

**Mother's Day Sunday May 14**

**I Mum**

**Brekky-in-bed book**

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# To warm Mum's heart, start with her tummy

Mums prepare more meals than anyone.  
And Mother's Day is perfect for a  
little payback.

To make it easier, we've created six simple  
and delicious brekky-in-bed recipes.

Pick one you think she'd like, then  
order her to sleep in on Mother's Day.  
Chances are, she won't say no.

You'll find all the ingredients at  
[woolworths.com.au/ilovemum](https://www.woolworths.com.au/ilovemum)

Just click your recipe and the list  
will appear to buy now or when you're  
next in store.

So here's to Mother's Day.  
And to Mum waking up to how  
much you love her.



# Watermelon hearts with vanilla ricotta

Serves 4 Preparation time: 15 minutes

## Ingredients

- ¼ small (about 1kg) watermelon cut in 4 x 4cm thick round slices, cut into a large heart shape about 14cm. Cut remaining watermelon into 6 cm hearts
- ½ pineapple (about 600g), peeled, cut into 1cm thick slices, each slice cut into 4cm love hearts
- ½ honeydew melon (about 250g), peeled, cut into 1cm thick slices, then cut into 4cm hearts
- ½ cup fresh blueberries

## Vanilla whipped ricotta

- ¾ cup smooth ricotta cheese
- ½ tsp vanilla extract
- 2 tsp maple syrup, plus extra to serve

## Method

1. To make the vanilla ricotta, place all ingredients into a medium bowl and stir until well combined and smooth.
2. To make skewers, thread a blueberry onto a short wooden skewer, then watermelon, pineapple, and honeydew hearts.
3. Serve with the vanilla ricotta, an extra drizzle of maple syrup and fresh mint.

Per serve: 5.9g protein, 4.4g fat (2.5g saturated fat), 20.6g carbohydrate, 3.0g dietary fibre, 648kJ (155 Cals), 98mg sodium.







# Berry smoothie bowl

Makes 1 Preparation time: 10 minutes

## Ingredients

- 1 cup frozen mixed berries (strawberries & raspberries preferably)
- 1 banana, peeled and sliced
- 1 tbs chia seeds
- 2 tbs rolled oats
- $\frac{1}{3}$  cup coconut milk
- $\frac{1}{4}$  cup fresh blueberries
- 1 tbs flaked coconut, toasted

## Method

- 1.** Place frozen berries, banana, chia seeds, oats and coconut milk in a blender and blend until thick and smooth.
- 2.** Carefully pour smoothie into a shallow bowl. Place the blueberries on top in a heart shape and serve with flaked coconut.

Per serve: 7.3g protein, 12.4g fat (6.5g saturated fat), 38.0g carbohydrate, 15.3g dietary fibre, 1356kJ (324 Cals), 34mg sodium.



# Ricotta and zucchini pikelets with smoked salmon

Serves 4 (makes 12) Preparation time: 15 minutes Cooking time: 15 minutes

## Ingredients

- 1 cup (150g) white spelt flour
- 2 tsp baking powder
- 2 eggs
- ½ cup (125ml) milk
- ½ cup (120g) smooth ricotta cheese, plus 2 tbs extra to serve
- 1 zucchini (about 160g), finely grated, squeezed of excess moisture
- 1 tbs finely grated lemon zest
- 90g salt-reduced smoked salmon, chopped
- 2 tbs chopped fresh chives, plus extra to serve
- Finely grated lemon zest, lemon wedges and dill to serve

## Method

- 1.** Sift flour and baking powder into a large bowl. Add eggs, milk and ricotta and whisk until smooth. Stir through the zucchini, lemon zest and chives. Season with salt and pepper.
- 2.** Spray a large non-stick frying pan over medium-high heat. Spoon ¼ cup of mixture into the pan per pikelet and spread to an even thickness. Cook for 2 minutes each side or until golden and cooked through. Transfer to a plate and repeat to make 10 pikelets, spraying with a little more oil between batches.
- 3.** Using a 7cm diameter heart-shaped cookie cutter, carefully cut a heart shape from each pikelet. Top pikelets with a dollop of extra ricotta, smoked salmon, dill, fresh lemon and lemon zest to serve.

