

**HEALTHY  
TIPS**

## **Breakfast GO Power**

### **Quick & Easy Breakfast Ideas**



**Are you in a breakfast food rut? Do you run out of time in the morning and miss this important meal? HKC has some suggestions for the family to “jump start” the breakfast eating habit together!**

**Add Variety: Try some different tastes and textures to add some zest to your breakfast!**

- Eat leftover grains from dinner such as brown rice, barley or grits with low-fat milk and honey. Include an orange.
- Prepare an egg, scrambled or sunny side up; place on a whole wheat English muffin top with low-fat cheese and heat in the oven until the cheese melts. Include 100% juice as a beverage.
- Prepare ahead of time, quick breads or zucchini, pumpkin or bran muffins and freeze. Defrost a frozen muffin or bread slice in the microwave and spread with low-fat cream cheese. Include a dish of low sugar applesauce with a dash of cinnamon.
- Fill a whole-grain pita pocket with lean turkey meat, slice of low-fat cheese, lettuce and tomato.

**Make it Simple: Have limited time? Use these “grab and go” suggestions!**

- Low-fat cheese sticks, whole-grain crackers and an apple.
- Whole-grain bagel halves spread with peanut butter and a banana.
- Drink a small glass of orange juice at home; bring whole-grain cereal squares in a baggie and a low-fat yogurt container with a spoon to eat as you go.

**These suggestions can break the breakfast rut and spark a renewed interest in breakfast!**

#### ***Breakfast Banana Dog***

Spread a whole-grain hot dog bun with peanut or other nut butter. Sprinkle the bun halves with sunflower seeds. Fill the bun with a whole peeled banana. Enjoy!

\*Include a glass of low-fat milk to round out the meal.

