


Big Pink Breakfast

Recipe E-book



CHY 5863
RCN 20009502

Fluffy and delicious pancakes by Una Leonard



Method

1. In a large bowl, sift together the self-raising flour, baking powder, salt, and caster sugar.
2. In a separate bowl or jug, lightly whisk together the milk (or buttermilk) and egg. Add the melted butter and whisk until well combined.
3. Pour the milk mixture into the flour mixture and, using a fork, stir until you have a smooth batter. Don't worry if there are a few lumps, they will disappear with a little mixing. Let the batter rest for a few minutes.
4. Heat a non-stick frying pan over medium heat and add a knob of butter. Once melted, ladle a spoonful of batter into the pan (or two if the pan is big enough to cook two pancakes at once). The batter will seem thick, but that's how it should be.

5. Cook the pancake for about 3 minutes, or until the top begins to bubble and the edges start to set. Flip the pancake over and cook for another two minutes, or until both sides are golden brown and the pancake has risen to about 1cm/1/2in thick. If the pancake is too dark, reduce the heat slightly for the next round.

6. Repeat until all the batter is used up. You can keep the pancakes warm in a low oven, but they taste best fresh out the pan.

7. Serve the pancakes with a generous drizzle of real maple syrup and extra butter if desired.

Ingredients

- ▶ 140g self-raising flour
- ▶ 1/2 teaspoon baking powder
- ▶ 1 1/2 tb spoon caster sugar
- ▶ 135ml milk (or buttermilk)
- ▶ 1 large egg
- ▶ 30g butter, melted and slightly cooled
- ▶ Pinch of cinnamon (optional)



Recipe by
Una Leonard

Peanut milk chocolate oat bars by Gillian Cottell



Method

1. Preheat the oven to 200°C/180°C fan/gas mark 6. Grease a 20 x 20cm (8 x 8 inch) square tin with spray oil or butter and then line with baking parchment.
2. Place the butter, sugar, golden syrup and vanilla in a medium saucepan over a gentle heat. Mix continually until it is just melted (about 5 minutes). Set aside for approximately 5 minutes to cool.
3. Pour the mix over the oats and stir until fully incorporated.
4. Fold in the chocolate chips and peanuts and then tip the mix into the baking tray. Flatten down until smooth.

5. Bake for approximately 20 minutes until just the edges begin to brown.
6. Allow your bake to cool completely on a wire rack. When cool, put the tray in the fridge to chill for about an hour (this helps with cutting).
7. Cut your bake into fingers. (I usually cut mine into 8 bars). Drizzle with some extra melted chocolate if you wish.
8. These will keep for five days in an airtight container.

Ingredients

- ▶ 175g salted butter
- ▶ 190g light brown sugar
- ▶ 115g golden syrup
- ▶ 1 tsp vanilla extract
- ▶ 420g oats
- ▶ 100g milk chocolate chips
- ▶ 100g unsalted peanuts, roughly chopped



Recipe by
Gillian Cottell

Banana & peanut butter muffins by Clodagh McKenna



Ingredients

- ▶ 250g self-raising flour
- ▶ 1 tsp baking powder
- ▶ ½ tsp bicarbonate of soda
- ▶ 110g light muscovado sugar
- ▶ 100g crunchy peanut butter
- ▶ 25g butter, melted
- ▶ 2 eggs
- ▶ 2 large ripe bananas, mashed
- ▶ 200ml buttermilk (or add 1 tsp of lemon juice to milk and leave for 20 mins)
- ▶ 10 thin slices of banana

Method

1. Preheat the oven to 190°C/170°C fan/gas mark 5. Line a 12-hole muffin tin with paper cases.
2. Sift together the flour, baking powder, bicarbonate of soda and caster sugar with a big pinch of salt. In a separate bowl mix the melted butter, peanut butter, eggs, mashed bananas and buttermilk.
3. Make a well in the centre of the dry ingredients and pour the wet ingredients in. Roughly mix together with a fork, being careful not to over-mix. Spoon the mixture into the muffin cases. Top with a slice of banana, then bake for 20-25 mins, until golden brown.
4. Allow to cool on a wire rack.



Recipe by
Clodagh McKenna

Soda Bread by Sarah Butler



Method

1. Preheat the oven to 220°C/200°C fan.
2. In a large bowl, mix all the dry ingredients together and rub in the butter with your fingers.
3. Crack the egg into the buttermilk and whisk together.
4. Use your hand or a wooden spoon to gently bring everything together, do not over knead.
5. It should be soft but not too wet and sticky.
6. Once it all comes together, tip it out onto a well-floured surface. Wash your hands, it will be much easier to handle.
7. Roll around gently, I use a pastry scraper to stop it sticking to the surface.

8. Turn the dough over and flatten slightly to about 2 inch thickness. Sprinkle a little flour from the worktop and place onto a floured baking tray.

9. Cut a deep cross and prick in each corner to let the fairies out of the bread.

10. Bake in the preheated oven for 10 minutes, then reduce the temperature to 200°C/180°C fan and cook for a further 30 minutes approximately. Turn the bread upside down on the baking tray and cook for an additional 5 minutes.

