



## Leftovers breakfast

Leftovers breakfast has two benefits -

1. This is a brilliant way of using up a small amount of leftovers if you don't have quite enough for lunch
2. Leftovers breakfast makes a change - so if you fancy a different spin on breakfast this may be for you

Here are some examples of leftovers for breakfast

- Cooked cold chicken with an apple or an orange - simple and fast
- Cooked cold fish with a bowl of strawberries with balsamic vinegar drizzled over
- Cooked cold sausage added to a split brown pitta bread with some salad leaves or leftover ovenroasted peppers. Add a dollop of mustard to bring out the flavour of the cold sausage
- Use up leftover veggies by adding them to a breakfast omelette
- Leftover fruit salad, add it to some plain yoghurt and sprinkle some nuts and seeds over the top

*The opportunities for leftover breakfasts are endless. See what you can put together.*



Recipe developed by Sharyn Singer

### Method



1. For a different, but filling breakfast, use the leftovers from a protein-based dinner - sounds strange but it does work!

The Grange  
Welford Road

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