

COOKING TO THRIVE: BREAKFAST RECIPES

SERVINGS:
4 BURRITOS

PREPARE TIME:
15 MINUTES

COOKING TIME:
20-25 MINUTES

BREAKFAST BURRITOS

Wrap up your eggs in a burrito for a quick on-the-go breakfast! Let children choose what they would like to add.

INGREDIENTS:

4 large eggs

1 tablespoon low-fat milk

1/2 cup vegetables of your choice: green bell peppers, onions, tomatoes, black beans

4 8-inch flour tortillas

1/4 cup salsa

DIRECTIONS:

Preheat oven to 350 degrees. In a large mixing bowl, whisk together the eggs and milk. Stir in the vegetables. Pour the egg mixture into a lightly oiled 9x9x2 inch baking dish and cover with foil. Bake for 20-25 minutes until the eggs are set and thoroughly cooked.

Wrap the tortillas in plastic wrap and microwave for 20 seconds until warm. *Be careful when unwrapping the tortillas. The steam can be hot!* Cut baked egg mixture into 4 equal pieces and roll 1 piece of cooked egg in each tortilla. Serve each burrito topped with 2 tablespoons of salsa.

Recipe Source: www.IncredibleEgg.org

COOKING TO THRIVE: BREAKFAST RECIPES

SERVINGS:
12 MUFFINS

PREPARE TIME:
10-15 MINUTES

COOKING TIME:
20-25 MINUTES

BROCCOLI and CHEESE EGG MUFFINS

INGREDIENTS:

6 large eggs
1/4 cup low-fat milk
1/4 teaspoon salt
3/4 cup cheddar cheese, shredded
3/4 cup broccoli, cooked and finely chopped



DIRECTIONS:

Preheat the oven to 350 degrees. Spray a regular muffin pan (12-muffin cups) with non-stick cooking spray (or use paper muffin cups) and set aside.

In a large mixing bowl, whisk eggs, milk, and salt to combine. Stir in the cheddar cheese and broccoli. Fill the muffin cups about 2/3 full with the egg mixture.

Bake for 20-25 minutes. Remove from the oven. Let the muffins cool for 10 minutes before removing them from the pan.

Recipe Source: www.SkinnyTaste.com

COOKING TO THRIVE: BREAKFAST RECIPES

SERVINGS:
18 MUFFINS

PREPARE TIME:
10-15 MINUTES

COOKING TIME:
18-20 MINUTES

HAM and CHEESE MUFFINS

INGREDIENTS:

1 1/2 cups all-purpose flour
1 cup whole wheat flour
2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 1/4 cups buttermilk*
2 large eggs
1/4 cup vegetable or canola oil
2 tablespoons maple syrup or honey
1 cup cheddar cheese, shredded
1 cup ham, chopped fine
Cooking spray

Tip: Try using **white whole wheat flour**. This flour is now available in many grocery stores. It has all the nutrition of traditional whole wheat flour but with a lighter color and texture!

DIRECTIONS:

Preheat the oven to 350 degrees. Spray a regular muffin pan (12-muffin cups) with non-stick cooking spray (or use paper muffin cups) and set aside.

In a medium mixing bowl, whisk the first 5 dry ingredients to combine. Set aside.

In a separate bowl, whisk the eggs, oil, maple syrup, and buttermilk to combine. Add the buttermilk mixture to the flour mixture and stir until just combined. Fold in the cheese and ham.

Spoon batter into prepared muffin cups and fill each 2/3 full. Bake for 18-20 minutes or until a toothpick inserted in the center comes out clean. Let cool for 5 minutes before removing the muffins from the muffin cups.

Recipe Source: www.IncredibleEgg.org

***If you do not have butter milk on hand you can make a substitute!**
Stir together 1 cup low-fat milk with 1 tablespoon of white vinegar. Let stand 5 to 10 minutes and then use in your recipes.

COOKING TO THRIVE: BREAKFAST RECIPES

SERVINGS:
12 MUFFINS

PREPARE TIME:
15 MINUTES

COOKING TIME:
18-20 MINUTES

OATMEAL PUMPKIN MUFFINS

INGREDIENTS:

2 cups old fashioned oats
3/4 cup whole wheat flour
1/2 cup sugar
2 teaspoons pumpkin pie spice
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 cup canned pumpkin
3/4 cup buttermilk
2 large eggs, lightly beaten
2 tablespoons canola oil

DIRECTIONS:

Preheat the oven to 375 degrees. Spray a regular muffin pan (12-muffin cups) with non-stick cooking spray (or use paper muffin cups) and set aside.