11. The bread will sound hollow when tapped on its bottom. Cool on a wire rack, wrapped in a clean tea-towel.

Ingredients

- ▶ 250g brown wholemeal flour
- ▶ 250g plain white flour
- ▶ 1 teaspoon salt
- ▶ 1tsp baking powder
- ▶ 1/2teaspoon bread soda
- ▶ 450ml buttermilk
- ▶ 1 egg



Recipe by
Sarah Butler

Breakfast Muffins by Neven Maguire



Method

1. Sift both flours, baking powder and cinnamon into a bowl, then tip in anything left in the sieve and stir in the wheat bran and honey.
2. When ready to bake, preheat the oven to 180°C/350°F/gas mark 4. Line a 12-cup muffin tin with paper cases.
3. Peel the bananas and mash two of them to a purée, then stir in the dates. Beat the egg with the buttermilk and oil. Add to the dry ingredients and stir until just blended, then lightly and quickly fold in the banana mixture. The batter should look roughly mixed, with lumps and floury pockets.
4. Fill each paper case two-thirds full with the batter, then cut the remaining banana into 12 slices, discarding the ends, and pop one slice on top of

each muffin. Sprinkle over the oats and bake for about 20 minutes, until well risen and golden brown. Transfer to a wire rack to cool slightly. These are best served warm.

Ingredients

- ▶ 150g plain flour
- ▶ 100g wholemeal flour
- ▶ 1 tbsp baking powder
- ▶ 1 tsp ground cinnamon
- ▶ 25g wheat bran
- ▶ 2 tbsp honey
- ▶ 3 ripe bananas
- ▶ 50g ready-to-eat dried dates, pitted and finely chopped
- ▶ 1 large egg
- ▶ 225ml buttermilk
- ▶ 4 tbsp olive oil
- ▶ 1 tbsp rolled oats



Recipe by
Neven Maguire

Flapjacks by Karl Henry



Method

1. Preheat the oven to 160°C/325°F/gas mark 3.
2. Line a 20cm square baking tray with baking parchment.
3. Mix all the dry ingredients together in a large bowl. Then add the oil and honey, and mix thoroughly.
4. Transfer the mixture to the baking tray, spread evenly and flatten firmly using the back of a spoon.
5. Put into the preheated oven and bake for 20 minutes.
6. Remove from the oven and mark out 12 rectangles before they cool down.

7. Allow to cool completely, then turn out of the tray and break into 12 individual flapjacks. Store in an airtight container in a cool place. They will keep for up to 10 days.

Ingredients

- ▶ 100g jumbo porridge oats
- ▶ 100g nuts of your choice, roughly chopped
- ▶ 1 tbsp flaxseeds (or linseeds)
- ▶ 75g dates, roughly chopped (Medjool dates are nice if you can get them)
- ▶ 50g dried apricots, roughly chopped
- ▶ 1 tbsp rapeseed oil
- ▶ 100g honey



Recipe by
Karl Henry

Apple & oat bars by Cliona O'Connor



Method

1. Line a 20 x 20cm baking tin.
2. Preheat your oven to 180°C/375F.
3. In a medium bowl, mix the oats, Krispies, chia seeds and cinnamon
4. Add the melted butter & stewed apple.
5. Press the mix into the bottom of the tin evenly.
6. Bake for around 25 minutes.
7. Cool and slice into squares

Ingredients

- ▶ 160g oats
- ▶ 60g Rice Krispies
- ▶ 3 tbsp milled chia seeds
- ▶ 2 tsp cinnamon
- ▶ 30 grams coconut oil or melted butter
- ▶ 300g stewed apple

(I use Pink Lady apples - I recommend using a sweet apple rather than cooking apples)

- ▶ 1-2 Tablespoon maple syrup or honey (optional)

For the icing...

- ▶ 250g icing powder
- ▶ 1 tbsp strawberry jam
- ▶ 1 tbsp natural yoghurt



Recipe by
Cliona O'Connor

Chocolate chip banana bread by Donal Skehan



Method

1. Preheat the oven to 180°C/ fan 160c. . Grease a 2lb loaf tin and line with parchment paper.
2. Whisk the caster sugar, 75g soft light brown sugar and the butter in a bowl with a hand held mixer until light and pale.
3. Add in a little flour and one egg. Mix through, repeat with the other egg and the rest of flour, baking powder, vanilla and a pinch of salt until everything is mixed through and smooth.
4. Peel the bananas and mash two of them well with the back of a fork. Add to your cake mixture and stir through along with the chocolate chips and walnuts.
5. Pour the mix into the prepared loaf tin, slice the remaining banana in half lengthways and

arrange on the top of the loaf. Sprinkle with the remaining brown sugar then place in the oven for approximately 50–55 minutes. It should be risen, golden and a skewer comes out clean when the banana bread is ready.

6. Cool for 10 minutes in the tin before turning out onto a wire rack to cool completely.

Ingredients

- ▶ 100g butter, plus extra to grease
- ▶ 75g caster sugar
- ▶ 100g soft light brown sugar
- ▶ 250g self raising flour, plus extra to dust
- ▶ 2 large free range eggs
- ▶ 1 tsp baking powder
- ▶ 1/2 tsp of vanilla extract
- ▶ A pinch of salt
- ▶ 3 large, very ripe, going brown bananas
- ▶ 50g dark chocolate chips
- ▶ 100g walnuts, roughly chopped



Recipe by
Donal Skehan

Thanks to you, breast cancer patients and their families will have access to support at every stage of their journey.

Special thanks to everyone who generously contributed their breakfast recipe for this book.