

The budget-friendly cookbook

'This cookbook offers a range of recipe ideas for breakfasts, soups, main meals, and snacks. Each recipe has been created with budget and time efficiency in mind. We hope you enjoy making them as much as we enjoyed developing them!' - Xyla

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Budget-friendly tips and disclaimers

Plan ahead:

- Check what ingredients you already have at home and find recipes that use these
- Plan your meals in advance and look at recipes that use similar ingredients to reduce waste
- Make a shopping list and set a budget before you shop and stick to them

Please note:

- If you have any allergies or dietary preferences, check the ingredients and allergens in the recipes before preparing and consuming these, and check the food labels of the ingredients prior to purchasing to ensure they are suitable
- Substitutions can be made if required, such as swapping dairy products with plant-based alternatives to make a recipe dairy-free or vegan
- Swapping or skipping ingredients may change the nutritional values and allergens of the recipes, so remember to read the food labels carefully
- Storage times are general guidelines only and may change if substitutions are made
- Follow food safety practices when preparing the recipes by keeping things clean, avoiding cross-contamination, cooking food thoroughly, cooling it properly, storing it in suitable containers, refrigerating perishable items promptly, and reheating leftovers until they're piping hot
- Xyla will not be responsible or liable for any adverse reactions, outcomes, or issues arising from the use of the recipes or information in this book

Shop smart:

- Buy supermarket own or value brands, and bulk items or multipacks when it makes sense
- Buy frozen, tinned, seasonal or reduced-price fruit and vegetables
- Know the difference between 'best before' and 'use by' dates: 'best before' means the food may lose quality after that date but is usually still safe to eat, while 'use by' means the food is not safe to eat after that date
- Compare prices per 100g/100ml to find the best value
- Look above and below eye level for more affordable options
- Avoid shopping when you are hungry
- Use coupons and "buy one get one free" or other discounts for items that are on your shopping list
- Check the reduced-to-clear section for items that you can use quickly or freeze
- Bring your own reusable bags to avoid extra charges

Cook efficiently:

- Batch cook to save time and money
- Cook multiple dishes at once when the oven is on to save energy
- Use energy-efficient appliances like slow cookers, microwaves, or air fryers, if available
- Prioritise foods that are close to their use-by date and freeze surplus food to avoid food waste
- Store food properly to keep it fresher for longer
- Portion meals before freezing so you can defrost only what you need



Apple crisp

 Serves: 3

 Cooking time: 40 minutes

Nutrition

Typical values	Per serving
Energy	241kcal
Fat	9.5g
Saturated fat	5.5g
Carbohydrate	36g
Fibre	2.1g
Protein	1.8g
Salt	0g

Allergens:

Gluten, milk

Ingredients:

- 2 medium apples, cored and chopped
- 1 tsp lemon juice
- ¼ tsp vanilla extract (optional)
- 25g rolled oats
- 50g brown sugar
- ¼ tsp cinnamon (optional)
- 30g butter, softened to room temperature

Directions:

1. Preheat the oven to 180°C
2. In a bowl, combine the apples, lemon juice, and vanilla
3. Spread the apple mixture evenly in a medium baking dish
4. In a separate bowl, combine the oats, sugar, and cinnamon
5. Mix in the butter with your fingers, until a crumbly consistency forms
6. Sprinkle the oat mixture evenly over the apple mixture
7. Bake for 30 minutes or until the apples are tender and the topping is golden brown



Budget-friendly tips:

- Use vanilla extract and cinnamon only if you already have them in your cupboard
- Swap the brown sugar with white sugar
- Batch cook by doubling the recipe and storing the extra portions in the freezer for up to 3 months

Apple pecan porridge

 Serves: 1

 Cooking time: 15 minutes

Nutrition

Typical values	Per serving
Energy	430kcal
Fat	12g
Saturated fat	3.2g
Carbohydrate	58g
Fibre	7g
Protein	13g
Salt	0.2g

Allergens:

Gluten, milk,
tree nut

Ingredients:

- 40g rolled oats
- 200ml semi-skimmed milk
- 1 medium apple, cut into bite-sized pieces
- 4 pecan halves, chopped
- 1 tsp cinnamon (optional)

Directions:

1. Simmer the oats and milk in a saucepan over medium heat for about 10 minutes, or until you reach your preferred consistency, stirring continuously
2. Mix in the chopped apples, pecans, cinnamon, and serve

Budget-friendly tips:

- Use fruit that you already have, or use frozen, tinned, seasonal or reduced-price fruit
- Skip the pecans or use other nuts or nut butters that you already have in your cupboard
- Use cinnamon only if you already have it, and use any milk that you already have
- Buy supermarket own-brand porridge oats in large bags for the most affordable price
- Batch cook by multiplying the recipe and storing the plain porridge in the fridge for up to 2 days or in the freezer for up to 1 month. Add your preferred toppings before serving



Banana baked oats

 **Serves:** 2

 **Cooking time:** 30 minutes

Nutrition

Typical values	Per serving
Energy	387kcal
Fat	12g
Saturated fat	2.8g
Carbohydrate	49g
Fibre	6g
Protein	17g
Salt	0.4g

Allergens:

Gluten, milk,
peanut

Ingredients:

- 100g rolled oats
- 1 medium banana
- 60g 0% fat Greek yoghurt
- 160ml semi-skimmed milk
- 30g peanut butter
- ½ tsp baking powder
- ¼ tsp cinnamon (optional)
- ¼ tsp vanilla extract (optional)

Directions:

1. Preheat oven to 180°C
2. Mash the banana in a bowl
3. Stir in the oats, yoghurt, milk, peanut butter, baking powder, cinnamon, and vanilla extract
4. Mix until smooth and pour into a ramekin or small baking dish
5. Bake for 20-25 minutes until golden and firm

Budget-friendly tips:

- Use vanilla extract and cinnamon only if you already have them in your cupboard
- Swap the peanut butter with any nut or seed butters that you already have in your cupboard
- Swap the Greek yoghurt with plain low-fat yoghurt and use any milk that you already have
- Bake multiple portions at once and store the extra portions in the fridge for up to 3 days



Breakfast burrito

 Serves: 4

 Cooking time: 20 minutes

Nutrition

Typical values	Per serving
Energy	381kcal
Fat	18g
Saturated fat	5g
Carbohydrate	32g
Fibre	4.8g
Protein	20g
Salt	1.4g

Allergens:

Egg, gluten,
milk

Ingredients:

- 4 wholemeal tortilla wraps
- 6 medium eggs
- 60ml semi-skimmed milk
- 2 tsp oil
- 40g mozzarella, grated
- pinch of black pepper

Vegetables of your choice. We used:

- 2 tomatoes, finely chopped
- 2 spring onions, finely chopped
- 1 pepper, finely chopped

Directions:

1. Lay out the tortillas on a work surface
2. Beat the eggs and milk together in a bowl
3. In another bowl, mix the vegetables and season with black pepper
4. Heat the vegetable oil in a non-stick frying pan
5. Pour in the egg mixture and cook over medium heat until cooked through
6. Once the eggs are cooked, place $\frac{1}{4}$ on a tortilla and sprinkle with 10g cheese while the eggs are warm so the cheese melts, then add $\frac{1}{4}$ of the vegetable mixture. Repeat with the remaining tortillas
7. Roll up the tortillas and slice in half to serve

Budget-friendly tips:

