



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!



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