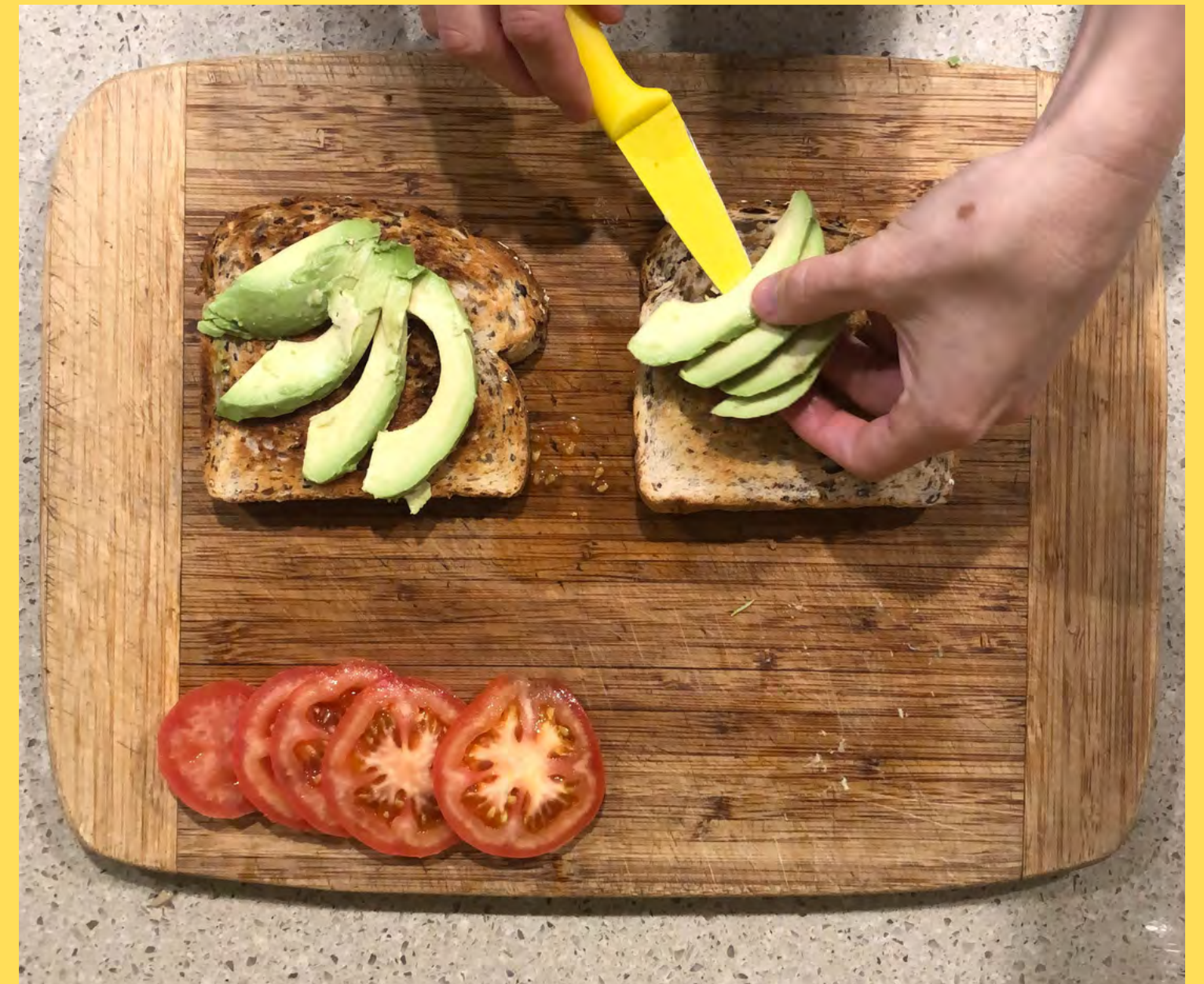
Slice avocado



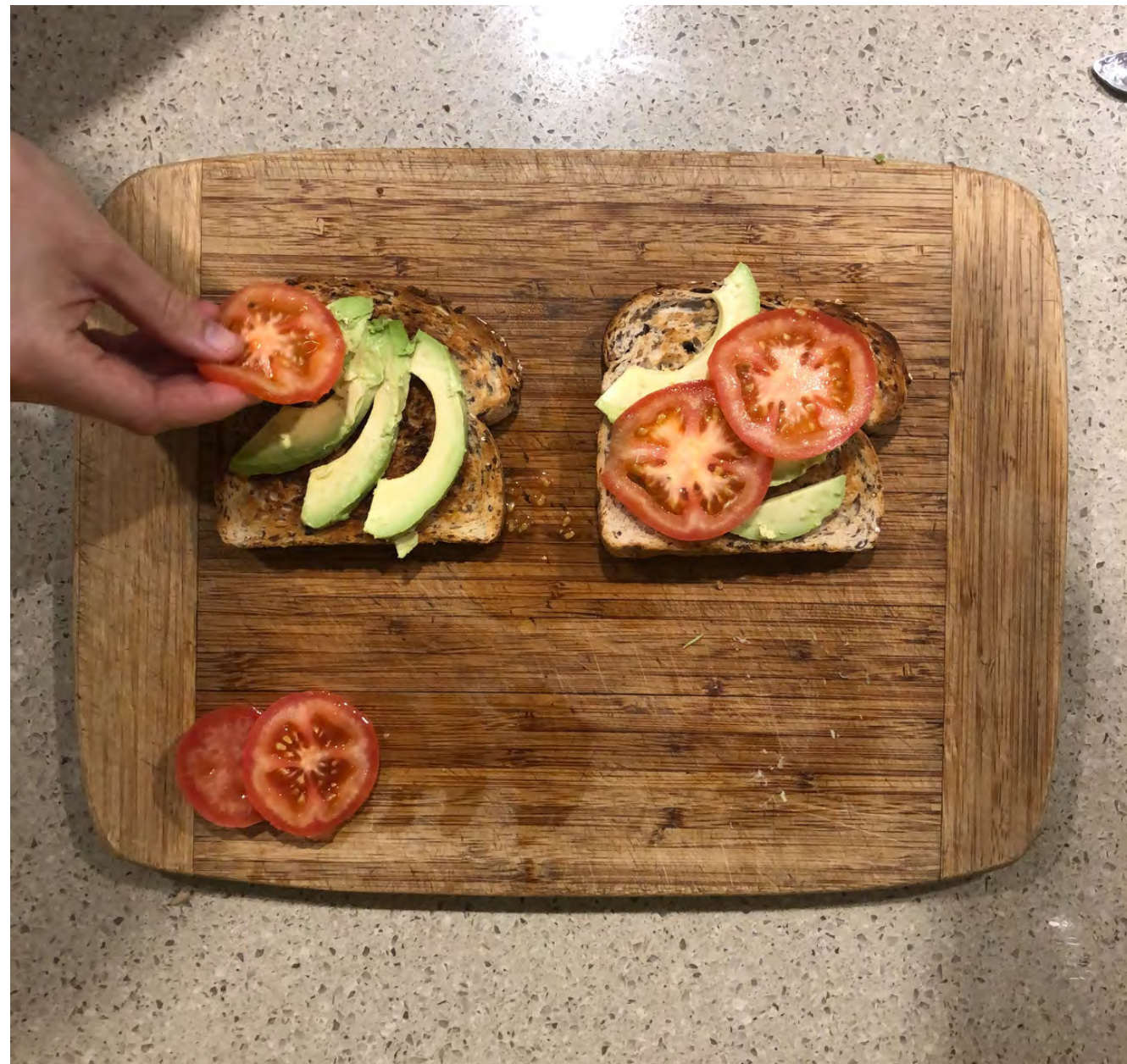
Slice tomato



Add avocado



Add tomato



Serve



3

Ricotta, berries and honey



What you need



Serves: 1

Allow 5 minutes

Ricotta cheese (light)
Strawberries & blueberries
2 pieces of bread
(wholegrain recommended)
Drizzle of honey

