

My Cookbook with

# BREAD



yummy. healthy and fun Bread Recipes for Kids





This book belongs to

paste your  
picture  
here

Name: .....

Age: .....

Parents, guardians and/  
or teachers should  
supervise young children  
in preparing the recipes.

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# Let's Have Fun

## Congratulations on having your own cookbook!

Never been in the kitchen to help mummy and daddy? Or, just don't know how to prepare your own meals?

It's actually simple. You can start making meals by using your favourite loaf of bread! And, you will have loads of fun!

Come join the Bakerman, as he shares some simple recipes to bring you on a journey into the kitchen.

Here's your chance to be a 'Little Chef' and make your own meals (with some help from mummy or daddy)!



## Express your feelings with bread!

Surprise your parents by making them breakfast using one of the sandwich recipes in this cookbook! If you've been naughty, you could make an egg salad smiley bread with an accompanying 'I'm sorry' card to apologise.

Happy Birthday



You can even prepare a special sandwich as a birthday present for your friends, or make a delicious meal for your sibling's birthday, for Mother's/ Father's day or even your parent's wedding anniversary.

## Great Ideas!

### How to Use the Recipes in this Cookbook

Bread can be used in many ways. It's easy to make yummy meals and it can also be used in different recipes. All you need is some imagination! This cookbook has some recipes for you to:

- Fix a delicious sandwich filling
- Make a yummy dessert
- Whip up a tasty fruit smoothie



### When to Use the Recipes

You can prepare meals with bread anytime, whether for breakfast, lunch or even dinner.

When you are hungry for a snack, open up your fridge and make some sandwiches. Or when your friends come over to the house, surprise them with a sandwich wrap!

### Some handy tips:

- ✦ Use a cookie cutter to cut the bread into your favourite shapes.
- ✦ Use a rolling pin to flatten bread to make it easy to roll.



Before you start, there are a few things that you should know before trying out the recipes.

# 10 Safety & Hygiene Tips in the Kitchen

Always put safety first. Here are the top 10 safety and hygiene tips you need to keep in mind:

1. Wash your hands before and after you handle any food.
2. Clean your work surfaces before you start.
3. **Always** ask your parent's permission before raiding the fridge.
4. **Be very careful** with sharp objects. Always use a chopping board for slicing and dicing. Ask for an adult to assist and supervise when using sharp objects.
5. Ask an adult for help with recipes that need cooking or the use of electrical appliances.
6. **Never** cook anything using fire without adult supervision.
7. Read the recipe carefully before trying it out.
8. **Make sure** you have all the ingredients before you start.
9. Keep a clean cloth nearby to wipe any spills.
10. After you have finished cooking, clean up the food preparation area and wash all the utensils and dirty dishes.

Most importantly, **have fun** making your own meals with bread. Once you are familiar, make more for your friends and family!



Watch out for some abbreviations!  
**tbsp = tablespoon**  
**tsp = teaspoon**

## Tips for Handling & Storing Bread

To maintain the freshness and goodness of bread, it is important to handle and store bread properly. Here are a few tips to bear in mind:

1. Always check the expiry date of the bread.
2. Store bread in a cool and dry place.
3. Always keep bread in its original packaging, tightly closed with a kwik lok or 'twist tie' to keep the bread fresh.
4. To prevent spoilage, avoid taking out extra slices of bread from the packaging and putting them back.





# Quick & Easy

Don't worry if you're not a chef! The bread recipes in this section are simple, quick and fun. You can easily start making a great tasting meal – just check out the recipes and make sure you've got all the ingredients in your fridge.



Awesome bread recipes for breakfast to fill your stomach as you kick start your day!

## Baked Beans Layer Sandwich

Serves 2

### Ingredients:

- 3 slices wholemeal/wholegrain bread
- 3 tbsps baked beans, heated up
- 1 egg, scrambled
- 1 tsp margarine
- 1 slice cheese
- 2 pieces salad/lettuces
- 4 slices cucumber

### Method:

1. Spread margarine on one slice of bread.
2. Place 2 pieces of lettuce on the bread.
3. Spread the scramble eggs on the same piece of bread.
4. Place another layer of bread and spread the layer with baked beans.
5. Top with a slice of cheese.
6. Arrange 4 slices of cucumber on top and cover with another slice of bread.
7. Cut into half and serve.

