



RECIPE BOOK

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We've gathered some of our favourite recipes featuring Anchor™ milk and Weet-Bix™ that we'd love for your Breakfast Club to try.

These can be served at your KickStart Breakfast Club to celebrate a special occasion or jazz up what's on the menu.

We encourage your KickStart Breakfast Club to whip up these delicious breakfast options and come up with your own recipes as well!

At the back of this booklet, you'll find blank recipe pages to record your own creations featuring both Anchor™ milk and Sanitarium Weet-Bix™.

Breakfast is often considered the most important meal of the day.¹ Breakfast is a wonderful opportunity to start the day with nourishing foods that support young minds and boost energy levels.

Here are some tips to create balanced and enjoyable breakfast recipes:

- 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

1. <https://www.health.govt.nz/system/files/2011-11/cyp-physical-activity-dietary-behaviours-08-09-keyfindgs.pdf>



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Please note, some of the recipes above have been derived from <http://www.sanitarium.co.nz/a-z/> and may differ from what's on the website as they have been tweaked and tested to fit the Healthy Food in Schools Guidelines.



INGREDIENTS (SERVES 2)

BANANA BERRY BLISS

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

PEACHES & CREAM

- 1 cup Anchor™ UHT 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 favorite at the KickStart Breakfast Club for years! Many students have mastered the art of blending the best smoothie flavors. Check out our top combinations below, and then give creating your own a try!

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 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 Lite milk
- 50ml water
- Vegetable oil for frying

 Source of calcium

 Good source of Protein

Pancakes

This Weet-Bix pancake recipe is the perfect way to incorporate those leftover Weet-Bix crumbs into a scrumptious breakfast that everyone will love.

Make the batter in advance and store covered in the fridge overnight.

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 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 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





INGREDIENTS (SERVES 6)

- 12 Weet-Bix™ biscuits (or 4 cups of Weet-Bix™ crumbs)
- 1L UHT Lite Anchor™ milk
- 500ml water
- Toppings of your choice (e.g., fruit, seeds, coconut, nuts, yoghurt)

 Source of protein

 High fibre

Weet-Bix™ Porridge

A delicious winter warmer and simple way to repurpose your Weet-Bix and milk in the cooler terms.

METHOD

Combine Ingredients: In a saucepan, break the Weet-Bix™ into small pieces. Add the Anchor™ milk and water.

Heat: Cook over medium heat, stirring occasionally, until the mixture starts to thicken (about 5-7 minutes).

Serve: Once your porridge reaches the desired consistency, remove from heat and pour into bowls.

Add Toppings: Top with your favorite seasonal (or tinned) fruit, a drizzle of honey, nuts, or yoghurt for extra flavour and nutrition.

Enjoy: Dive into your warm, nutritious Weet-Bix porridge!

Some schools make a big batch of this and keep it warm in a slower cooker/crockpot on low.

LEVEL OF DIFFICULTY





INGREDIENTS (SERVES 1)

- 2 Weet-Bix™ biscuits
- 1 cup Anchor™ UHT Lite milk
- 1/2 banana, sliced (or your favorite seasonal fruit)
- 1 tablespoon nuts or seeds (e.g., almonds, chia seeds)
- A sprinkle of cinnamon (optional)
- Light drizzle of honey (optional)



High fibre



Good source of calcium



Good source of protein

Boujee Breakfast Bowls

This recipe is quick, easy, and a great way to start your day! Have ingredients all set up to encourage students to make their own delicious breakfast bowl!

METHOD

Prepare Weet-Bix: Break the Weet-Bix into a bowl.

Add Milk: Pour the milk over the Weet-Bix and let it soak for a minute to soften.

Add Toppings: Top with sliced banana, nuts or seeds, and a drizzle of honey or maple syrup if desired.

Sprinkle Cinnamon: Add a sprinkle of cinnamon for extra flavor if you like.

Serve: Enjoy your nutritious and delicious Weet-Bix breakfast bowl!

LEVEL OF DIFFICULTY





INGREDIENTS (SERVES 10)

- 20 Weet-Bix™ wheat biscuits (allow approximately 2 Weet-Bix per serve)
- 1L of Anchor™ UHT Lite milk (allow approximately 125ml per serve)
- 1 ½ cups of plain yoghurt

Suggested flavour combo ingredients

- ½ cup of Peanut butter and 2tsp cinnamon
- 2 tbsp jam and 1 tsp vanilla
- ½ cup berries (fresh, frozen or tinned, drained).

Toppings:

- Fresh or tinned fruit
- Desiccated Coconut
- Seeds and/or nuts
- Crushed Weet-Bix™

 Source of protein

 High in fibre

Overnight Weet-Bix: The New Breakfast Trend™

Inspired by the latest social media sensation, this tasty and simple breakfast can be prepped the night before and stored in the fridge, ensuring a quick and satisfying meal for busy mornings.

METHOD

In a container, lay Weet-Bix™ flat to cover the base.

Add enough milk to cover Weet-Bix™ and using the back of a spoon, flatten the Weet-Bix™ base
Place sliced bananas on top.

In a bowl, combine yoghurt and your favourite flavour combo ingredients. Spread on top of the Weet-Bix™ and banana layer.

Place a lid on top and store in the refrigerator overnight.

Spoon into bowls and serve as is or add toppings of your choice.

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

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SCHOOL NAME

RECIPE CREATION

INGREDIENTS

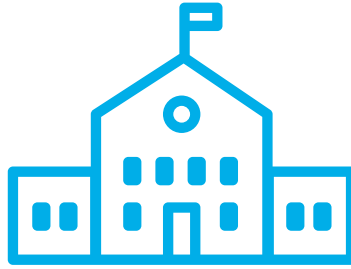
METHOD

DRAW A PICTURE OF YOUR CREATION

LEVEL OF DIFFICULTY



Colour in hats for difficulty level



KickStart

BREAKFAST



**MINISTRY OF SOCIAL
DEVELOPMENT**
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