Place 2 cups of oats in a food processor; cover and process until fine. Transfer ground oats to a large bowl; stir in flour, sugar, pumpkin pie spice, baking powder, baking soda, and salt. Make a well in the center of oat mixture; set aside.

Whisk together pumpkin, buttermilk, eggs, and oil in a medium bowl. Add pumpkin mixture all at once to oat mixture. Stir just until moistened (batter will be lumpy and thick).

Spoon batter into prepared muffin cups, and fill each 2/3 full. Bake for 18-20 minutes or until a toothpick inserted in the center comes out clean. Let cool for 5 minutes before removing the muffins from the muffin cups.

Recipe Source: www.CookingLight.com

Providing a nutritious breakfast for your children can be challenging on busy mornings. Prepare for a nutritious breakfast the night before!

Fruit can be washed and be ready to cut and put in a baggie or container for eating on the go.

Layout your breakfast ingredients. In the morning, combine the ingredients and/or put them in the toaster, a pan, or a to-go container. Many of these breakfast recipes allow you to prepare the food in advance, so your family can grab and go!

COOKING TO THRIVE: BREAKFAST RECIPES

SERVINGS:
2 SMOOTHIES

PREPARE TIME:
10 MINUTES

COOKING TIME:

GREEN MONSTER SMOOTHIE

INGREDIENTS:

1 cup of low-fat vanilla yogurt
2 cups fresh spinach
1 frozen banana or 1 cup frozen mango chunks
1 cup low-fat milk
2-3 teaspoons honey (optional)
Squeeze of orange or lime (optional)

DIRECTIONS:

Combine all of the ingredients in a blender or food processor and puree them until completely smooth. Taste and adjust the sweetness with additional honey, if desired. Serve immediately.

ADDITIONAL SMOOTHIE IDEAS:

Experiment by using different fresh and frozen fruits, using coconut water or almond milk in place of the regular low-fat milk, using kale in place of the spinach, adding 1-2 tablespoons of peanut or almond butter, or adding 2 tablespoons of rolled oats or flaxseed.



OTHER BREAKFAST IDEAS

FRUIT AND YOGURT

At the store, you will find a variety of yogurt options. The most cost effective way to eat yogurt is to buy the large tub of plain or vanilla low-fat yogurt and add your own mix-ins. When picking the large tub, look at the ingredient list and pick the yogurt with the least amount of added sugars. It is better to buy plain yogurt and sweeten it with honey or jam.

COLD CEREAL

Add chopped fruit to boxed cereal to increase fruit consumption. When picking a cold cereal to eat, find cereals that have a whole grain listed as the first ingredient and have a minimal amount of added sugar (fewer than 10 grams of sugar). Serve with 1% or skim milk.



WHOLE-GRAIN TOAST WITH PEANUT BUTTER

Choose bread that has a whole-grain listed as the first ingredient. Try spreading different nut butters on it such as almond butter. Add sliced banana on top too!

COOKING TO THRIVE: BREAKFAST RECIPES

SERVINGS:
2

PREPARE TIME:
5 MINUTES

COOKING TIME:
10 MINUTES

BAKED OATMEAL WITH BANANAS AND BLUEBERRIES

INGREDIENTS:

1 cup of old fashioned oats
1/2 teaspoon baking powder
3/4 teaspoon ground cinnamon
Pinch of salt
1/4 cup maple syrup
1 cup low-fat milk
1 large egg, lightly beaten
2 tablespoons unsalted butter, melted and cooled slightly
1 teaspoon vanilla extract
2-3 ripe bananas, sliced into 1/2-inch thick pieces
1 cup fresh or frozen blueberries



DIRECTIONS:

Preheat the oven to 375 degrees. Lightly grease a 2-quart baking dish. Combine the oats, baking powder, cinnamon, and salt in a medium bowl. Toss together with a fork. In a small bowl or liquid measuring cup, whisk together the syrup, milk, egg, butter, and vanilla. Place the bananas in a single layer over the bottom of the baking dish and top with half the blueberries. Evenly sprinkle the oat mixture over the fruit and then pour the liquid evenly over the oats. Sprinkle with remaining blueberries.

Bake for 35-40 minutes, until the top has browned and the oats are set. Allow to cool for 10 minutes before serving.

Recipe Source: Adapted from Super Natural Every Day by Heidi Swanson