- Use any vegetables that you already have, or buy frozen, tinned, seasonal or reduced-price vegetables
- Replace the mozzarella with reduced-fat cheddar. Buy a block of cheese and grate it or slice it thinly at home instead of buying pre-grated cheese
- Make extra burritos and store them in the fridge for up to 3 days for quick breakfasts



Carrot and sultana pancakes

 Serves: 3

 Cooking time: 25 minutes

Nutrition

Typical values	Per serving
Energy	262kcal
Fat	4.7g
Saturated fat	1.1g
Carbohydrate	40g
Fibre	6.7g
Protein	11g
Salt	0.5g

Allergens:

Egg, gluten, milk, sulphite

Ingredients:

- 100g wholemeal self-raising flour (or 98g wholemeal flour mixed with 2g baking powder)
- 1 tsp mixed spice (optional)
- 1 large egg
- 80g carrot, grated
- 60g 0% fat Greek yoghurt
- 100ml semi-skimmed milk
- 30g sultanas (or swap with raisins)
- 1 tsp oil

Toppings of your choice. We used:

- 135g blackberries
- 3 tsp honey

Directions:

1. In a large bowl, whisk together the flour, mixed spice, egg, carrot, yoghurt, and milk until smooth
2. Stir in the sultanas
3. Heat a non-stick frying pan over medium heat and add a few drops of oil
4. Spoon in a tablespoonful of batter per pancake and cook for 1-2 minutes per side, until golden
5. Repeat in batches, adding a few drops of oil each time, until you finish the batter (makes 9-10 pancakes)
6. Serve with your chosen toppings

Budget-friendly tips:

- Skip the mixed spice or use spices that you already have, such as cinnamon
- Swap the Greek yoghurt with plain low-fat yoghurt and use any milk that you already have
- Skip the toppings or use frozen, tinned, seasonal or reduced-price fruit
- Batch cook and store the extra pancakes in the freezer for up to 3 months for quick breakfasts



Cooked breakfast

 **Serves:** 1

 **Cooking time:** 20 minutes

Nutrition

Typical values	Per serving
Energy	453kcal
Fat	14g
Saturated fat	3.5g
Carbohydrate	44g
Fibre	14g
Protein	31g
Salt	1.8g

Allergens:

Egg, gluten

Ingredients:

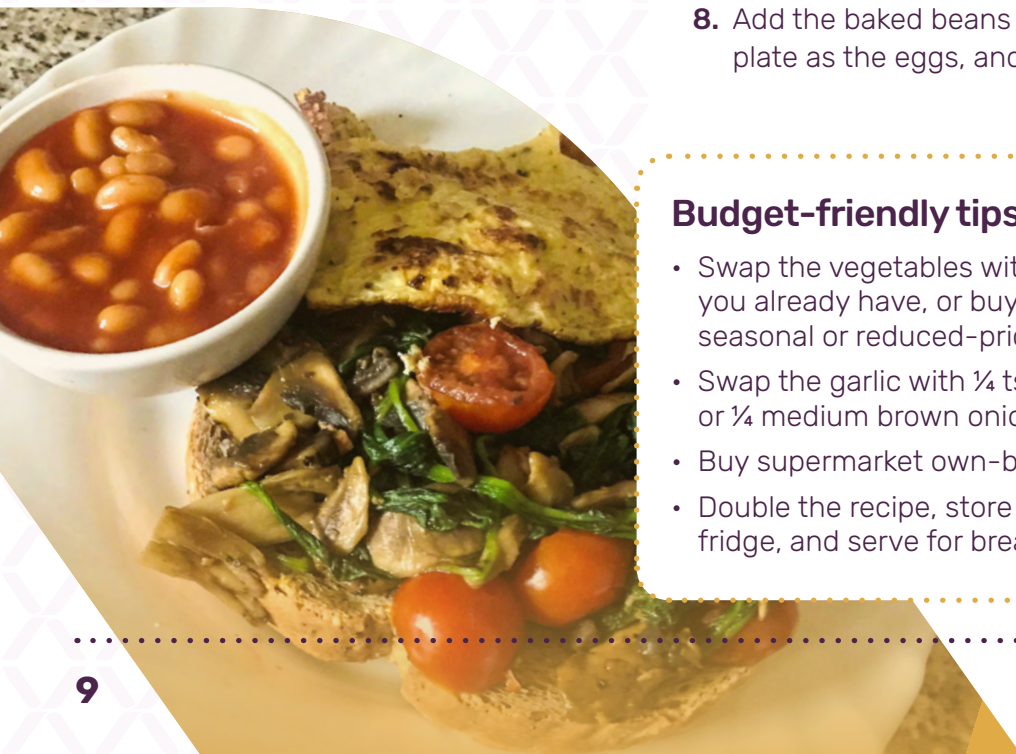
- 2 medium eggs
- 70g mushrooms, sliced
- 70g cherry tomatoes, halved
- 20g spinach
- 1 garlic clove, minced (optional)
- ½ tin (200g) reduced sugar and salt baked beans
- ½ tsp oil
- pinch of black pepper
- 1 small slice wholemeal bread

Directions:

1. In a bowl, whisk the eggs and add a pinch of pepper
2. Heat half of the oil in a non-stick frying pan over medium heat
3. Add the eggs and let them sit without stirring for 20 seconds, then stir continuously until you reach your preferred consistency
4. Set the eggs aside on a plate
5. Using the same pan, heat the other half of the oil, then add the garlic, mushrooms, spinach, and tomatoes and cook for 5-7 minutes
6. Heat the baked beans according to package instructions
7. Toast the slice of wholemeal bread
8. Add the baked beans and vegetables on the same plate as the eggs, and serve with toast on the side

Budget-friendly tips:

- Swap the vegetables with similar ones that you already have, or buy frozen, tinned, seasonal or reduced-price vegetables
- Swap the garlic with ¼ tsp garlic granules or ¼ medium brown onion
- Buy supermarket own-brand baked beans and bread
- Double the recipe, store the extra portion in the fridge, and serve for breakfast the next day



Overnight cheesecake

 Serves: 1

 Cooking time: 10 minutes

Nutrition

Typical values	Per serving
Energy	317kcal
Fat	3.3g
Saturated fat	1.6g
Carbohydrate	50g
Fibre	4.8g
Protein	20g
Salt	0.6g

Allergens:

Gluten, milk

Ingredients:

- 2 wheat biscuits
- 125ml semi-skimmed milk
- 125g 0% fat vanilla yoghurt
- 60g blueberries (or other berries such as strawberries or mixed berries)
- ¼ tsp sugar
- 20ml water

Directions:

1. Crumble the wheat biscuits in a bowl or tupperware
2. Add in the milk and stir until the wheat biscuits are moist and flatten the mixture to the bottom
3. Spread the yoghurt over the top
4. Add the berries, sugar, and water to a small pot over medium heat
5. Mash the blueberries slightly and simmer the mixture for about 5 minutes until it thickens
6. Let it cool and spread over the yoghurt
7. Leave in the fridge overnight

Budget-friendly tips:

- Use supermarket own-brand wheat biscuits
- Swap the vanilla yoghurt with plain low-fat yoghurt (add some sugar for sweetness if needed) and use any milk that you already have
- Choose frozen mixed berries or buy them fresh when they're in season
- Store in the fridge for up to 2 days for quick breakfasts