**Nutrient content per serving** Calorie : 170 kcal  
• Carbohydrate : 21.2 g • Protein : 7.7 g • Fat : 6.2 g



You can use a cup or a small bowl to cut the bread into the shape shown in the picture.

# Tuna Salsa Cheesy Sandwich

Serves 2



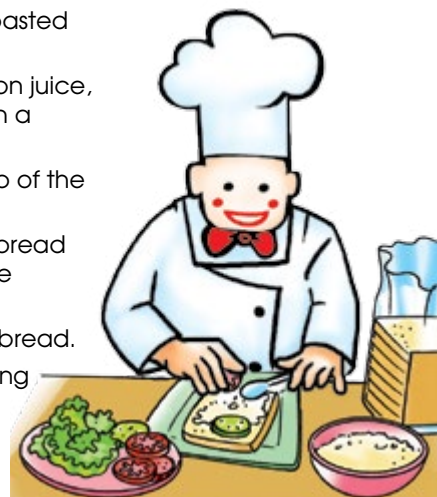
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## Ingredients:

- 4 slices wholemeal/multi-grain bread, toasted
- 1 tsp margarine
- 1 tsp mayonnaise
- 1 tsp tomato sauce
- 2 tps lime/lemon juice
- ¼ can tuna-in-water, drained
- 1 small size tomato, chopped
- ½ small pear, diced
- 2 slices cheese
- 2 pieces salad/lettuce

## Method:

1. Spread margarine on a slice of toasted bread.
2. Mix tomato, pear, tuna, lime/lemon juice, mayonnaise and tomato sauce in a bowl. Divide into 2 portions.
3. Place one piece of lettuce on top of the slice of bread.
4. Top with a slice of cheese, then spread one portion of tuna mixture on the cheese.
5. Top with another slice of toasted bread.
6. Repeat steps 3-5 with the remaining slices of toasted bread, lettuce, cheese and tuna mixture.
7. Serve immediately.



**Nutrient content per serving** Calorie : 267 kcal • Carbohydrate : 31.3 g • Protein : 15.2 g • Fat : 9.0 g



# Chicken Salad Wraps

Serves 2



You can pierce a toothpick across the sandwich wraps to keep its shape.

## Ingredients:

- 4 slices wholemeal/wholegrain bread; crusts removed and rolled with a rolling pin
- 1 medium-sized ripe avocado, mashed (optional)
- 2 tps lemon juice
- 1 tsp mayonnaise
- 4 pieces chicken slice
- 4 pieces seaweed
- 1 large carrot, peeled, grated
- 4 pieces lettuce

## Method:

1. Place mayonnaise, lemon juice and avocado in a bowl and mix well.
2. Divide the mayonnaise mixture into 4 portions.
3. Layer a slice of rolled bread with slices of seaweed, lettuce and chicken.
4. Spread a portion of the mayonnaise mixture on top, followed by a sprinkle of grated carrot.
5. Roll up the bread and wrap tightly, and cut into half.
6. Repeat steps 3-6 with the remaining slices of bread, lettuce, seaweed, mayonnaise mixture, chicken slice and carrot.
7. Serve immediately.

**Nutrient content per serving** • Calorie : 265 kcal • Carbohydrate : 34.6 g • Protein : 14.3 g • Fat : 8.2 g

# Bruschetta

Serves 4

Brekkie



## Ingredients:

- 4 slices wholemeal/ wholegrain bread
- 4 medium tomatoes, diced
- ½ small red onion, peeled and finely chopped
- ½ clove garlic, peeled and thinly sliced
- 3-4 tbsps extra virgin olive oil
- A pinch of salt
- A pinch of freshly ground black pepper
- 6 fresh basil leaves, shredded
- Olive oil for brushing

## Method:

1. Mix the tomatoes, red onions, garlic and olive oil in a bowl.
2. Season with salt and pepper, then set aside.
3. Lightly brush the bread with olive oil.
4. Toast the bread for 2-3 mins until golden brown.
5. Place onto serving plates.
6. Mix the basil leaves into the tomato mixture. (Optional: you can remove the garlic slices.)
7. Divide the tomato mixture and add onto the toasted bread.
8. Serve warm.



**Nutrient content per serving** Calorie : 123 kcal • Carbohydrate : 16.3 g • Protein : 2.7 g • Fat : 5.4 g



# Fruity Bread Shake

Serves 4



Shake your day up with a quick and cold smoothies!