Chopping board
Knife
Toaster



Remember to wash your
hands before starting

Toast bread



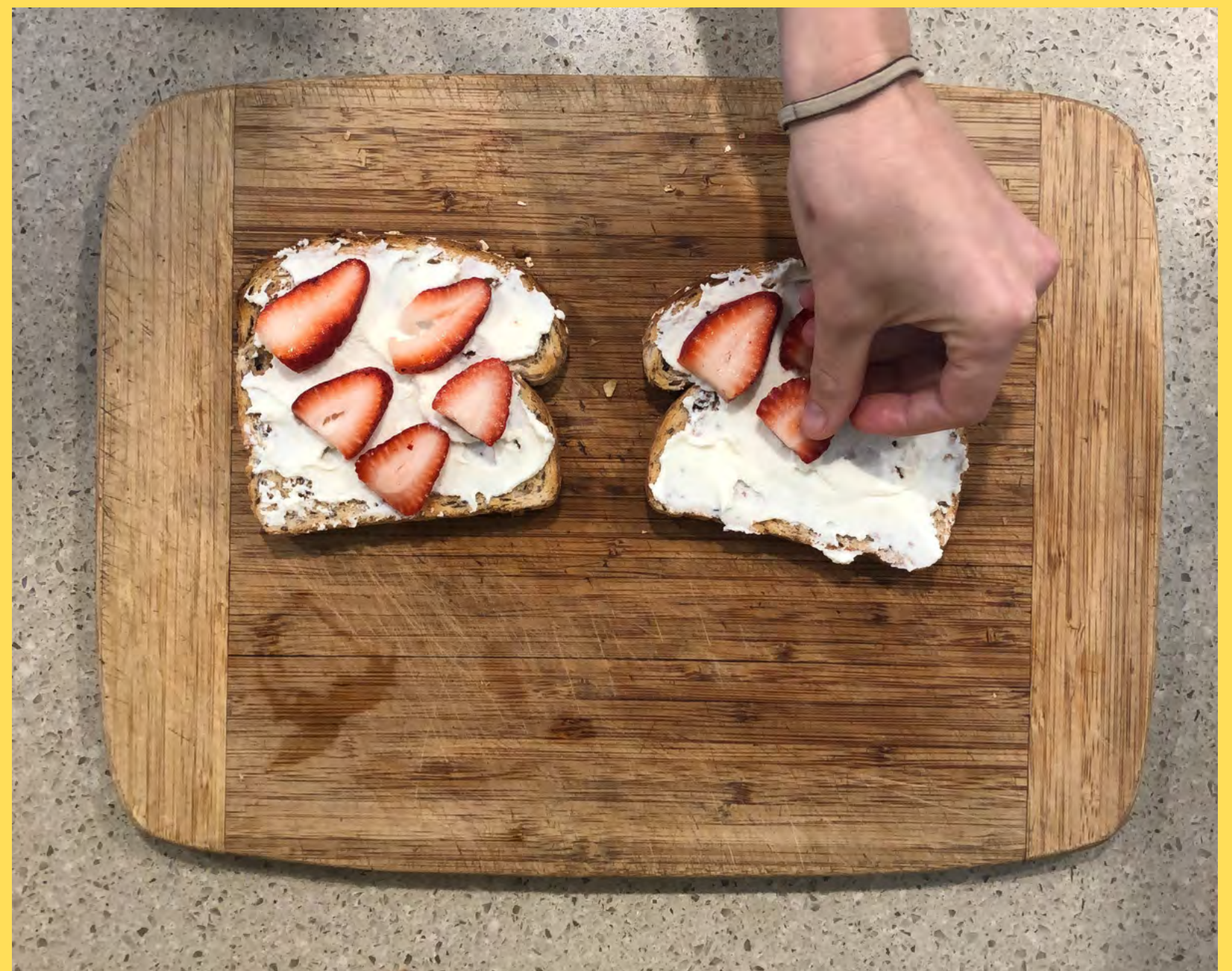
Slice strawberries



Spread ricotta cheese
on toast



Put strawberries on top



Put blueberries on top



Drizzle some honey on top if you like



Serve



4

Beans



What you need



Serves: 1
Allow 5 minutes

300g can of baked beans
2 pieces of bread
(wholegrain recommended)

