Fast and Healthy Breakfast Ideas

CALIFORNIA WIC
WOMEN, INFANTS & CHILDREN
Families grow healthy with WIC

Delicious ways to start your day!

CDPH California Department of PublicHealth

Breakfast is important for everyone, especially for kids!

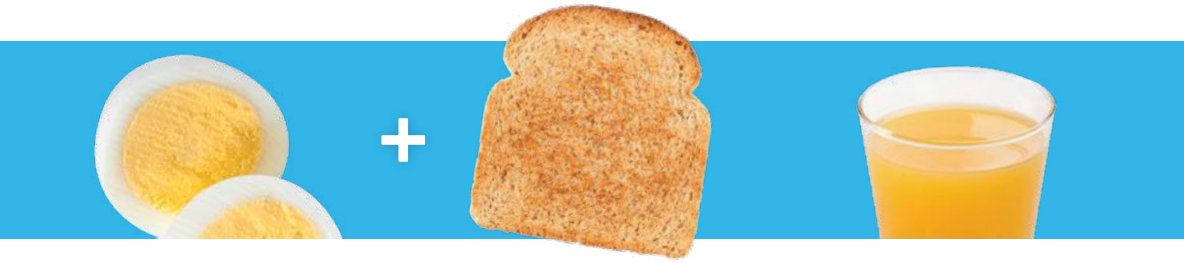
- Kids who eat a healthy breakfast are less likely to become overweight.
- They have more energy and do better in school.

Make breakfast in just a few minutes!

Corn tortilla **Beans** **Queso fresco**

Whole wheat toast and peanut butter **Sliced bananas** **Lowfat (1%) or fat-free milk**

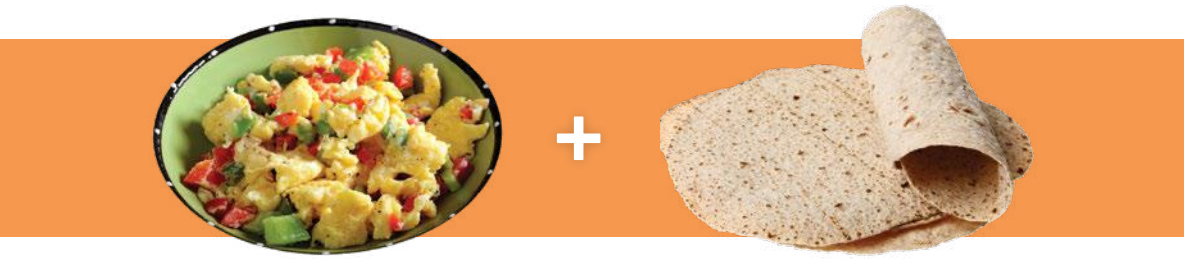
Whole wheat tortilla **Lowfat string cheese** **Slices apples**



Hard-boiled egg + Whole wheat toast

Small cup 100% fruit juice

Raisins + Lowfat cream cheese + Graham crackers



Left-over vegetables and scrambled eggs + Whole wheat tortilla

Whole grain cereal + Lowfat or fat-free yogurt + Fruit

Time-saving Tips!

- Tear out these recipes and put them on your fridge!
- Wash and put whole fruit on the table the night before.
- Use a microwave to cook eggs or quick oats in the morning.

Zucchini Muffins

Make these muffins when you have extra time and freeze them. Pull them out later for a healthy breakfast to take on-the-go.

Makes 12 Servings: 1 muffin per serving
Prep Time: 15 minutes
Cook Time: 25 minutes

Nutrition information per serving:

Calories: 142
Carbohydrate: 21 g
Dietary Fiber: 3 g
Protein: 4 g
Total Fat: 5 g
Saturated Fat: 1 g
Trans Fat: 0 g
Cholesterol: 35 mg
Sodium: 168 mg
Added Sugar: 4 g

Zucchini Muffins

Ingredients

- nonstick cooking spray
- **2** eggs
- **½** cup unsweetened applesauce
- **¼** cup granulated sugar
- **1** teaspoon vanilla extract
- **1¼** cups whole wheat flour
- **¼** teaspoon salt
- **1** teaspoon baking soda
- **1½** teaspoons ground cinnamon
- **½** teaspoon ground ginger
- **¼** teaspoon ground cloves
- **2** cups grated zucchinis (about 2 small zucchinis)
- **½** cup raisins
- **⅔** cup toasted and chopped pecans or walnuts

Preparation

1. Preheat oven to 350°F.
2. Spray muffin pan (12 muffin cups total) with nonstick cooking spray and set aside.
3. In a large bowl, stir together eggs, applesauce, granulated sugar, and vanilla extract.
4. In a separate bowl, stir together flour, salt, baking soda, cinnamon, ginger, and cloves.
5. Stir flour mixture into egg mixture until just barely blended (there may be a few small lumps).
6. Gently stir in zucchinis, raisins, and nuts.
7. Divide batter evenly among muffin cups.
8. Bake 20 minutes or until a wooden toothpick inserted in the center of a muffin comes out clean.

Adapted from recipe courtesy of Cut 'n Clean Greens.

More Tips!

- Set out bowls, spoons, and cups the night before.
- Eat breakfast with your child. Talk about what you are eating and what you are looking forward to that day.

Banana Berry Smoothie

Make a smoothie for a quick on-the-go breakfast or refreshing summertime treat.

Makes 2 Servings: $1\frac{1}{3}$ cups per serving
Prep Time: 5 minutes

Nutrition information per serving:

Calories: 112
Carbohydrate: 26 g
Dietary Fiber: 3 g
Protein: 3 g
Total Fat: 0 g
Saturated Fat: 0 g
Trans Fat: 0 g
Cholesterol: 1 mg
Sodium: 29 mg

Ingredients

- ½ banana, peeled and sliced
- 1 cup unsweetened frozen berries (strawberries, blueberries, and/or blackberries)
- ½ cup 1% lowfat or fat-free milk or soft tofu
- ½ cup 100% orange juice

Preparation

1. Place all ingredients in a blender container. Put lid on tightly.
2. Blend until smooth. If mixture is too thick, add ½ cup cold water and blend again.
3. Pour into 2 glasses and serve.

Adapted by WIC from the Nutrition Education and Obesity Prevention Branch of the California Department of Public Health (CDPH) with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program—USDA SNAP. These institutions are equal opportunity providers and employers. For important nutrition information, visit CalFreshHealthyLiving.org.

California Department of Public Health, California WIC Program

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