

Breakfast

It really is the most important meal of the day!

The breakfast “boost” factor



- People who eat breakfast do better in school, at play, and on the job.
- Try to eat foods from *at least 3* food groups for breakfast.
- Plan ahead so you have food on hand and you won't have to skip breakfast.
 - Save \$\$\$ by preparing breakfast at home instead of eating out.
 - Choose foods low in fat and sugar and high in fiber for breakfast.

Sometimes all you need is a few good breakfast ideas to get you up and going in the morning.

doesn't require cooking

- Cold cereal with milk topped with bananas, strawberries, peaches, raspberries or raisins
- Granola with milk
- Granola bar or trail mix
- Piece of fresh fruit
- Bowl of canned fruit
- Apple slices with peanut butter
- Peanut butter and jelly sandwich
- Cheese sandwich
- Crackers and cheese
- Bagel with low fat cream cheese or fruit puree
- English muffin with jelly
- Bran muffin with low fat cream cheese
- Banana bread with peanut butter
- Yogurt
- String cheese

requires cooking

- Hot cereal with milk topped with fresh fruit, a little maple syrup, brown sugar, honey, raisins, dates or nuts

- Hot chocolate with cinnamon toast
- Crepes with fruit filling
- Pancakes with peaches
- Waffle with applesauce
- French toast with apple syrup (see recipe)
- Breakfast in a blanket
- Breakfast pizza
- Breakfast burrito
- Ham and cheese omelet
- Scrambled egg with cheese
- Hard-boiled egg
- Soup with whole wheat toast
- Cheese toast
- Leftover pizza



Plug in your blender for some tasty, wake-me-up combos. Combine all ingredients in a blender and mix. For a sweeter taste add 1 Tablespoon sugar or honey.

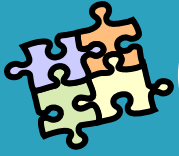
If you don't like typical breakfast foods, try eating what you like for lunch or dinner! There are no rules for breakfast except eating healthy!

Blender drink #1: 1 banana, 1/4 cup pineapple (chunks, slices, or crushed), 1 small container fruit-flavored yogurt, 1 cup milk

Blender drink #2: 1 cup strawberries, 1 small container vanilla yogurt 1 cup milk and 1/4 teaspoon vanilla

Blender drink #3: 1 cup peaches, 1 cup milk and a dash of nutmeg or cinnamon

Blender drink #4: 1 banana, 2 Tablespoons frozen orange juice concentrate, 1 cup milk, 1/4 teaspoon vanilla



Puzzled about what to have for breakfast? Piece together these recipes for the ultimate breakfast success.

breakfast burrito

1/2 small onion
Cooking spray
1/4 cup milk
4 eggs
1/2 cup shredded cheese
4 tortillas, warmed
1 cup refried beans
1/2 cup salsa

Saute onion in skillet sprayed with cooking spray. Beat eggs and milk together. Pour egg mixture into skillet; stir gently over low heat until eggs are set. Sprinkle cheese on top and let melt. Spread refried beans down center of tortillas and put eggs on top. Top with salsa. Fold or roll tortillas to serve. Yield: 4 servings.

breakfast sundae

Breakfast cereal
Flavored yogurt
Maraschino cherry
Fruit (bananas, strawberries, peaches, fruit cocktail, etc.)



Place one tablespoon of cereal in a tall clear glass. Top with one tablespoon of yogurt. Put two spoonfuls of fruit on top of yogurt. Repeat layers. End with a layer of yogurt and a maraschino cherry. Yield: 1 serving.

german pancakes

3 Tablespoons butter
2 Tablespoons canola oil
6 eggs
1 cup whole wheat flour
1 cup skim milk
1 teaspoon salt

Put butter and oil in a 9x13 pan and place in a 400°F oven until butter is melted. Mix eggs, flour and milk until smooth. Pour batter into hot pan. Return pan to oven and bake 20-25 minutes until puffy and light brown. Pancakes will puff in the oven and fall when you take them out. Cut into 6 portions and serve immediately. Top with any of the following: syrup, fruit, yogurt, applesauce, or powdered sugar with a squirt of lemon. Yield: 6 servings.

breakfast potato skillet

4 slices bacon, cooked and crumbled or 3/4 cup ham, diced
2 teaspoons canola oil
2 medium potatoes, cubed
1 medium onion, chopped
4 eggs
1/2 teaspoon salt
1/8 teaspoon pepper
1/2 cup cheese, grated

Put canola oil in a large skillet; add potatoes and onion. Fry until golden brown and tender, about 15 minutes. Beat eggs and add salt and pepper. Add eggs and meat to potato mixture. Stir gently over low heat until eggs are set; sprinkle with cheese. Yield: 6 servings.

apple syrup

1 cup sugar
2 Tablespoons cornstarch
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg
2 cups apple juice
2 Tablespoons lemon juice
1/4 cup butter

In a medium saucepan combine dry ingredients; blend well. Stir in apple and lemon juice. Cook until mixture thickens; stir constantly. Remove from heat and stir in margarine. Yield: 2 cups.



french toast

2 eggs
1 Tablespoon milk
2 slices whole grain bread
1 teaspoon canola oil

Beat eggs and milk with a fork in a shallow bowl until blended. Heat canola oil in a skillet. Dip bread in egg mixture; turn and coat evenly on both sides. Cook bread until lightly browned on both sides. Top with Apple Syrup (see recipe) or applesauce and maple syrup.