Overnight oats

 Serves: 1

 Cooking time: 5 minutes

Nutrition

Typical values	Per serving
Energy	400kcal
Fat	23g
Saturated fat	7.4g
Carbohydrate	34g
Fibre	8.3g
Protein	14g
Salt	0.4g

Allergens:

Gluten, milk,
tree nut

Ingredients:

- 90g plain Greek yoghurt
- 40g rolled oats
- 30g mixed berries
- 20g almond butter
- 1 tsp cinnamon (optional)

Directions:

1. Mix all the ingredients in a jar or airtight container
2. Store in the fridge overnight and enjoy in the morning



Budget-friendly tips:

- Swap the Greek yoghurt with plain low-fat yoghurt
- Swap the almond butter with any nut or seed butters that you already have, or buy more affordable alternatives, such as peanut butter
- Swap the mixed berries with any fruit that you already have, or buy frozen, tinned, seasonal or reduced-price fruit
- Skip the cinnamon if you don't already have it in your cupboard
- Prepare multiple portions and store in the fridge for up to 3 days for quick breakfasts

Pizza omelette

 **Serves:** 4

 **Cooking time:** 15 minutes

Nutrition

Typical values	Per serving
Energy	358kcal
Fat	21g
Saturated fat	5.9g
Carbohydrate	16g
Fibre	3.8g
Protein	24g
Salt	1.5g

Allergens:

Egg, gluten,
milk

Ingredients:

- 8 medium eggs
- 1 tsp oregano
- pinch of black pepper
- 1 tbsp oil
- 40g tomato passata
- 55g black olives, sliced
- 85g mozzarella, grated
- 100g leafy greens, such as salad leaves, spinach or rocket
- 4 slices wholemeal bread

Directions:

1. Preheat the grill to 200°C
2. In a bowl, beat the eggs with the oregano and pepper
3. Heat the oil in a large ovenproof frying pan, then add the eggs
4. Cook over a low heat for about 4 minutes, stirring occasionally until the eggs are set
5. Place under the grill until fully set and puffed up
6. Spread the passata on top, add the olives and cheese, then place under the grill again until the cheese is melted
7. Wash and dry the leafy greens
8. Cut into four wedges and serve with the leafy greens and wholemeal bread

Budget-friendly tips:

- Skip the oregano, or use other herbs that you already have in your cupboard, such as mixed herbs
- Replace the mozzarella with reduced-fat cheddar. Buy a block of cheese and grate it or slice it thinly at home instead of buying pre-grated cheese
- Swap the passata with tinned chopped tomatoes or 10g tomato paste mixed with 30g water
- Swap the olives with more affordable vegetables, such as sweetcorn or mushrooms
- Store any leftovers in the fridge for up to 2 days, and store the leafy greens separately so they stay fresh for longer



Scrambled eggs and veg on toast

 **Serves:** 2

 **Cooking time:** 15 minutes

Nutrition

Typical values	Per serving
Energy	269kcal
Fat	13g
Saturated fat	3.2g
Carbohydrate	17g
Fibre	3.8g
Protein	18g
Salt	0.8g

Allergens:

Egg, gluten

Ingredients:

- 4 medium eggs
- 2 slices wholemeal bread
- 1 tsp oil
- pinch of black pepper

Vegetables of your choice. We used:

- ½ small onion, chopped
- ½ pepper, chopped

Directions:

1. Heat the oil in a frying pan over medium heat
2. Add the vegetables to the pan and cook for around 3-4 minutes until soft
3. Beat the eggs in a bowl and season with pepper
4. Pour the eggs into the pan and stir gently until the eggs are cooked through
5. Toast the bread slices and top with the scrambled eggs



Budget-friendly tips:

- Use any vegetables that you already have, or buy frozen, tinned, seasonal or reduced-price vegetables
- Buy supermarket own-brand eggs, bread and oil
- Make 2 portions and have the second one for breakfast the next day

Shakshuka

 **Serves:** 1

 **Cooking time:** 10 minutes

Nutrition

Typical values	Per serving
Energy	494kcal
Fat	23g
Saturated fat	10g
Carbohydrate	27g
Fibre	4.5g
Protein	39g
Salt	2.6g

Allergens:

Egg, gluten,
milk

Ingredients:

- 2 medium eggs
- ½ tin (200g) chopped tomatoes
- ½ tsp garlic powder (optional)
- ½ tsp onion powder (optional)
- ½ tsp cumin
- 10g fresh coriander, chopped
- 1 slice wholemeal bread
- 70g reduced-fat halloumi, grilled

Directions:

1. Place the chopped tomatoes, onion powder, garlic powder, and cumin in a microwave-safe bowl and mix
2. Crack the eggs in the middle of the bowl, cover with cling film, and microwave on full power (800W) for about 2 minutes or until the eggs are fully cooked
3. Top with the fresh coriander and serve with the halloumi and slice of bread on the side

Budget-friendly tips:

- Use a microwave-safe plate to cover the bowl instead of cling film
- Skip the garlic and onion powders, or replace with 2 garlic cloves and ¼ small onion if you already have these
- Skip the fresh coriander or swap with ground coriander
- Swap the halloumi with more affordable options, such as reduced-fat cheddar
- Double the recipe, store the extra portion in the fridge, and serve for breakfast or lunch the next day



Vegetable frittata

 Serves: 3

 Cooking time: 25 minutes

Nutrition

Typical values	Per serving
Energy	292kcal
Fat	14g
Saturated fat	3.4g
Carbohydrate	19g
Fibre	3.8g
Protein	19g
Salt	0.8g

Allergens:

Egg, gluten,
milk

Ingredients:

- 2 tsp oil
- 6 medium eggs
- 30ml semi-skimmed milk
- 3 slices wholemeal bread
- pinch of black pepper

Vegetables of your choice. We used:

- 2 tomatoes, chopped
- 1 courgette, grated

Directions:

1. Preheat the grill to 200°C
2. Heat the oil in an ovenproof frying pan
3. Add the tomatoes and courgette to the pan and cook for 3–4 minutes, stirring, until softened
4. Spread the vegetables evenly across the pan
5. In a bowl, mix the eggs and milk with a fork
6. Pour into the pan and cook gently over medium-low heat for 4–5 minutes until the base is set
7. Place the pan under the grill for about 3 minutes until the top is golden and set
8. Leave to cool for a few minutes, then cut into three wedges and serve with wholemeal bread



Budget-friendly tips:

- Use any vegetables that you already have, or buy frozen, tinned, seasonal or reduced-price vegetables
- Buy supermarket own-brand eggs, bread and oil
- Store any leftovers in the fridge for up to 2 days for quick breakfasts

Cabbage soup

 Serves: 6

 Cooking time: 45 minutes

Nutrition

Typical values	Per serving
Energy	112kcal
Fat	0.9g
Saturated fat	0.2g
Carbohydrate	17g
Fibre	8.4g
Protein	4.3g
Salt	0.3g

Allergens:

Celery

Ingredients:

- 1 large onion, chopped
- 3 garlic cloves, minced
- 6 celery sticks, chopped
- 3 large carrots, chopped
- 2 peppers, chopped
- 400g tin chopped tomatoes
- 1 medium cabbage, shredded (or swap with 750g frozen shredded cabbage)
- 1 reduced sodium vegetable stock cube
- 1 tbsp mixed Italian herbs
- 1 tbsp black pepper
- 1 lemon, juiced

Directions:

