

# HEALTHY BREAKFAST IDEAS

A new study has shown that eating a good breakfast (one that includes protein, carbohydrate & fat) will enhance a student's SAT scores.

Well duh! Dieticians and educators alike have known for years that children who come to school with a good breakfast in their tummies do much better in school...that means that they **LEARN BETTER!** Here are some ideas to get that crucial meal into them.

- ✓ Banana Split: Cut a banana in half lengthwise & place on a small plate. Top the banana halves with cottage cheese & sprinkle with toasted almonds. Serve with a bran muffin & cranberry juice.
- ✓ Muffin Scramble: Split and toast a whole wheat English muffin. Scramble 1 egg with 1 crumbled slice of cheese. Place egg on one muffin half & cover with the other half.
- ✓ Sesame Bagel: Spread ricotta cheese on a split, toasted bagel & sprinkle with sesame seeds. Serve with tomato juice.
- ✓ Tropical Wake-Up Drink: In a blender, whirl  $\frac{1}{2}$  cup crushed pineapple with  $\frac{1}{2}$  cup frozen strawberries &  $\frac{1}{2}$  cup orange juice. Serve with a hot corn muffin.
- ✓ Banana bread spread with cottage cheese mixed with small amount of strawberry jam.
- ✓ Trail Mix in a Bag: 1 cup Cheerios,  $\frac{1}{4}$  cup raisins, and  $\frac{1}{4}$  cup peanuts. Serve with apple slices & milk.
- ✓ Fresh Fruit Burrito: Spread a small flour tortilla with peanut butter. Along the middle, lay out banana slices, some blueberries and a sliced strawberry. Drizzle with 1 tbsp. of vanilla yogurt. Roll up tightly & enjoy with a glass of milk.
- ✓ Crock-pot Breakfast Casserole: Place 4 peeled & sliced apples in a crock-pot on low. Add  $\frac{1}{4}$  cup honey, 1 tsp cinnamon, 2 tbsp melted butter and 2 cups granola. Cook overnight (7-9 hours). Serve with milk.
- ✓ Waffle-wich: Toast 2 frozen waffles. Spread one with peanut butter & the other with applesauce & a dash of cinnamon. Put it together to make a sandwich. For extra zing, add some chopped walnuts, sliced bananas or dried apricots.
- ✓ Sunshine on a Muffin: Split a corn muffin in half and toast. Top with marmalade & thin slices of cheddar cheese. Put in the toaster oven to melt cheese.
- ✓ Soup's On: Those who balk at traditional morning foods might take to a bowl of creamy tomato soup sprinkled with croutons or crushed crackers.

- ✓ Ham & Swiss: Slit a pita & stuff with several spoonfuls of deviled ham & some grated Swiss cheese. Wrap pita in foil & heat in toaster oven until cheese melts.
- ✓ Breakfast Dip: In a bowl, blend  $\frac{1}{2}$  cup creamed cottage cheese &  $\frac{1}{2}$  cup vanilla yogurt with a teaspoon of honey and a dash each of cinnamon & nutmeg. Cut up an apple or section an orange & dunk fruit in dip.
- ✓ Hash in a Hurry: In a small saucepan, heat 1 can cream of mushroom soup. Add 1-cup ham cubes,  $\frac{1}{3}$  cup seasoned breadcrumbs and 1 chopped hard-boiled egg. Heat briefly; serve over toast or inside warmed pitas.
- ✓ Peanuts & Apples: Core & slice a large apple & spread each piece with chunky peanut butter. Serve with a glass of milk.