Microwave
Microwave-safe bowl
Knife
Toaster

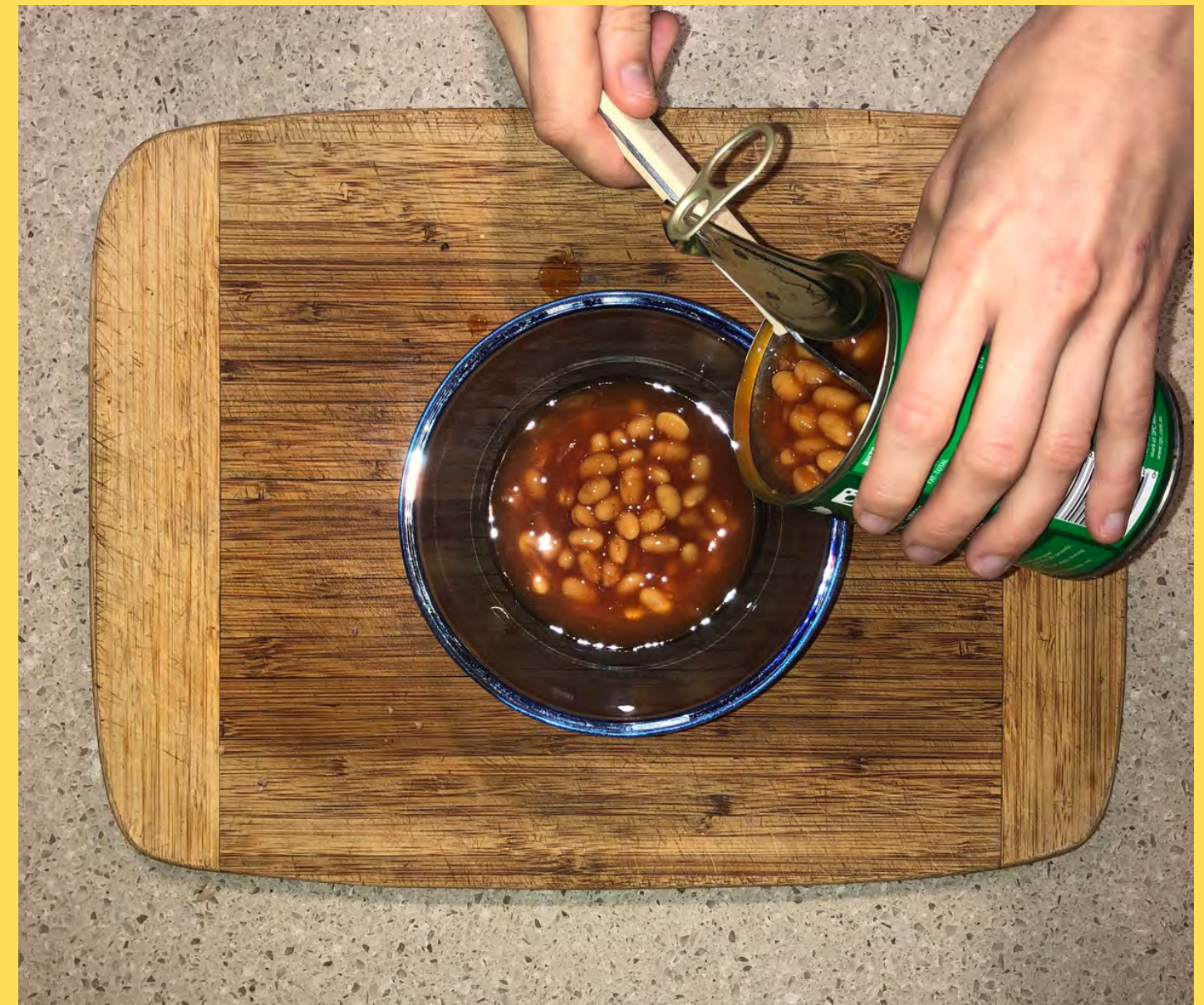


Remember to wash your
hands before starting

