Fast and Healthy Breakfast Ideas

Delicious ways to start your day!
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

For more healthy tips, visit CalFreshHealthyLiving.org
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

For more healthy tips, visit CalFreshHealthyLiving.org
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.

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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).
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.*

For more healthy tips, visit CalFreshHealthyLiving.org
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.

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**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**

- $\frac{1}{2}$ banana, peeled and sliced  
- 1 cup unsweetened frozen berries (strawberries, blueberries, and/or blackberries)  
- $\frac{1}{2}$ cup 1% lowfat or fat-free milk or soft tofu  
- $\frac{1}{2}$ 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 $\frac{1}{2}$ cup cold water and blend again.  
3. Pour into 2 glasses and serve.

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