You can opt for low fat yoghurt, or choose to serve with your favourite flavoured ice cream or even fresh fruits.

Smoothie Shake

## Ingredients:

- 2 slices wholemeal/ wholegrain bread
- ½ -1 cup fresh mixed fruits, (e.g. mango, pear, banana)
- 1 cup mixed-fruit yoghurt (of your choice or just plain yoghurt)
- 1 cup fresh milk

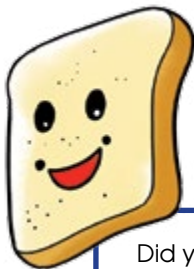
## Method:

1. Tear the slices of bread into small pieces.
2. Place all the ingredients into a blender and blend for 1-2 mins.
3. Pour into individual glasses and chill in the freezer for an hour.
4. Serve chilled.



**Nutrient content per serving** Calorie : 175 kcal • Carbohydrate : 27.6 g • Protein : 5.4 g • Fat : 5.1 g

Bread is delicious and a good source of carbohydrate. It also contains many other essential nutrients such as vitamins, minerals, and fibre that you need.



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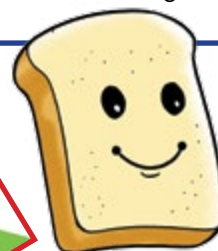
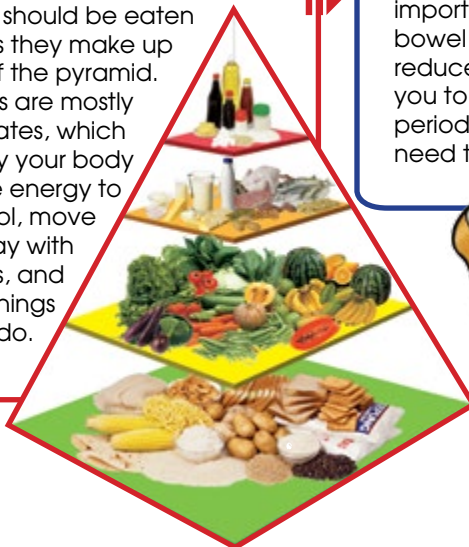
Did you know that bread is made from wheat flour? The flour is mixed with other ingredients such as water, yeast, and salt to make basic bread dough. The mixture is kneaded until it becomes smooth, then stored in a warm place until it rises to twice its size. After that, it is shaped and baked in the oven. Some commercially prepared bread have more ingredients added (eg. dried fruits and seeds) to the bread to make it healthier!



## Fact BRE

**BREAD** can also be a great source of fibre, especially whole grain and multi-grain breads. Fibre comes from the walls of the plant's cell and cannot be digested by enzymes in our digestive system. It is a mix of a large variety of indigestible carbohydrates, and is extremely important for promoting normal bowel function. It also helps reduce constipation and helps you to feel full faster and for longer period of time. Therefore, you need to eat enough fibre daily.

**BREAD** can be part of your daily diet. The Malaysian Food Pyramid shows what, and how much food you should be eating daily. Foods like rice, bread, noodle, pasta, cereals, and tubers should be eaten the most as they make up the base of the pyramid. These foods are mostly carbohydrates, which are used by your body to produce energy to go to school, move around, play with your friends, and do all the things you like to do.





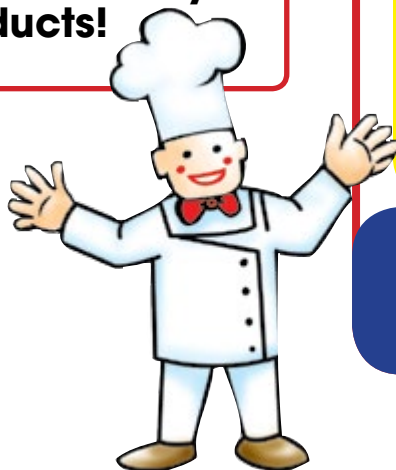
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## ts on EAD

Remember, we still need to eat foods from all 5 groups in the Malaysian Food Pyramid!

- 1) Cereals
- 2) Fruits
- 3) Vegetables
- 4) Fish, meat, poultry & egg
- 5) Milk and dairy products!



## Love Your Bread

There are many types of bread such as white bread, wholemeal/wholegrain bread and multi-grain bread.

You should eat these breads more often, such as :

### Wholegrain bread

- made from natural whole grains that are low in fat and very high in fibre and vitamins.



