



Image by MorningbirdPhoto from Pixabay

EAT WELL, CARE WELL. HEALTHY BREAKFAST IDEAS

Do you find yourself asking, should we have cereal or toast for breakfast today because you are tired and don't feel like making anything that requires much energy or thought? Here are some easy, yet nutritious ideas to help you change things up.

- ❖ **Greek yogurt** is packed with protein. Stir in some fruit, flaxseed, chia seeds, or nuts if you like to boost fiber and add even more protein.
- ❖ **Instant Breakfast Milk Shake:** Combine and mix well: one packet instant breakfast mix, one cup whole milk, half and half, or reduced fat milk and 1/2 cup ice cream. Add a little coffee for a flavor boost.
- ❖ **Add peanut or nut butter & fruit** to smoothies, stir into hot cereals, or use on toast, pancakes, waffles, or French toast. Top with an egg for 6 more grams of protein.
- ❖ **Cottage Cheese:** Whip it up in the blender and add to smoothies or hot cereal or flavor with some herbs or spices and eat on a bagel or English muffin. It's great topped with chives and a little pepper.

WEEKLY CHALLENGES

INCLUDE A PROTEIN
RICH FOOD EVERY
DAY AT BREAKFAST

TRY A FEW BRANDS
OF GREEK YOGURT-
THEY ALL TASTE
DIFFERNT

LIST 1 THING YOU
ARE GRATEFUL FOR
EVERY MORNING

DID YOU KNOW...

The British eat
baked beans on
toast for breakfast.
Give it a try!

Healthy Breakfast

EAT WELL, CARE WELL.

March 2020

Quick & Healthy Ideas:

- **Greek yogurt** with honey, chopped nuts and dried fruit, coffee, a banana and juice.
- **Whole grain cereal**, hard-boiled egg, low-fat milk, berries, tea or coffee
- **Oatmeal** or other hot cereal made with milk, stir in raisins, nuts, peanut butter, cinnamon and/or nutmeg, an orange or grapefruit, coffee or tea.
- **Bran cereal** with flax seeds, cottage cheese with berries, low-fat milk, coffee or tea
- **Greek yogurt parfait.** (You can make this the night before if you wish). Just layer yogurt, granola, fruit, honey (if desired) and repeat.
- **Banana Cereal Kabobs**
 - Skewer banana halves on popsicle sticks.
 - Cover with nut butter and roll in your favorite cereal, granola or fruit if you wish.
 - Drizzle with some melted chocolate or dust with cocoa powder if you are craving a little peanut butter and chocolate treat.
 - You can freeze them to and enjoy as a snack later.
- **Smoothies** can be made from anything. Look up some recipes or make your own creation. Here is an example.
 - In a blender, add 1 cup milk of your choice, 1 banana, $\frac{1}{4}$ cup dry oatmeal, 1-2 TBSP nut butter and 1 TBSP cocoa powder and a few ice cubes. Blend and enjoy! (source: Joyce B. Patterson, MPH, RDN)
- **Apple slices topped with:** (Source: Eatingwell.com)
 - Almond butter + Orange Marmalade
 - Arugula + Bacon
 - Sharp Cheddar Cheese
 - Whipped Cream Cheese and Sweet Pickle Relish
 - Yogurt + Honey + Cinnamon
 - Berry Vinaigrette + Walnuts



Image by Csaba Nagy from Pixabay