1. Fry the garlic and onion in a pot until translucent
2. Add the celery, carrots, and peppers and cook for about 10 minutes until tender
3. Add the chopped tomatoes, cabbage, and stock cube with just enough water to cover the vegetables
4. Bring to the boil and leave to simmer for about 30 minutes or until the cabbage is tender
5. Take off the heat, stir in the lemon juice and black pepper and serve



Budget-friendly tips:

- Swap the vegetables with similar ones that you already have, or buy frozen, tinned, seasonal or reduced-price vegetables
- Skip the garlic and mixed Italian herbs, or swap with $\frac{3}{4}$ tsp garlic granules and other herbs, such as oregano or basil
- Store the extra portions in the fridge for up to 3 days or in the freezer for up to 3 months for quick pick-me-ups



Harvest vegetable soup

 **Serves:** 4

 **Cooking time:** 45 minutes

Nutrition

Typical values	Per serving
Energy	269kcal
Fat	4.2g
Saturated fat	1.9g
Carbohydrate	42g
Fibre	7.7g
Protein	12g
Salt	0.6g

Allergens:

Celery, gluten, milk

Ingredients:

- 1 medium onion, finely chopped
- 1 leek, trimmed and sliced
- 1 carrot, diced
- 200g swede, diced (or swap with turnip, butternut squash, or sweet potato)
- 1 medium potato, diced
- 1 reduced sodium vegetable stock cube dissolved in 400ml boiling water
- 10g cornflour
- 600ml semi-skimmed milk
- 75g sweetcorn
- pinch of black pepper
- 4 slices wholemeal bread

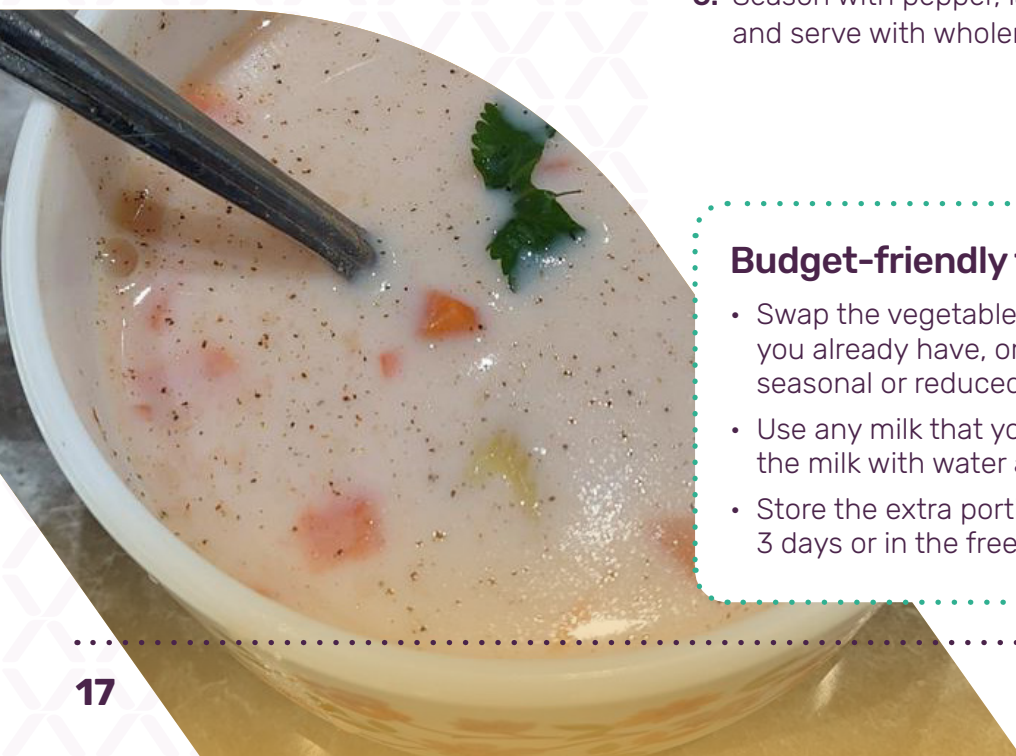
Directions:

1. Place the onion, leek, carrot, swede, potato, and stock in a large pot and bring to the boil, then reduce the heat
2. Gently boil, partially covered, for 25 minutes, until the vegetables are tender
3. In a small bowl, blend the cornflour with 2–3 tbsp of the milk to make a smooth paste
4. Add the remaining milk and sweetcorn to the pot, then stir in the cornflour paste
5. Heat gently, stirring constantly, until the soup thickens and just begins to boil
6. Season with pepper, ladle into bowls and serve with wholemeal bread



Budget-friendly tips:

- Swap the vegetables with similar ones that you already have, or buy frozen, tinned, seasonal or reduced-price vegetables
- Use any milk that you already have, or replace half the milk with water and use an extra 5g of cornflour
- Store the extra portions in the fridge for up to 3 days or in the freezer for up to 2 months



Tomato and basil soup

 **Serves:** 2

 **Cooking time:** 45 minutes

Nutrition

Typical values	Per serving
Energy	108kcal
Fat	0.7g
Saturated fat	0.3g
Carbohydrate	18g
Fibre	5.4g
Protein	4.2g
Salt	0.3g

Allergens:

Celery

Ingredients:

- 1 medium onion, chopped
- 1 carrot, chopped
- 1 celery stick, chopped
- 400g tin chopped tomatoes
- 17g tomato purée
- 1 handful fresh basil leaves, chopped
- pinch of black pepper
- pinch of oregano (optional)

Directions:

1. Fry the onion, carrot and celery in a pot until translucent. Add some water if the mixture is too dry
2. Add the tomato purée, oregano, and pepper and cook for an additional 3 minutes
3. Add the chopped tomatoes and just enough water to cover the vegetables
4. Leave to simmer over a gentle heat for 20-30 minutes
5. Take off the heat, stir in the basil leaves, and serve. For a smoother consistency, blend the soup if you have a blender



Budget-friendly tips:

- Swap the fresh basil with dried basil and skip the oregano, or use other herbs that you already have in your cupboard, such as mixed herbs
- Buy supermarket own-brand chopped tomatoes and tomato purée
- Batch cook by doubling or tripling the recipe and storing the extra portions in the fridge for up to 3 days or in the freezer for up to 3 months for quick pick-me-ups

Tomato, chickpea, and pasta soup

 **Serves:** 2

 **Cooking time:** 20 minutes

Nutrition

Typical values	Per serving
Energy	356kcal
Fat	11g
Saturated fat	1g
Carbohydrate	44g
Fibre	11g
Protein	15g
Salt	0.1g

Allergens:

Celery, gluten

Ingredients:

- 1 tbsp oil
- 2 large garlic cloves, thinly sliced
- 400g tin chickpeas, drained
- 400g tin chopped tomatoes
- 1 reduced sodium vegetable stock cube dissolved in 400ml boiling water
- 50g small pasta shapes

Directions:

1. Heat the oil and garlic in a medium saucepan over a medium heat until the garlic is soft and just starting to brown
2. Stir in the chickpeas, chopped tomatoes, stock and pasta shapes
3. Bring to boil, then reduce the heat and simmer for about 15 minutes or until the pasta is cooked



Budget-friendly tips:

- Use any pasta that you already have, such as penne or spaghetti broken into small pieces
- Swap the garlic with ½ tsp garlic granules or ½ medium brown onion
- Batch cook by doubling or tripling the recipe and storing the extra portions in the freezer for up to 2 months

