

•Egg & Ham Stars

Saturday

Ingredients:

- 4 Eggs, hardboiled
- 1/2 cup Mayonnaise
- 1/2 tsp Mustard
- 1/4 tsp White pepper
- 4 tsp Cream cheese
- 1 tsp MAGGI® Season Up, All Purpose
- 12 slices Bread
- 6 slices Ham

Preparation Steps

- In a medium bowl, combine the first 6 ingredients. Set aside
- Use cookie cutter to cut bread into shapes
- Spread 1 tablespoon of the egg mixture onto 6 star shaped pieces of bread
- Using same cookie cutter, cut star shapes out of slices of ham. Top each sandwich with star cut-outs of ham. Top with remaining star shaped pieces of bread and serve



Encourage healthy eating habits from young by opting for whole wheat bread instead of white as often as possible. Use cookie cutters to make sandwiches more fun.



RECIPES FOR

Success!

Hungry for a healthy breakfast? Here are a few delicious recipes that can get you started. There's a recipe for every day of the week, so ask your parents for something tasty and nutritious today!

MILO® with a nutritious breakfast is the best way to start your day!

Hot or cold, enjoy a tasty cup of MILO® with any of the recipes below.



Sunday

•Sausage Roll Ups

Ingredients:

- 2 cups All purpose flour
- 1 tsp MAGGI® Season Up, All Purpose
- 4 tbsp Vegetable shortening
- 4 tbsp Margarine
- 1/3 cup Ice cold water
- 1/2 cup Tomato sauce
- 12 Hot dog sausages, cut in half
- 1 Egg, beaten

Preparation Steps

- Combine flour and MAGGI® Season Up; cut in shortening with a pastry cutter until it is the size of peas. Add cold water gradually and toss with a fork to mix; add just enough water to bind the mixture
- Roll out pastry thinly and cut in 2 inch strips
- Spread sauce on pastry; place sausage on pastry with sauce and roll the pastry to cover sausage. Brush end of pastry with egg and seal end. Continue until all the sausage is done this way
- Arrange on baking sheet and brush with egg
- Bake in a preheated oven at 425°F (210°C) for 10 minutes or until golden brown

A favourite with kids, sausage rolls are easy to prepare and a good source of protein, iron and zinc.



Monday

•Creamy Tuna Sandwich

Ingredients:

- 1/4 lb Cream cheese, softened
- 2/3 cups Mayonnaise
- 1/4 tsp Black pepper
- 1 tbsp Mustard
- 1 pk MAGGI® Season Up, Fish (10g)
- 1 can Tuna, drained
- 1 sm Sweet pepper, finely diced
- 8 slices Whole wheat bread
- 4 pieces Lettuce, washed

Preparation Steps:

- Mix first 5 ingredients until smooth and well combined
- Add tuna and sweet pepper. Stir to mix well
- Using bread, make 4 sandwiches filling with tuna mixture and lettuce

Packed with protein and budget friendly, tuna is always perfect any time of day. To prevent your sandwiches or salads from getting soggy or wilted, choose chunk tuna instead of flaked tuna.

Use this MILO® Guide to make sure that your breakfast is always healthy, by ticking off (under each section) what you ate for the day.

Vegetables	<input type="checkbox"/>
Fruits	<input type="checkbox"/>
Legumes and nuts	<input type="checkbox"/>
Food from animals	<input type="checkbox"/>
Fats/Oils	<input type="checkbox"/>
Staples	<input type="checkbox"/>





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• Cheesy Egg Wraps

Tuesday

Ingredients:

- 4 Eggs
- 1/2 cup Tomato, chopped
- 4 tbsp Chive, chopped
- 1 tsp MAGGI® Season Up, All Purpose
- 1/4 cup CARNATION® Full Cream Evaporated Milk
- 1 tbsp Butter
- 5 Tortillas or Pita bread
- 1/2 cup Cheddar cheese, grated
- Lettuce for serving



Preparation Steps

- In a bowl, whisk eggs with tomato, chive, MAGGI® Season Up and evaporated milk
- Melt butter in a frying pan, add the egg mixture and cook for 3 minutes, stirring occasionally. Remove from heat and set aside
- Warm the tortillas and fill each with cheese, lettuce and eggs. Wrap and serve

Try adding variety to your kids' breakfast regimen by including this delicious wrap to their menu. Complete with proteins, the egg and cheese supply most of the essential amino acids needed for daily body function. Serve with a wedge of their favourite fruit.



Wednesday

• Loaded Pinwheels

Ingredients:

- 1/2 cup Mayonnaise
- 1/2 tsp Mustard
- 1 tsp Pimento pepper, finely chopped
- 1/2 tsp Garlic, minced
- 1/4 tsp MAGGI® Season Up, All Purpose
- 3 Tortillas or Pita bread
- 9 slices Ham

Preparation Steps

- In a mixing bowl add mayonnaise, mustard, pimento, garlic and MAGGI® Season Up. Mix well
- On a tortilla spread 1 tablespoon of sauce, 3 slices of ham and roll; secure with toothpicks
- Cut off the ends; cut tortilla roll in 2 inch slices and serve

Great for family fun times, these pinwheels with ham are a twist on a classic favourite. Ham is an excellent source of Vitamins B6 and B12, as well as iron, niacin and zinc.

• Mini Quiche Cups

Thursday

Ingredients:

- 12 slices Whole wheat bread
- 4 Eggs
- 1/2 cup CARNATION® Full Cream Evaporated Milk
- 1 pk MAGGI® Season Up, All Purpose (10g)
- 1 Carrot, grated
- 1 Christophene, grated
- 1 Sweet pepper, finely chopped
- 1/2 cup Whole kernel corn
- 1/2 cup Cheddar cheese, grated



Preparation Steps

- Cut crusts off bread and flatten each slice using a rolling pin
- Press flattened bread into a greased cupcake tin to form bread cups
- Beat eggs, evaporated milk and MAGGI® Season Up together
- Add vegetables and cheese to beaten egg mixture
- Fill bread cups with vegetable mixture
- Bake in preheated oven at 350°F (180°C) for 20-30 minutes until firm to the touch and golden brown

Quiche is delicious any time of day and looks especially good when prepared in these mini servings (which also aids in portion control). Quiche also has the unique versatility to 'hide' lots of veggies that your kids would not normally choose, so pick them wisely!



Friday

• Cheesy Ribbon Sandwiches

Ingredients:

- 2 cups Cheddar cheese, grated
- 1 cup Mayonnaise
- 2 tsp MAGGI® Season Up, All Purpose
- 1 pk Cream cheese (8oz)
- Food colouring (colours of choice)
- 1 loaf White bread
- 1 loaf Whole wheat bread

Preparation Steps

- In a medium bowl add cheese, mayonnaise, MAGGI® Season Up and cream cheese; blend well until smooth
- Divide cheese paste into 2 bowls. Add a drop or two of green colouring into the first bowl of cheese paste. Mix well. Add a drop of orange colouring to the next bowl of cheese paste. Mix well
- Spread cheese paste onto three slices of bread to make sandwich. Cut off crust and cut into desired shape

The cheese from these small servings of sandwiches can pack up to a third of your child's daily calcium and Vitamin D intake.