The simplest way
...to add fruit and veg to brekky

Try our winning breakfast ideas at home:

- Serve your toast with a sliced avocado and/or tomato
- Create a breakfast pizza with a wholegrain muffin, mashed pumpkin, chopped vegies and melted cheese
- Blend bananas and frozen raspberries with a handful of baby spinach, add a cup of reduced fat milk, honey and unprocessed bran for a fruit smoothie
- Simply slice some banana or strawberries onto your regular breakfast cereal

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.