

Armchair Agriculture

Supporting Remote Learning of Food, Farming & the Countryside



The Importance of Breakfast!

Why not have a go at one of our fun, family nutritional breakfast recipes we have collated. Share your fabulous creations through social media

#ArmchairAgriculture.

It is important that we try and have a healthy and nutritious breakfast everyday including:

- Fruit and/or vegetables, a dairy product (or similar alternative), Wholegrain bread, cereal or grain product

Imagine your body is like a car it needs fuel to keep it working, to give it energy to help you learn and play throughout the day.

Benefits of a healthy nutritional breakfast:

1

ENERGY

Increases concentration levels and improves ability to learn

2

STRENGTHENS

Strengthens heart, bones, muscles and joints

3

POSITIVE HABITS

Develops positive habits, helping maintain a healthy weight



Armchair Agriculture

Supporting remote learning at this challenging time.



Farmhouse Breakfast Week

A Schools programme developing cooking skills, importance of a healthy and nutritious breakfast.



Lincolnshire Agricultural Society

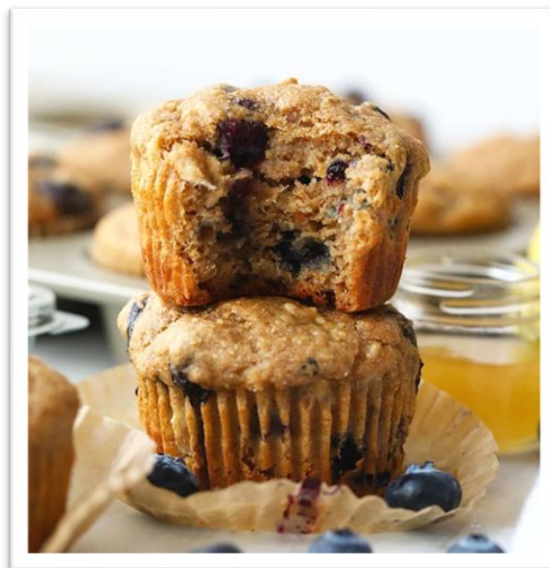
Our charity, educating about food farming and the countryside.

Cooking Made Healthy - Blueberry Baked Oatmeal Muffins

Blueberry baked oatmeal muffins are an on-the-go breakfast with bananas, blueberries, cinnamon and oats ready in just 30 mins.

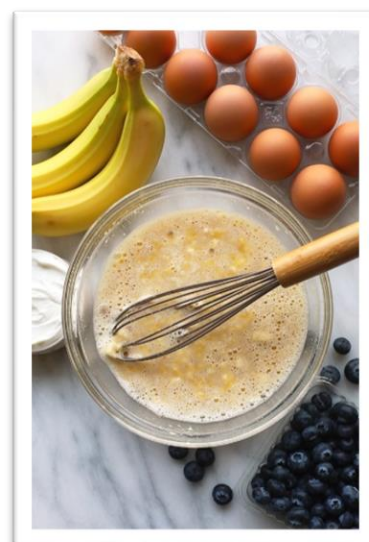
METHOD

1. Preheat the oven to 190°C and line a muffin tin with paper muffin liners or spray with cooking spray.
2. In a large bowl mix together the rolled oats, baking powder, cinnamon, salt, milk, egg, honey and vanilla extract until well combined.
3. Gently fold in bananas and blueberries
4. Using a 1/4 cup measure scoop the mixture into the muffin tin. Alternatively use two spoons and spread the mix over 12 quantities.
5. Place in the oven for 20-25 minutes until golden brown.
6. Remove from oven and let cool.



