

Breakfast



Breakfast is an important meal for staying healthy, especially for children, but it's hard to make time for a healthy breakfast before work or school. Here are some ideas to fit a healthy breakfast into your schedule!



Plan ahead

If you have time to cook on the weekends, try making a large quiche or frittata. Cut into pieces and wrap them individually to grab for breakfast throughout the week. If you cook a hot breakfast on Sunday, make extra and save leftover scrambled eggs, meat, and potatoes for quick breakfast burritos.

Smoothies

Smoothies can be a great healthy breakfast option, and can be made with whatever you have on hand!

Use milk, juice, or water as the base, and add fresh, canned or frozen fruit and some ice. Try $\frac{1}{3}$ cup of yogurt, nut butter, or tofu for protein to keep you full until lunch. And you can add veggies! Spinach, kale, lettuce, or cooked carrots or sweet potatoes all make a great addition to your smoothie, and give you extra fiber and vitamins. Get creative with flavors: you can even add some baking cocoa for a chocolate-banana or chocolate-peanut butter smoothie!



Make-Ahead Banana Oat Breakfast Bake



Ingredients:

- 4 slices whole wheat bread
- 1 cup rolled oats
- 2 ½ cups low fat milk
- ¼ cup butter, softened
- 4 ripe bananas, sliced
- ⅓ cup brown sugar
- ¼ cup raisins (optional)



Make use of bread crusts
or slightly stale slices

Directions:

- In a large bowl, break bread into small pieces. Add oats and milk; stir. Let stand for 20 minutes.
- Preheat oven to 350 degrees F. Lightly grease an 8x8 inch baking pan.
- Add butter, bananas, brown sugar and raisins (if desired) to the milk mixture. Stir just to combine and pour into prepared pan.
- Bake for 45-55 minutes, or until center is firm and top is lightly browned. Cool before serving.
- Cut into individual servings and refrigerate until breakfast time: can be served hot or cold, as is, or topped with a dollop of yogurt, fresh fruit, or a drizzle of maple syrup. Serves 4.