Toast bread



Place beans in a small bowl



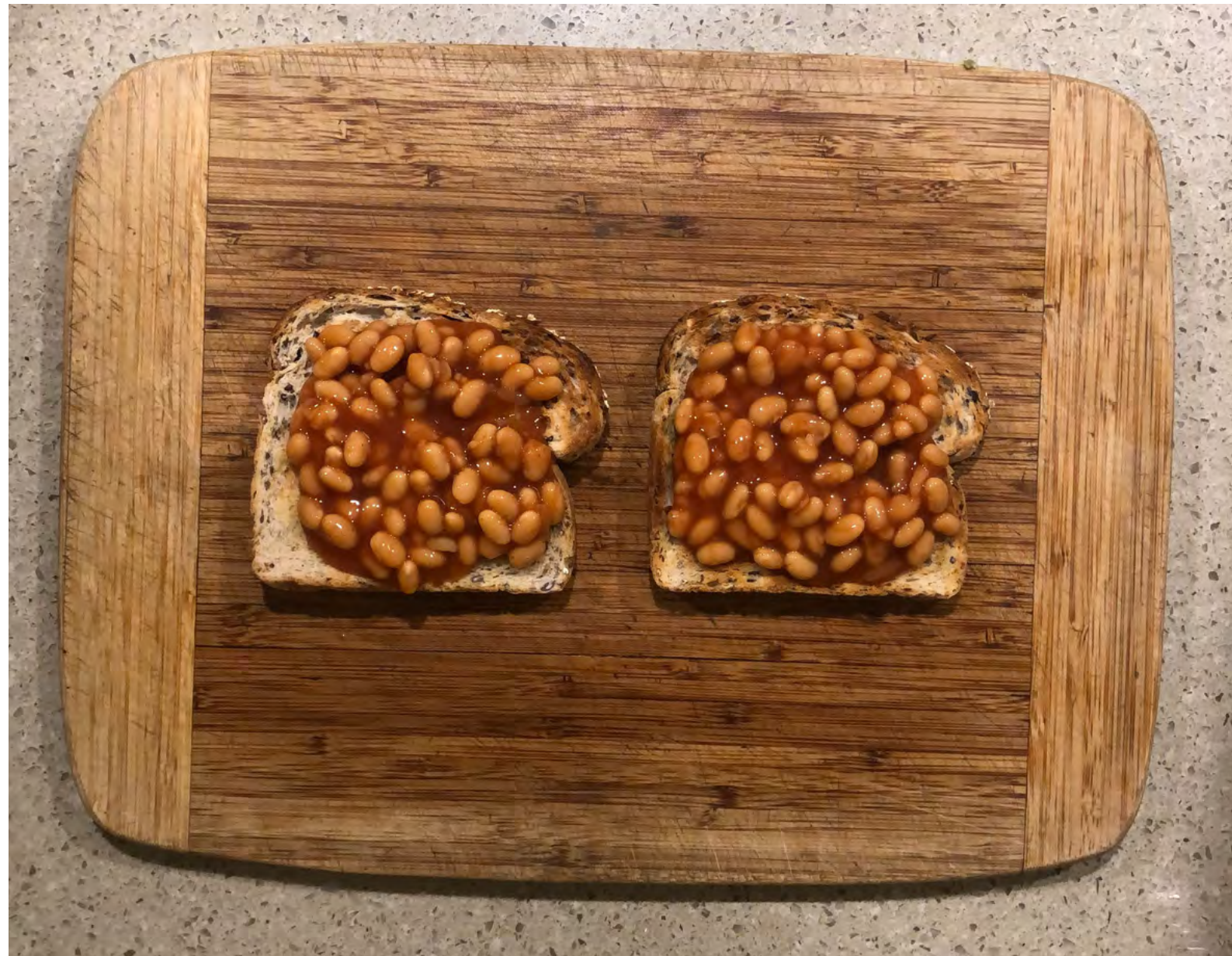
Microwave until warm
(about 20-30 seconds)