Nutritional analysis, per muffin

Calories: 87
Sugar: 11g
Sodium: 40mg
Fat: 1g
Saturated fat: 1g
Carbohydrates: 18g
Fiber: 2g
Protein: 2g
Cholesterol: 16mg
Potassium 160mg
Vitamin A: 80g
Vitamin C: 2.9g
Calcium: 39g
Iron: 0.5g



INGREDIENTS

85g or 1 cup of rolled oats.
½ teaspoon baking powder
½ teaspoon cinnamon
1/8 teaspoon salt
250ml or 1 cup of 1% milk or oat milk
1 large egg
85g or ¼ cup of honey
1 teaspoon vanilla extract
2 medium bananas very ripe and chopped
1 cup of blueberries

INFORMATION

Prep time: 10 mins
Cooking time: 20 mins
Serves: 12 (muffins)

Website:
<https://cookingmadehealthy.com/blueberry-banana-baked-oatmeal-muffins/>

Change 4 Life Breakfast Burrito

Wholewheat soft tortillas are topped with tomato and pepper omelettes, then rolled up. Perfect for a tasty breakfast or wrap up for packed lunch

METHOD

1. Lay out the tortillas on a work surface. Preheat the grill.

You could use plain tortillas, though the wholewheat ones have a higher fibre content.

2. Beat the eggs and milk together in a bowl. In another bowl, mix together the tomatoes, spring onions and pepper, seasoning with black pepper.
3. Heat ½ tsp of vegetable oil in a non-stick frying pan and pour in a quarter of the beaten egg mixture. Cook on the hob over a medium heat for a few moments to set the base.
4. Layer 1 tortilla with the cooked egg, a quarter of the tomato mixture and 10g of cheese. Grill to further set the egg and melt the cheese.



5. Roll up the tortilla and slice in half, or wrap in foil to serve later. Repeat to make the other 3 tortillas.

To make the burritos more filling, try adding 100g drained mixed beans to the tomato mixture - you'll be adding extra fibre too!

Nutritional analysis, per burrito

958kJ / 229kcal
15g protein
17g carbohydrate of which 5g sugars
12g fat of which 4g saturates
1.5g fibre
240mg sodium equivalent to 0.6g salt

INGREDIENTS

4 soft wholewheat flour tortillas
6 eggs
4 tbsp 1% fat milk
2 tomatoes finely chopped.
1 pepper, deseeded and finely chopped.
2 tsp vegetable oil
40g reduced fat hard cheese, grated.
1 pinch ground black pepper

INFORMATION

Prep time: 10 mins
Cooking time: 10 mins
Serves: 4

Website:
<https://www.nhs.uk/change4life/recipes/breakfast-burritos>

Tesco's - Crunchy Oats

Serve up a fruit-filled breakfast cereal that the kids will love, with these homemade crunchy oats. Similar to a granola, these oats are bound with egg whites to keep them healthy, meaning there's no need to add lots of oil or sugar. Eat these oats for breakfast with milk, yogurt or just on their own as a snack.



METHOD

1. Preheat the oven to gas 2, 150°C, fan 130°C. Line a large baking tray (or 2 medium trays) with baking paper.
2. Add all the ingredients except the egg whites to a large bowl and mix together to evenly distribute the fruits, coconut and spices.
3. In a separate bowl, whisk the egg whites until they create soft peaks, then mix into the oat mixture until everything is well coated and starting to stick together.
4. Spread the mixture out evenly on the baking tray (or trays), leaving some larger clumps and some smaller. Bake for 40 mins, stirring after 30 mins until

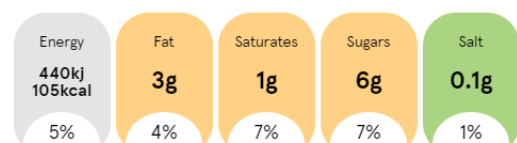
golden brown and holding together in clusters.

5. Cool completely on the tray, then transfer to an airtight container until ready to serve. The oats will keep for up to 1 week.

Tip: You can easily swap the dried fruits in this recipe for your own favourites, you could keep it simple with raisins and sultanas or try a tropical twist with dried pineapple and mango

Nutritional analysis

Each serving contains



of the [reference intake](#)
Carbohydrate 17.5g Protein 2.8g Fibre 1.9g

INGREDIENTS

275g whole rolled oats
100g soft dried apricots, chopped
75g soft dried figs, chopped
60g soft pitted dates, chopped
50g dried apple slices, chopped
40g desiccated coconut
1 tsp ground ginger
2 tsp mixed spice
5 egg whites

INFORMATION

Prep time: 10 mins
Cooking time: 40 mins
Serves: 20 (600g)

Website:

<https://realfood.tesco.com/recipes/crunchy-oats.html>

BBC Good Food - Overnight Oats

Adapt this recipe for easy overnight oats to suit your tastes. You could add dried fruit, seeds and nuts, grated apple or pear, or chopped tropical fruits - the perfect healthy breakfast.

