

Breakfast toast toppers



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Colourful and nutritious, these great toast toppers are perfect for a quick breakfast for busy kids on the run.

Avocado & feta smash

Place ripe avocado on toast then gently mash with a fork. Sprinkle with crumbled feta cheese and serve.

Banana, peanut butter & honey

Spread toast with crunchy peanut butter and top with sliced ripe banana. Drizzle with honey and serve.

Strawberries, blueberries & cream cheese

Spread toast with reduced fat cream cheese and top with halved strawberries and blueberries. Sprinkle with toasted coconut flakes and serve.

Tomato, egg & spinach

Spread toast with butter or margarine. Top toast with baby spinach, sliced tomato and a soft boiled egg and serve.

Good for you... AVOCADOS

Avocados are one of the few fruits that contain some fat, but it's 'good' fat that is essential for health. Top of the fruit and vegetable class for vitamin E, a vitamin needed for healthy red blood cells. A good source of vitamin C, that helps keep gums and teeth healthy.