Bean quesadilla

 Serves: 4

 Cooking time: 20 minutes

Nutrition

Typical values	Per serving
Energy	510kcal
Fat	15g
Saturated fat	5.8g
Carbohydrate	56g
Fibre	15g
Protein	28g
Salt	1.9g

Allergens:

Gluten, milk

Ingredients:

- 390g tin red kidney beans in chilli sauce
- 400g tin red kidney beans in water, drained
- 150g sweetcorn
- 4 wholemeal tortilla wraps
- 150g mozzarella, grated
- 300g cherry tomatoes, halved or quartered (optional)
- 1 small onion, finely chopped (optional)
- 1 lime, cut into wedges (optional)

Directions:

1. Preheat the oven to 200°C
2. Place all the beans and the sweetcorn in a frying pan or saucepan and warm over a medium heat for 4-5 minutes, or until hot, stirring regularly
3. Take one of the tortilla wraps, place it on a board, and spoon a quarter of the bean mixture over half of it, leaving a small border around the edge
4. Top with a quarter of the grated cheese
5. Fold over and press lightly, then place on a large baking tray
6. Continue making another three quesadillas in the same way
7. Bake for 9-10 minutes, or until the cheese has melted and the tortillas are lightly browned
8. Mix the tomatoes and onion
9. Cut one quesadilla into 3 pieces and serve with a quarter of the tomato and onion mixture and a lime wedge for squeezing



Budget-friendly tips:

- Use frozen sweetcorn and supermarket own-brand beans
- Skip the tomatoes, onion, and lime on the side if you don't already have them
- Bake all four quesadillas at once and store in the fridge for up to 3 days

Cheese and tomato baked fish

 **Serves:** 4

 **Cooking time:** 20 minutes

Nutrition

Typical values	Per serving
Energy	365kcal
Fat	7.4g
Saturated fat	3.3g
Carbohydrate	38g
Fibre	2.5g
Protein	34g
Salt	0.5g

Allergens:

Fish, milk

Ingredients:

- 4 basa fillets, thawed if using frozen (or other white fish such as cod, haddock, or sea bass)
- 60g tomato purée
- 1 tomato, thinly sliced
- pinch of black pepper
- 60g mozzarella, grated
- 200g raw brown rice

Directions:

1. Preheat the oven to 180°C
2. Cook the rice according to packet instructions
3. Lay the fish fillets on a baking tray lined with baking paper
4. Spread the tomato purée over the fillets, top with sliced tomatoes, season with pepper, and sprinkle with cheese
5. Bake for about 15 minutes, until the cheese is bubbling and the fish flakes easily
6. Serve the baked fish with rice



Budget-friendly tips:

- Skip the tomato and serve with vegetables that you already have on the side
- Use frozen white fish fillets, such as basa or pollock
- Swap the brown rice with white rice or cheaper wholegrain alternatives, such as couscous or pasta
- Store any leftovers in the fridge and serve for lunch the next day

Chicken and tomato jacket potato

 **Serves:** 4

 **Cooking time:**

30 minutes (microwave) or
1 hour 20 minutes (oven)

Nutrition

Typical values	Per serving
Energy	422kcal
Fat	4.8g
Saturated fat	0.9g
Carbohydrate	54g
Fibre	8.3g
Protein	35g
Salt	0.3g

Allergens:

Egg, milk,
tree nut

Ingredients:

- 4 baking potatoes (about 225g each)
- 400g raw skinless chicken breast, cut into bite-sized pieces
- 1 tsp dried oregano (or rosemary/basil) (optional)
- 6 tomatoes, chopped
- 150g 0% fat Greek yoghurt
- 4 spring onions, finely chopped (optional)
- 1 tsp oil
- 1 tbsp (15g) red pesto (optional)

Directions:

1. Scrub, dry and prick each potato several times with a sharp knife or a fork
2. Cook the potatoes:
 - Microwave method:** Cook one potato at a time for 6 minutes on full power (800W), turning halfway
 - Oven method:** Bake at 200°C for about 1 hour and 15 minutes until tender
3. Heat the oil in a pan and fry the chicken for about 8-10 minutes until browned and cooked through
4. Sprinkle the chicken with oregano
5. Mix the cooked chicken, tomatoes, spring onions, yoghurt, and pesto
6. Split open each potato, fluff the insides with a fork, and top with the chicken mixture

Budget-friendly tips:

- Skip the red pesto and spring onions if you don't already have them
- Skip the oregano, or use other herbs that you already have in your cupboard, such as rosemary or basil
- Swap the Greek yoghurt with plain low-fat yoghurt
- Use frozen chicken breast and thaw before cooking
- Store any leftovers in the fridge for up to 2 days to serve for lunch or dinner



Chickpea salad wrap

 **Serves:** 2

 **Cooking time:** 15 minutes

Nutrition

Typical values	Per serving
Energy	384kcal
Fat	9.3g
Saturated fat	1.7g
Carbohydrate	50g
Fibre	13g
Protein	18g
Salt	0.9g

Allergens:

Gluten, milk

Ingredients:

- 400g tin chickpeas, drained and rinsed
- 30g 0% fat Greek yoghurt
- ½ tsp curry powder or paprika (optional)
- ½ small onion or 1 spring onion, finely chopped
- ½ pepper, diced
- 100g lettuce (or other leafy greens such as spinach or rocket)
- 2 wholemeal tortilla wraps

Directions:

1. Mash the chickpeas in a bowl with a fork, but leave some chunks for texture
2. Stir in the yoghurt, curry powder/paprika, onion, and pepper
3. Wash and dry the leafy greens
4. Lay out the wraps and add half the chickpea mixture and leafy greens to each wrap
5. Roll up tightly and slice in half



Budget-friendly tips:

- Swap the Greek yoghurt with plain low-fat yoghurt
- Skip the curry powder or paprika, or use spices and herbs that you already have in your cupboard
- Replace the onion and pepper with vegetables that you already have
- Prepare more portions of the filling to store in the fridge for up to 3 days and assemble the wraps before serving

Cottage pie

 **Serves:** 4

 **Cooking time:** 60 minutes

Nutrition

Typical values	Per serving
Energy	391kcal
Fat	6g
Saturated fat	2.5g
Carbohydrate	56g
Fibre	8.5g
Protein	24g
Salt	0.6g

Allergens:

Gluten,
soybean

Ingredients:

- 1kg potatoes, chopped into chunks
- 300g 5% fat beef mince
- 1 tsp oil
- 1 small onion, chopped
- 1 medium carrot, diced
- 150g peas
- 1 tsp dried mixed herbs
- 300ml boiling water
- 18g reduced salt gravy granules
- 50g sweetcorn

Directions:

1. Boil the potatoes for about 12-15 minutes until soft, then drain and mash. Reserve some of the water so you can mix it into the mash if it's too dry
2. Preheat the oven to 190°C
3. Heat the oil in a large frying pan, then add the carrot and onion and cook for about 5 minutes until the vegetables soften
4. Add the mince, stirring to break it up, and cook for another 5 minutes until it browns and is cooked through
5. Stir in the peas and mixed herbs and cook for another 5 minutes
6. Pour in the boiling water, stir through the gravy granules, and mix until the sauce thickens. You can adjust the water quantity to your preferred consistency
7. Add the sweetcorn and stir gently to mix everything together
8. Transfer into an ovenproof dish and spoon the mash on top, spreading it fully over the beef mixture
9. Bake for about 35 minutes until lightly browned