METHOD

1. The night before serving, stir the cinnamon and 100ml water (or milk) into your oats with a pinch of salt.
2. The next day, loosen with a little more water (or milk) if needed. Top with the yogurt, berries, a drizzle of honey and the nut butter.



Nutritional analysis

Kcal: 348
Fat: 11g
Saturates: 2g
Carbs: 46g
Sugars: 13g
Fibre: 6g
Protein: 13g
Salt: 0.66g

INGREDIENTS

¼ tsp ground cinnamon
50g rolled porridge oats
2 tbsp natural yogurt
50g mixed berries
drizzle of honey
½ tbsp nut butter (we used almond)

INFORMATION

Prep time: 10 mins
Cooking time: 0 mins
Serves: 1

Website:
<https://www.bbcgoodfood.com/recipes/overnight-oats>

Good to Know - Porridge Bars

These porridge bars are really healthy and easy to make. They make a great breakfast treat for busy mornings

METHOD

1. Preheat the oven to 180°C. Weigh the rolled oats into a medium-sized mixing bowl.
2. Finely chop or cut using scissors the apricots and weigh the dried cranberries and raisins into the bowl.
3. Add your nuts and seeds, you may need to chop them into smaller pieces before adding to the bowl.
4. Add the ground cinnamon and mix all the dry ingredients together.
5. Using a separate bowl for now, measure and pour in the milk.
6. Add the eggs and whisk with a fork.
7. Measure the vanilla extract and add to the wet ingredients before giving one last whisk.
8. Add the wet ingredients to the dry and mix together to combine.
9. The ingredients may look wet but don't worry - allow the oats to soak in the milk and egg for a few moments.



10. Line your square baking tin with greaseproof paper.
11. Stir mixture once more and pour into the tin (don't worry that its still quite a wet mixture)
12. Place baking tin into the oven and allow to cook for 45mins-1hr until mixture has set and its golden brown.
13. Leave to cool before serving.

Nutritional analysis

Calories **153 kCal**
Fat **5.4g**
Saturates **1.2g**
Carbohydrates **21.4g**
of which Sugars **8.6g**
Protein **5.6g**
Salt **0.08g**

INGREDIENTS

130g rolled oats
5 dried apricots
25g dried cranberries
30g raisins or sultanas
20g chopped mixed nuts (optional)
15g sunflower seeds
10g pumpkin seeds
1tsp cinnamon
300ml milk
1 large egg
1-2tbsps runny honey (optional)
1 tsp vanilla extract

INFORMATION

Prep time: 30 mins
Cooking time: 1hr
Serves: 6-8

Website:

<https://www.goodto.com/recipes/porridge-bars>

Good Food - Raspberry and Apple Smoothie

Try these smoothies for kids, packed full of healthy ingredients to start off your day.

METHOD

1. Take your apples and core and chop them before adding them to the blender.
2. Measure your remaining ingredients carefully.
3. Place all ingredients into a blender or smoothie maker.
4. Blitz until smooth.
5. Add 50ml of water if it is too thick.
6. Pour in glasses to serve.



Nutritional analysis per serving (150ml)

Calories **106 kCal**
Fat **3g**
Saturates **1g**
Carbohydrates **14g**
of which Sugars **9g**
Fibre **2g**
Protein **4g**
Salt **0.1g**

INGREDIENTS

2 apples , cored (we used Granny Smith)
150g frozen raspberries
150ml natural yogurt
2 tbsp porridge oats
½ lemon , juiced
100ml milk

INFORMATION

Prep time: 5-10 mins
Cooking time: 0
Serves: 4 (150ml)

Website:

<https://www.bbcgoodfood.com/recipes/raspberry-and-apple-smoothie>