### Wholemeal bread

- made from finely milled wholegrains.
- has a softer and finer texture than wholegrain breads.

### Multi-grain breads

- made from several types of grains.
- choose multi-grain breads which are made from whole grains in order to obtain the nutritious benefits of whole grains.



Remember to choose breads made from whole grains! They are rich in dietary fibre, vitamins and minerals - all of which are found mostly in the bran and germ of the grains.

# Smiley Egg Bread

Serves 1



You can add in chicken/tuna or other shredded meat.



## Ingredients:

- 1 slice wholemeal/ wholegrain bread
- 1 hard-boiled egg, mashed/scrambled
- 1 piece lettuce leaf
- 1 tsp mayonnaise
- For garnishing : cucumber, carrot, peas & cherry tomatoes

## Method:

1. Combine the mashed egg, and mayonnaise in a mixing bowl. Mix well.
2. Place a piece of lettuce on a slice of bread. Spread the egg mixture on top of the lettuce.
3. Creatively decorate the sandwich with the rest of the ingredients to make a smiley face bread.

**Nutrient content per serving** Calorie : 156 Kcal • Carbohydrate : 14.2 g • Protein : 8.5 g • Fat : 7.1 g



# Fruity Kebab with Yogurt Dip

Serves 2



Party Food

## Ingredients:

- 2 slices wholegrain/multi-grain bread (toasted and cut into cubes)
- ¼ cup plain yoghurt
- 1 tbsp honey
- 2 tbsps lemon/lime juice
- 1 small apple, cored, cut into 12 wedges
- 8 seedless red grapes
- ½ guava, cut into 8 cubes
- 4 wooden skewers

## Method:

1. Mix yoghurt, honey and 1 tbsp lemon juice together in a bowl.
2. In a separate bowl, toss the apple wedges in 1 tsp lemon juice.
3. Thread the ingredients (bread, apple, guava then grapes) onto skewers.
4. Serve with yoghurt mixture for dipping.



**Nutrient content per serving** Calorie : 135 kcal • Carbohydrate : 28.2 g • Protein : 4.2 g • Fat : 0.9 g

# Nutty Banana Toast

Serves 2



You can use a sandwich maker (closed sandwich) or a toaster oven (open sandwich)

## Ingredients:

- 2 slices wholemeal/ wholegrain bread
- ½ banana, thinly sliced
- 3 pieces pitted prunes, chopped
- 1 tbsp chopped nuts
- 1 tsp honey

## Method:

1. Place the banana slices on the bread.
2. Garnish with the prunes and nuts.
3. Drizzle with honey, then toast in an oven until the bananas are soft.
4. Serve immediately.



**Nutrient content per serving** • Calorie : 133 kcal • Carbohydrate : 24.2 g • Protein : 3.7 g • Fat : 2.4 g



# Fruit Salad & Toast

Serves 2



## Ingredients:

- 2 slices wholemeal/ wholegrain bread, toasted
- 1 cup mixed fruits (3 different types), cut into cubes
- ½ cup fruit yoghurt
- 1 tbsp grated cheese
- A few pieces lettuce, shredded

## Method:

1. Place mixed fruits and shredded lettuce in a bowl.
2. Add plain yoghurt to the fruits and lettuce. Mix well.
3. Spread the fruit salad on 2 slices of toasted bread.
4. Sprinkle grated cheese on top of the salad.
5. Cut each slice of bread into quarters.
6. Serve immediately.



**Nutrient content per serving** • Calorie : 143 kcal • Carbohydrate : 23.4 g • Protein : 6.5 g • Fat : 2.6 g

# Creative Cooking with Bread

Are you up for a bigger challenge? The recipes in this section will challenge your budding skills as a chef. It's also a great chance for you to work with mommy or daddy in the kitchen to help you with the more difficult parts of the recipes.



## Spinach & Chicken Quiche

Serves 3 (makes 18)

Enjoy these great recipes with your family.