Budget-friendly tips:

- Use frozen beef mince or with a slightly higher fat percentage, or swap half the beef with one 400g tin lentils, drained. If using frozen beef mince, thaw before cooking
- Swap the onion, carrot, peas, and sweetcorn with frozen mixed vegetables
- Store any leftovers in the fridge for up to 2 days to serve for lunch or dinner

Indian style baked beans on toast

 Serves: 1

 Cooking time: 10 minutes

Nutrition

Typical values	Per serving
Energy	472kcal
Fat	15g
Saturated fat	2g
Carbohydrate	56g
Fibre	20g
Protein	18g
Salt	1.2g

Ingredients:

- ½ tin (200g) reduced sugar and salt baked beans
- 1 medium onion, chopped
- 1 tbsp oil
- 1 handful fresh coriander, chopped (optional)
- ½ tsp ground turmeric
- ½ tsp garam masala
- ½ tsp black pepper
- 1 slice wholemeal bread

Directions:

1. Place the oil in a non-stick frying pan and heat for 30 seconds, then add the onion and cook until translucent
2. Add the baked beans, half of the coriander, turmeric, garam masala, and black pepper and cook for around 5 minutes
3. Serve on top of the toasted slice of wholemeal bread, and sprinkle the rest of the coriander on top

Allergens:

Gluten



Budget-friendly tips:

- Buy supermarket own-brand baked beans and bread
- Swap the ground turmeric and garam masala with curry powder and skip the fresh coriander
- Swap the onion with 1 tbsp onion granules
- Batch cook the beans by multiplying the recipe and store the extra portions in the fridge for up to 3 days or in the freezer for up to 2 months, and store the bread separately



One pot pasta bolognese

 Serves: 4

 Cooking time: 30 minutes

Nutrition

Typical values	Per serving
Energy	477kcal
Fat	8.1g
Saturated fat	3.4g
Carbohydrate	59g
Fibre	14g
Protein	34g
Salt	0.7g

Allergens:

Celery, gluten, milk

Ingredients:

- 1 medium onion, finely chopped
- 250g 5% fat beef mince
- 400g tin green lentils, drained
- 400g tin chopped tomatoes
- 1 reduced sodium beef stock cube dissolved in 700ml boiling water
- 45g tomato ketchup
- ½ tsp dried mixed herbs
- 250g wholewheat dried pasta
- 60g mozzarella, grated

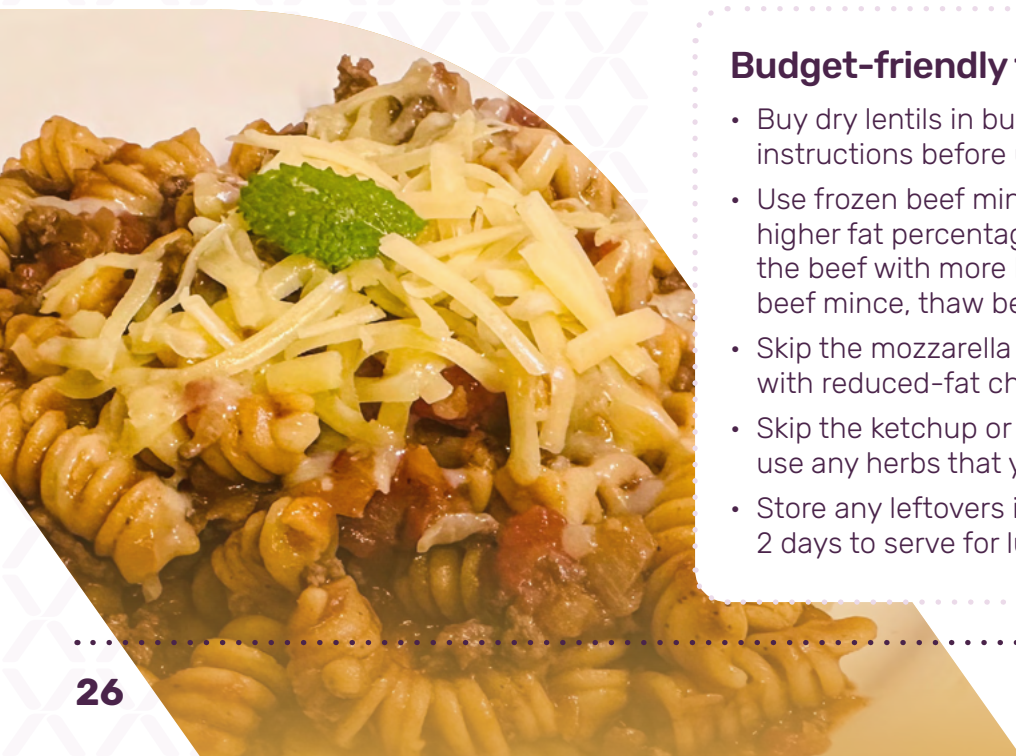
Directions:

1. Preheat a large pot over medium-high heat
2. Add the onion and mince and fry for about 5 minutes, stirring to break up the mince
3. Add the lentils, chopped tomatoes, stock, ketchup, mixed herbs, and pasta and stir well
4. Cover with a lid and bring to the boil
5. Reduce the heat and simmer for 18–20 minutes, until the pasta is cooked and the sauce has thickened, stirring occasionally (stir more towards the end of the cooking time so the pasta doesn't stick)
6. Divide the pasta between four plates and serve with the grated cheese on top



Budget-friendly tips:

- Buy dry lentils in bulk and cook according to instructions before using in the recipe
- Use frozen beef mince or with a slightly higher fat percentage, or replace some of the beef with more lentils. If using frozen beef mince, thaw before cooking
- Skip the mozzarella or replace with reduced-fat cheddar
- Skip the ketchup or replace it with tomato purée, and use any herbs that you already have in your cupboard
- Store any leftovers in the fridge for up to 2 days to serve for lunch or dinner



Tofu curry with vegetables and rice

 Serves: 1

 Cooking time: 30 minutes

Nutrition

Typical values	Per serving
Energy	430kcal
Fat	13g
Saturated fat	1.7g
Carbohydrate	55g
Fibre	7.5g
Protein	20g
Salt	0.2g

Allergens:

Soybean,
sulphites

Ingredients:

- 116g tofu, cut into bite-sized pieces
- ½ tbsp oil
- 1 small onion, chopped
- ½ tsp ginger paste
- 1 medium tomato, chopped
- ½ pepper, chopped
- 1 red chilli, chopped (optional)
- ¼ tsp ground turmeric
- ¼ tsp cumin seeds
- ¼ tsp ground coriander
- 45g Greek style plant-based yoghurt
- 1 tbsp fresh coriander, chopped (optional)
- 50g brown rice

Directions:

1. Heat the oil in a non-stick pan over medium heat, then add the onion and pepper and cook for about 2-3 minutes until they soften
2. Add the ginger paste to the pan and cook for another minute until fragrant
3. Add the tomato to the pan and cook for 2-3 minutes until the tomato softens
4. Reduce the heat to low and add the turmeric, cumin seeds, ground coriander, and the chilli and stir well to combine the spices with the vegetables
5. Add the tofu to the pan and cook for about 5 minutes
6. Stir in the yoghurt and some water and cover the pan to simmer for 10-12 minutes, stirring occasionally
7. Meanwhile, cook the brown rice according to packet instructions
8. Serve the curry over the cooked brown rice and garnish with fresh coriander



Budget-friendly tips:

- Buy tofu in large packs and freeze any leftovers for up to 3 months, or swap with reduced-price protein sources such as chickpeas, eggs, or chicken
- Swap the Greek style yoghurt with plain low-fat yoghurt
- Swap the ground turmeric, ground coriander, and cumin seeds with curry powder and skip the fresh coriander
- Replace the ginger paste with ¼ tsp ground ginger
- Make 2 portions and have the second one for lunch the next day



Tofu stir-fry noodles

 **Serves:** 2

 **Cooking time:** 15 minutes

Nutrition

Typical values	Per serving
Energy	359kcal
Fat	11g
Saturated fat	1.1g
Carbohydrate	45g
Fibre	7.3g
Protein	17g
Salt	2g

Allergens:

Gluten,
soybean,
sulphite

Ingredients:

- 2cm piece ginger, chopped
- 1 tbsp oil
- 1 garlic clove, minced
- 150g tofu, cut into bite-sized pieces
- 1 courgette, chopped
- 100g mushrooms, chopped
- 80g spinach
- 1 tbsp reduced-salt soy sauce
- 100g soba noodles

Directions:

1. Place the oil, ginger, and garlic in a frying pan and cook over a medium heat for a couple of minutes
2. Pat the tofu pieces dry, then add them into the frying pan and stir-fry for around 5 minutes
3. Add in the courgette, mushrooms, spinach, and soy sauce, and cook until the vegetables are soft
4. Prepare the noodles according to the packet instructions
5. Combine the vegetables, tofu, and noodles, and serve



Budget-friendly tips:

- Buy tofu in large packs and freeze any leftovers for up to 3 months, or swap with reduced-price protein sources such as chickpeas, eggs, or chicken
- Swap the soba noodles with wholewheat spaghetti or egg noodles
- Swap the vegetables with similar ones that you already have, or buy frozen, tinned, seasonal or reduced-price vegetables
- Swap the fresh ginger and garlic with ½ tsp ground ginger and ¼ tsp garlic granules
- Store any leftovers in the fridge for up to 3 days for quick lunches or dinners



Tuna and sweetcorn wrap

 **Serves:** 2

 **Cooking time:** 10 minutes

Nutrition

Typical values	Per serving
Energy	301kcal
Fat	6.8g
Saturated fat	1.7g
Carbohydrate	31g
Fibre	4.8g
Protein	27g
Salt	1.5g

Allergens:

Fish, gluten,
milk

Ingredients:

- 145g tin tuna in spring water, drained
- 30g 0% fat Greek yoghurt
- 50g sweetcorn
- 100g lettuce (or other leafy greens such as spinach or rocket)
- 2 wholemeal tortilla wraps

Directions:

1. Mix the tuna, yoghurt, and sweetcorn in a bowl
2. Wash and dry the leafy greens
3. Lay out the wraps and add half the tuna mixture and leafy greens to each wrap
4. Roll up tightly and slice in half



Budget-friendly tips:

- Swap the Greek yoghurt with plain low-fat yoghurt
- Use frozen sweetcorn or replace it with vegetables that you already have
- Buy supermarket own-brand tuna tinned in spring water or brine
- Prepare more portions of the filling to store in the fridge for up to 3 days and assemble the wraps before serving

Tuna burger

 Serves: 4

 Cooking time: 35 minutes

Nutrition

Typical values	Per serving
Energy	461kcal
Fat	8g
Saturated fat	2.6g
Carbohydrate	57g
Fibre	7.7g
Protein	36g
Salt	2g

Allergens:

Egg, fish,
gluten, milk

Ingredients:

- 2 tins (290g) tuna in spring water, drained
- 2 medium carrots, grated
- 1 small onion, finely chopped
- 1 tomato, sliced
- 100g breadcrumbs
- 1 medium egg, stirred well
- 50g mozzarella, grated
- ½ tsp dried parsley or mixed herbs
- pinch of black pepper
- 4 large wholemeal rolls
- 100g leafy greens, such as salad leaves, spinach or rocket

Directions:

1. Preheat the oven to 200°C
2. In a large bowl, mash the tuna with a fork
3. Add the carrots, onion, breadcrumbs, egg, cheese, herbs, and pepper and mix well
4. Shape into 4 patties and place on a baking tray lined with baking paper
5. Bake for 20–25 minutes until golden brown
6. Wash and dry the leafy greens
7. Slice each bun in half, place a patty on the bottom half, place sliced tomatoes on top and then cover with the other half of the bun
8. Serve with salad on the side

Budget-friendly tips:

- Make the breadcrumbs at home by toasting and crushing 2 slices of bread, and replace the rolls with bread slices
- Skip the tomato and leafy greens and serve with vegetables that you already have on the side
- Buy supermarket own-brand tuna tinned in spring water or brine
- Freeze any extra tuna patties for up to 1 month for quick-to-assemble lunches



Tuna jacket sweet potato

 Serves: 4

 Cooking time: 25 minutes

Nutrition

Typical values	Per serving
Energy	337kcal
Fat	1.7g
Saturated fat	0.5g
Carbohydrate	51g
Fibre	7.1g
Protein	26g
Salt	1g

Allergens:

Fish, milk

Ingredients:

- 4 medium sweet potatoes (about 240g each)
- 2 tins (290g) tuna in spring water, drained
- ½ medium red onion, finely sliced
- ¼ tsp chilli flakes (optional)
- 1 lime, cut into 4 wedges (optional)
- 150g 0% fat Greek yoghurt
- 100g leafy greens, such as salad leaves, spinach or rocket

Directions:

1. Wash the sweet potatoes and prick all over with a fork
2. Place on a microwaveable plate and microwave on full power (800W) for 18-20 minutes, until tender
3. Leave to cool for a few minutes, then cut in half and place each one, cut side up, on a serving plate
4. Flake the drained tuna with a fork and divide between the sweet potatoes
5. Top with the red onion, chilli flakes, then squeeze over the lime
6. Serve with yoghurt on top and leafy greens on the side

Budget-friendly tips:

- Swap the Greek yoghurt with plain low-fat yoghurt
- Use baking potatoes instead of sweet potatoes
- Buy supermarket own-brand tuna tinned in spring water or brine
- Skip the chilli flakes and lime if you don't already have them, and swap the red onion with brown onion
- Store any leftovers in the fridge for up to 3 days, and store the leafy greens separately so they stay fresh for longer



Tuna pasta bake

 **Serves:** 4

 **Cooking time:** 30 minutes

Nutrition

Typical values	Per serving
Energy	485kcal
Fat	9.6g
Saturated fat	3.6g
Carbohydrate	57g
Fibre	10g
Protein	37g
Salt	1.9g

Allergens:

Celery, fish, gluten, milk

Ingredients:

- 300g wholewheat dried pasta
- 400g tin chopped tomatoes
- 2 tins (290g) tuna in spring water, drained
- 1 large onion, finely chopped
- 1 reduced sodium vegetable stock cube dissolved in 100ml boiling water
- 100g frozen sweetcorn
- 100g mozzarella, grated
- 1 tsp oil

Directions:

1. Preheat the oven to 180°C
2. Cook the pasta according to packet instructions and drain
3. In a pan, heat the oil and then fry the onion for about 5 minutes until soft
4. Stir in the chopped tomatoes, stock, tuna, and sweetcorn and simmer for 5 minutes
5. Mix the sauce with the pasta
6. Pour into an ovenproof dish, top with the cheese, and bake for about 10 minutes until the cheese melts



Budget-friendly tips:

- Buy supermarket own-brand tuna tinned in spring water or brine and supermarket own-brand wholewheat pasta
- Replace the mozzarella with reduced-fat cheddar. Buy a block of cheese and grate it or slice it thinly at home instead of buying pre-grated cheese
- Batch cook and store the extra portions in the freezer for up to 2 months for quick lunches or dinners

Veg tortilla pizza

 **Serves:** 2

 **Cooking time:** 30 minutes

Nutrition

Typical values	Per serving
Energy	380kcal
Fat	19g
Saturated fat	9.7g
Carbohydrate	31g
Fibre	5.8g
Protein	19g
Salt	1.2g

Allergens:

Gluten, milk

Ingredients:

- 2 wholemeal tortilla wraps
- 120g passata
- 1 garlic clove, minced (optional)
- ½ tsp dried Italian herbs (optional)
- 125g fresh mozzarella, cut into small cubes
- 1 tsp oil

Vegetables of your choice.