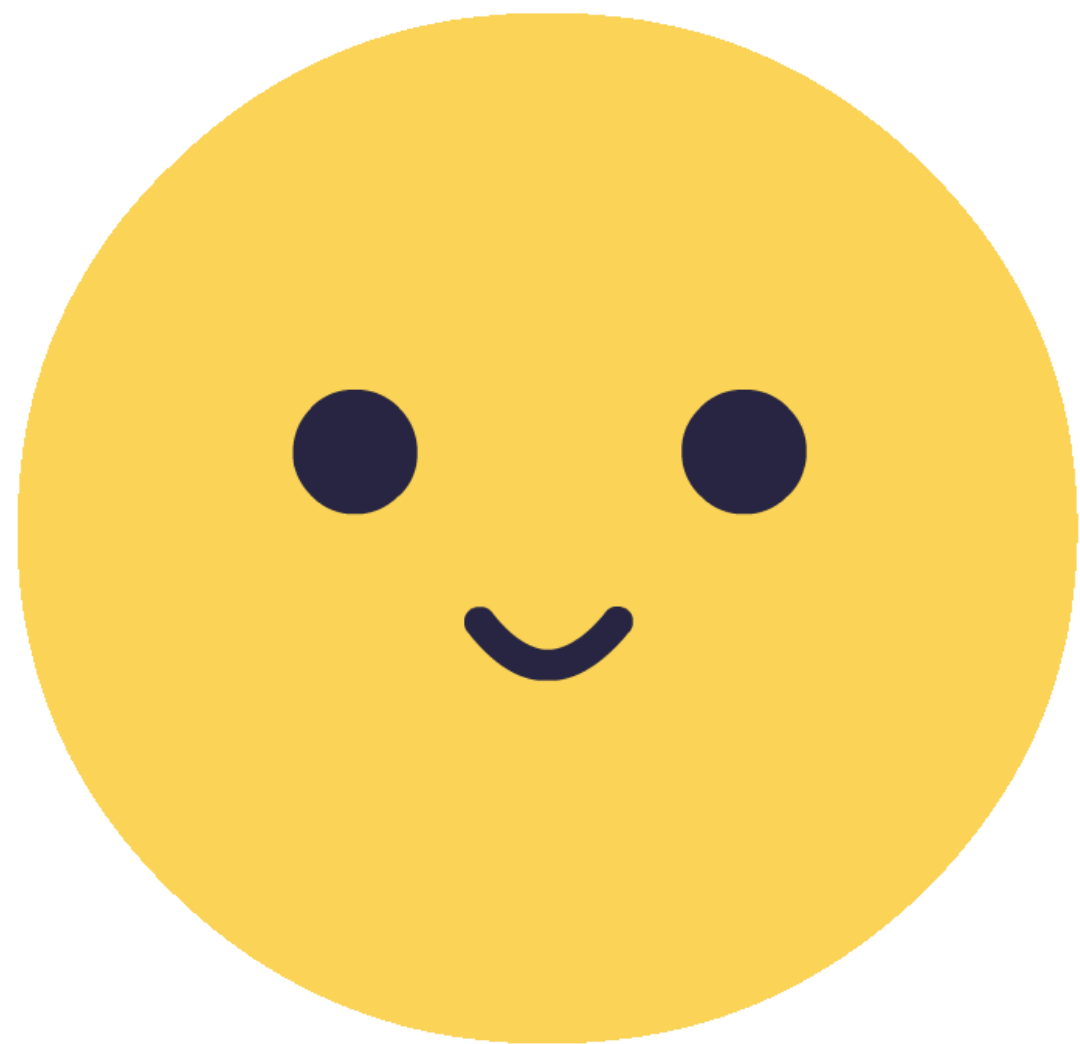
Put beans on toast



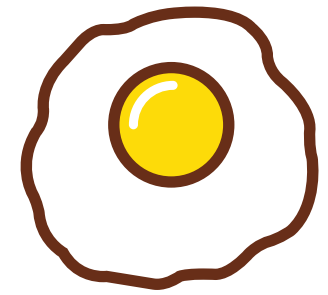
Serve



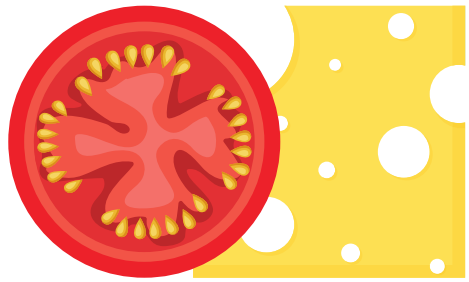
ENJOY!



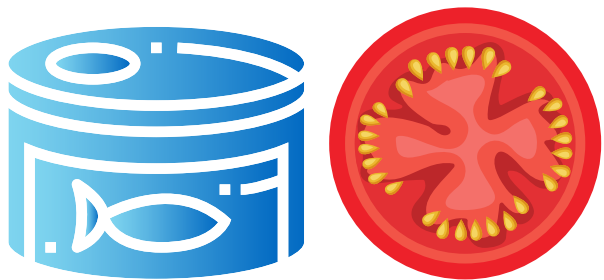
Other ideas



Fried egg



Tomato and cheese



Tuna and tomato

EASY FOOD

Health Promotion Illawarra Shoalhaven

ISLHD-HealthPromotion@health.nsw.gov.au

4221 6728



Health

Illawarra Shoalhaven
Local Health District