### Ingredients:

- 4 pieces wholemeal/wholegrain bread
- To be mixed in a bowl separately:
- 3 eggs
- ½ cup milk
- ¾ cups grated Cheddar Cheese/4 slices of cheese, hand shredded into small pieces
- 4 slices turkey/chicken meat
- 1 tsp fresh flat-leafy parsley } chopped
- ¼ cup fresh wholemeal/wholegrain bread crumbs
- ½ cup spinach, cooked } finely chopped
- 1 spring onion

### Method:

1. Preheat the oven to 180°C.
2. Brush a square pan with melted butter or oil.
3. Place the 4 slices of breads on the square pan.
4. In a large bowl, add eggs and milk then beat until well mixed.
5. Add the remaining ingredients into the bowl and season with salt and freshly-ground black pepper.
6. Stir the mixture well, then pour it into the prepared pan.
7. Bake for 30 minutes, or until just lightly set.
8. Remove from the oven. Allow to cool completely, then carefully remove to a flat surface.
9. Cut into 18 even sized pieces.
10. Serve warm, or at room temperature.

The quiche can be prepared up to 6 hours in advance and refrigerated in a covered container.

**Nutrient content per serving** Calorie : 429 kcal • Carbohydrate : 21.1 g • Protein : 31.3 g • Fat : 24.4 g



# Meat-Bread Parcel

Serves 4



## Ingredients:

- 4 slices wholemeal/ wholegrain bread, rolled with a rolling pin
  - $\frac{3}{4}$  cup finely minced meat
  - 2 tbsps carrots
  - 1 tbsp French beans
  - 1 tbsp mushroom
  - $\frac{1}{2}$  cup bread crumbs
  - 2 eggs, beaten (put some aside for brushing)
  - 1 tbsp onions
  - 1 tsp coriander
  - A pinch of pepper
  - A pinch of salt
- finely chopped*
- chopped*

## Method:

1. Preheat the oven to 180°C.
2. In a large bowl, mix meat, egg, onions, carrots, French beans, coriander, pepper and salt.
3. Shape the mixture into balls.
4. Arrange the meatballs on a pan.
5. Bake for 15-20 minutes until the meatballs are no longer pink in the center.
6. Allow to cool.
7. Separately, cut the bread crust and brush the edges of the bread with some beaten egg.
8. Place one meatball in the center of one slice of bread.
9. Wrap the meatball into a parcel using the bread and clip with a toothpick.
10. Brush the outer layer of the bread with some beaten egg mixture.
11. Repeat steps 4-9 with the remaining bread and meatballs.
12. Place the parcels into an oven toaster for 5 minutes or until the bread becomes golden brown.
13. Serve warm.

**Nutrient content per serving** • Calorie : 252 kcal • Carbohydrate : 32.6 g • Protein : 19.7 g • Fat : 4.9 g

# Tomato Bread Pizza

Serves 4



You can also creatively decorate your tomato bread pizza with other ingredients.

## Ingredients:

- 4 slices wholemeal/wholegrain bread, toasted
- ½ can of tomato puree
- ¾ cup minced meat (beef/chicken), cooked
- ¼ can pineapple cubes, drained
- 2 tps olive oil
- 1 large tomato, thinly sliced
- ½ cup cheese, grated
- ½ cup green/red capsicum, chopped
- Dried oregano powder
- Dried basil leaves

## Method:

1. Preheat oven to 200° C.
2. Place 4 slices of toasted bread on a baking tray.
3. Lightly brush the bread with olive oil.
4. Spread the tomato puree on the bread.
5. Sprinkle some oregano powder on the bread.
6. Spread some minced meat on the bread.
7. Arrange tomato slices, pineapple cubes and chopped capsicum on bread, then sprinkle with cheese and basil leaves.
8. Bake for 12 minutes or until the bread is crisp and the cheese has melted.
9. Serve warm.

**Nutrient content per serving** Calorie : 232 kcal • Carbohydrate : 22.3 g • Protein : 14.8 g • Fat : 4.7 g





## FUN FACTS About Bread:

**A** **MEN** eat bread more frequently than **WOMEN**.

**B** Bread is consumed by people of **every** race, culture and religion.

**C** 9 seconds of wheat harvest is enough to make **70** loaves of bread.



**D** Bread is inexpensive. At **RM2.40** a loaf, bread is strong nutrition value for money.



**F** Sandwiches account for **50%** of bread consumption.

**G** Murphy's Law dictates that buttered bread will always land buttered-side down.

**H** A family of four could live **10 years** off the bread produced by one acre of wheat.

**I** An average slice of Gardenia bread contains about **80 to 90** calories.

**E** The first slice-and-wrap bread machine was invented in 1928 by Otto Frederick Rohwedder. Hence, the phrase 'the best thing since sliced bread' was coined.







*Any one you pick,  
you're a winner with Gardenia.  
The Healthier Choice.*