We used:

- 6 black olives, sliced
- ½ courgette, sliced
- ½ pepper, sliced
- 4 mushrooms, sliced
- ⅓ aubergine, cut into bite-sized pieces
- ½ small red onion, finely sliced

Directions:

1. Preheat the oven to 220°C
2. Mix the vegetables (apart from the olives) with the oil and transfer to a baking tray lined with baking paper
3. Place the baking tray on the top shelf of the oven and roast the vegetables for about 5 minutes, then transfer them into a bowl
4. In another bowl, mix the passata with the herbs and garlic
5. Once the baking tray has cooled slightly, place the tortilla wraps side by side on the tray lined with baking paper and spread the passata evenly, leaving a border of ½-1cm
6. Top with the roasted vegetables, olives, and mozzarella, and bake for 6-8 minutes, until the cheese is melted and lightly golden

Budget-friendly tips:

- Use any vegetables that you already have, or buy frozen, tinned, seasonal or reduced-price vegetables
- Swap the passata with 40g tomato paste mixed with 80g water
- Skip the garlic and mixed Italian herbs, or swap with ¼ tsp garlic granules and other herbs, such as oregano or basil
- Replace the fresh mozzarella with low-moisture mozzarella or reduced-fat cheddar. Buy a block of cheese and grate it or slice it thinly at home instead of buying pre-grated cheese
- Store any leftovers in the fridge for up to 2 days for quick lunches or dinners



Cottage cheese on toast

 Serves: 1

 Cooking time: 5 minutes

Nutrition

Typical values	Per serving
Energy	150kcal
Fat	4g
Saturated fat	1.8g
Carbohydrate	18g
Fibre	3.3g
Protein	8.4g
Salt	0.7g

Allergens:

Gluten, milk

Ingredients:

- 1 slice wholemeal bread, toasted
- 50g cottage cheese
- ½ medium tomato, thinly sliced (or other vegetables, such as pepper or cucumber)
- pinch of dried basil (optional)

Directions:

1. Spread the cottage cheese evenly over the toast
2. Arrange the vegetable slices on top, sprinkle with basil, and serve



Budget-friendly tips:

- Buy supermarket own-brand bread and cottage cheese
- Swap the tomato with similar vegetables that you already have, or buy frozen, tinned, seasonal or reduced-price vegetables
- Skip the basil, or use other herbs that you already have in your cupboard, such as oregano or mixed herbs
- Store the ingredients separately and assemble before serving for a quick snack



Crispy chickpeas

 Serves: 3

 Cooking time: 40 minutes

Nutrition

Typical values	Per serving
Energy	148kcal
Fat	6.5g
Saturated fat	0.5g
Carbohydrate	13g
Fibre	5.6g
Protein	6.6g
Salt	0g

Allergens:

None

Ingredients:

- 400g tin chickpeas, drained
- 1 tbsp oil
- ½ tsp paprika (optional)
- ¼ tsp garlic granules (optional)

Directions:

1. Preheat the oven to 200°C
2. Rinse the chickpeas well and dry them thoroughly with a clean towel or paper towel
3. Toss them in a bowl with the oil and seasonings
4. Spread them out in a single layer on a baking tray lined with baking paper
5. Roast the chickpeas for 25–35 minutes, or until they're crispy and golden brown, shaking halfway
6. Leave to cool before serving



Budget-friendly tips:

- Use supermarket own-brand chickpeas, or buy dry chickpeas in bulk and cook according to instructions before using in the recipe
- Skip the paprika and garlic granules, or use other seasonings that you already have, such as black pepper, curry powder, or ground cumin
- Store at room temperature in a loosely covered container for up to 2 days for a quick snack. They can also be stored in the fridge or in an airtight container, but they will likely lose some of their crispiness



Peanut butter and banana rice cakes

 Serves: 4

 Cooking time: 5 minutes

Nutrition

Typical values	Per serving
Energy	114kcal
Fat	4.9g
Saturated fat	0.9g
Carbohydrate	13g
Fibre	1.7g
Protein	3.9g
Salt	0g

Ingredients:

- 4 rice cakes
- 40g peanut butter
- 1 medium banana, sliced

Directions:

1. Spread the peanut butter over the rice cakes
2. Top with the banana slices and serve

Allergens:

Peanut



Budget-friendly tips:

- Swap the peanut butter with any nut or seed butters that you already have in your cupboard
- Use fruit that you already have, or use frozen, tinned, seasonal or reduced-price fruit
- Store the ingredients separately and assemble before serving for a quick snack

Vegetable sticks and hummus

 Serves: 1

 Cooking time: 5 minutes

Nutrition

Typical values	Per serving
Energy	155kcal
Fat	8.4g
Saturated fat	0.9g
Carbohydrate	13g
Fibre	7.1g
Protein	3.1g
Salt	0.5g

Allergens:

Sesame

Ingredients:

- 30g hummus
- 150g carrot, cut into bite-sized sticks (or other vegetables, such as cucumber, celery, or pepper)

Directions:

1. Enjoy as a snack by dipping the vegetable sticks into the hummus



Budget-friendly tips:

- Buy supermarket own-brand hummus
- Swap the vegetables with similar ones that you already have, or buy frozen, tinned, seasonal or reduced-price vegetables
- Store the ingredients separately and assemble before serving for a quick snack

Yoghurt and banana snack pot

 **Serves:** 2

 **Cooking time:** 5 minutes

Nutrition

Typical values	Per serving
Energy	154kcal
Fat	2g
Saturated fat	0.4g
Carbohydrate	22g
Fibre	1.8g
Protein	10g
Salt	0.1g

Allergens:

Gluten, milk,
peanut

Ingredients:

- 1 medium banana, sliced
- 150g 0% fat Greek yoghurt
- pinch of cinnamon (optional)
- 1 tsp honey (optional)
- 5g peanut butter
- 20g oats

Directions:

1. Divide the banana slices between two small bowls
2. Spoon the yoghurt on top
3. Top with the cinnamon, honey, peanut butter, and oats



Budget-friendly tips:

- Use fruit that you already have, or use frozen, tinned, seasonal or reduced-price fruit
- Swap the Greek yoghurt with plain low-fat yoghurt
- Skip the cinnamon and honey if you don't already have them, or use a sweetener of your choice
- Skip the peanut butter, or swap with any nut or seed butters that you already have in your cupboard
- Make 2 portions and have the second one as a snack the next day