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EAT WELL, CARE WELL.

HEALTHY BREAKFAST IDEAS!

Haven't you heard that breakfast is the most important meal of the day? Rising and dining can improve your mood and even jumpstart one's metabolism. Research supports eating breakfast is a reason why individuals lose and maintain weight and are more likely to have a healthy Body Mass Index (BMI) under 25.

A tasty simple breakfast made with whole foods such as fruit, whole grains, eggs, or calcium-rich plain yogurt can be essential in meeting goals of vitamins, minerals and protein. Older adults have a larger appetite earlier in the day so the more options the better! Eating breakfast can help regulate bowels and stimulate taste buds.

Prep ingredients ahead of time in bulk, so when the morning comes you can enjoy breakfast right away. Homemade muffins, yogurt with granola or smoothies are great on-the-go options.

If your time is limited, grab a piece of fruit and a hard-boiled egg. Another idea is to place a cracked egg in a mug and microwave for about 2 minutes. Then add it to an English muffin for a tasty breakfast sandwich!

WEEKLY BREAKFAST CHALLENGES

MAKE YOUR OWN
YOGURT PARFAIT

TAKE THE TIME TO
PREP VEGGIES AND
FRUITS AHEAD OF
TIME

TRY OUT THE EGG IN
THE MUG OPTION
LISTED

TRY MAKING A
SMOOTHIE

DID YOU KNOW?

**Breakfast is the
perfect meal to
include fiber**

TRY ONE OF THESE RECIPES

BERRY-NANA SMOOTHIE

- 1 cup vanilla soymilk
- 1 cup frozen blueberries or frozen berry mix
- 1 banana, sliced
- 1 tbsp soy protein powder
- ½ cup ice
- 1 tsp honey (optional)

DIRECTIONS

Puree all ingredients in blender on high until smooth

NUTRITION INFORMATION

150 calories, 7g protein, 27g carbohydrate, 4g fiber, 2.5g fat (0g saturated fat), 80mg sodium, 0mg cholesterol



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WHOLEGRAIN FLAX AND BERRY MUFFINS

- 1 cup whole wheat pasty flour
- ¾ cup all-purpose flour
- ½ cup brown sugar, packed
- ¼ cup flax seed meal
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ½ cup soybean oil
- 1 cup buttermilk
- 1 egg, beaten
- 1 teaspoon vanilla extract
- 1 ½ cups blueberries, frozen

DIRECTIONS

Preheat oven to 375F. Paper-line or grease 12 muffin cups.

Combine dry ingredients in a medium bowl and set aside. Whisk wet ingredients together in a large bowl. Pour dry ingredients into the large bowl and stir until blended. Stir in blueberries. Spoon batter into prepared muffin tins (¾ full). Bake for 18-22 minutes until edges are golden.

NUTRITION INFORMATION (1 muffin)

240 calories, 4g protein, 30g carbohydrate, 2g fiber, 12g fat (2g saturated fat), 280 mg sodium, 20 mg cholesterol