Per serve: 18.6g protein, 16.4g fat (5.2g saturated fat), 32.2g carbohydrate, 2.8g dietary fibre, 1489kJ (356 Cals), 358mg sodium.







# Egg toasts with roasted tomatoes and avocado

Serves 4 Preparation time: 5 minutes Cooking time: 15 minutes

## Ingredients

- 260g truss cherry tomatoes
- 4 thick slices of wholegrain or wholemeal bread
- 4 eggs
- 1 medium avocado, cut into wedges

## Method

- 1.** Preheat oven to 180°C or 160°C fan forced. Line a baking tray with baking paper. Place tomatoes on tray. Lightly spray with oil and season with salt and pepper. Roast for 10 minutes or until just softened.
- 2.** Meanwhile, using a 7cm diameter heart-shaped cookie cutter, cut a heart out of the middle of each slice of bread.
- 3.** Spray a large non-stick frying pan with olive oil and heat over a medium-high heat. Place 2 slices of bread in the pan and cook for 1–2 minutes or until golden. Turn bread over in the pan and carefully break an egg into each heart hole. Cook until eggs are starting to set and toast is golden. Keep warm. Continue with remaining bread and eggs to make 4 egg toasts.
- 4.** Serve egg toasts with the roasted tomatoes and avocado.

Per serve: 12.9g protein, 19.4g fat (3.9g saturated fat), 16.9g carbohydrate, 5.5g dietary fibre, 1270kJ (304 Cals), 273mg sodium.



# Buttermilk pancakes with raspberries and yoghurt

Serves 4 (makes 8) Preparation time: 15 minutes Cooking time: 20 minutes

## Ingredients

- 1 cup (150g) wholemeal self-raising flour
- 1 tbs caster sugar
- 1 cup (250ml) buttermilk
- 1 egg
- 2 tbs honey
- ½ cup (130g) natural yoghurt, to serve
- fresh raspberries to serve

## Method

1. Combine flour and caster sugar in a large bowl. Whisk buttermilk and egg together in a jug. Add to flour mixture and whisk until smooth.
2. Heat a non-stick frying pan over medium heat, spray with cooking oil. Ladle ⅓ cup (80ml) of the mixture into pan and spread to an even thickness. Cook for 1–2 minutes, or until bubbles start to appear on surface. Carefully flip pancake and cook for another minute or until pancake is golden. Transfer to a plate and repeat to make 8 pancakes, spraying with a little more oil between pancakes.
3. Using a 10cm heart-shaped cookie cutter, cut 8 heart shapes from the pikelets.
4. Serve pikelets with a dollop of yoghurt, fresh raspberries and a drizzle of honey. Top with a little mint if desired.

Per serve: 10.4g protein, 10.7g fat (3.4g saturated fat), 55.9g carbohydrate, 6.4g dietary fibre, 1575kJ (377 Cals), 326mg sodium.







# French toast hearts with fresh strawberries and bananas

Serves 4   Preparation time: 15 minutes   Cooking time: 20 minutes

## Ingredients

- 8 thick slices of wholegrain or wholemeal bread
- 2 eggs
- ⅓ cup milk
- 1 tsp vanilla extract
- 2 tbs maple syrup, plus extra to serve
- 250g strawberries, hulled, sliced
- Olive oil spray
- 1 small banana, sliced
- 2 tsp icing sugar

## Method

- 1.** Using a 10cm diameter heart-shaped cutter, cut a heart from each bread slice. Discard bread trimmings.
- 2.** Whisk eggs, milk, vanilla and half the maple syrup together in a large shallow bowl.
- 3.** Combine strawberries and remaining maple syrup in another bowl and allow to stand.
- 4.** Lightly spray a large non-stick frying pan with oil and place over medium heat. Dip 2 bread hearts, one at a time, in the egg mixture until soaked. Cook for 2 minutes each side or until golden brown and egg has set. Repeat with remaining bread and egg mixture.
- 5.** Place 2 French toast hearts on each serving plate. Lightly dust with icing sugar and spoon over the strawberries and top with bananas and extra maple syrup to serve.

Per serve: 7.8g protein, 9.8g fat (1.9g saturated fat), 15.8g carbohydrate, 3.6g dietary fibre, 788kJ (189 Cals), 132mg sodium.



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