Breakfast Bruschetta

Ingredients

- 1 large firm ripe avocado, stone removed, peeled, diced
- 250g cherry tomatoes, halved
- 1/4 cup fresh basil leaves, torn
- 2 teaspoons olive oil
- 1 teaspoon lemon juice
- 4 large slices sourdough bread
- Lemon wedges to serve

Method

1. Place avocado, tomatoes, basil, olive oil and lemon juice in a medium sized bowl. Season with sea salt and freshly ground black pepper. Gently stir to combine.
2. Toast or grill bread until golden. To serve, spoon 1/4 of the avocado mixture over each slice of bread. Serve with a wedge of lemon.
MIXED BERRY SMOOTHIE

INGREDIENTS (MAKES 4 SERVINGS)
300g strawberries, hulled, roughly chopped
1 cup frozen mixed berries
1.5 cup thick vanilla yoghurt
1 cup milk
2 tablespoons maple syrup or honey (optional)

METHOD
1. Place strawberries, frozen mixed berries, yoghurt, milk and syrup or honey in a blender. Blend until smooth and frothy. Pour into glasses, garnish with berries and serve.

SAVOURY MIGHTY MUFFINS

INGREDIENTS (MAKES 6 MUFFINS)
1 ½ cups self-raising flour
2 cups grated tasty cheese
100g mortadella, chopped
1 zucchini, grated
¼ cup thinly sliced chives
¼ cup milk
1 egg
¼ cup fruit chutney

METHOD
1. Preheat oven to 200°C. Grease a 6 x ¾ cup capacity muffin pan. Line bases of holes with baking paper.
2. Sift flour into a large bowl. Add cheese, mortadella, zucchini and chives. Whisk milk, egg and chutney in a jug until well combined. Make a well in centre of dry ingredients. Pour in milk mixture. Use a large metal spoon, gently mix until just combined. Spoon into muffin holes.
3. Bake for 15 to 20 minutes or until a skewer inserted into the centre comes out clean. Stand in pan for 3 minutes. Turn onto a wire rack to cool. Store in an airtight container at room temperature.

BREKKY BARS

INGREDIENTS (MAKES 18 PIECES)
¼ cup self-raising flour
1 cup shredded coconut
½ cup firmly packed brown sugar
½ cup pumpkin seeds
½ cup sunflower seeds
1/3 cup sultanas
1/3 cup chopped dried apricots
½ cup low fat milk
1 egg

METHOD
1. Preheat oven to 180°C/160°C fan-forced. Grease a 3cm-deep 17cm x 27cm (base) slice pan. Line with baking paper, allowing a 2cm overhang at long ends.
2. Combine flour, coconut, sugar, pumpkin seeds, sunflower seeds, sultanas and apricots in a bowl. Whisk milk and egg together in a jug. Add to flour mixture. Mix to combine.
3. Spoon mixture into prepared pan. Smooth top. Bake for 25 to 30 minutes or until firm. Stand slice in pan for 15 minutes. Turn out onto a wire rack to cool completely. Cut into pieces and serve.