



Fast and Healthy Breakfast Ideas

Breakfast is important for everyone, especially for kids!

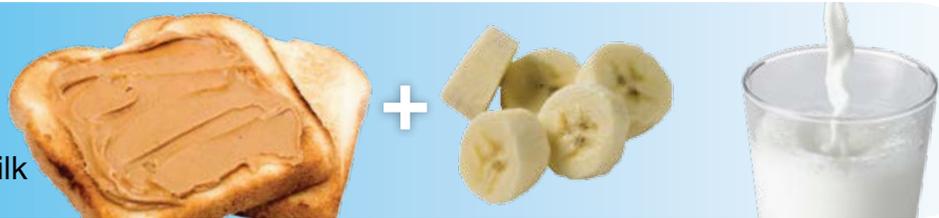
- Kids who eat a healthy breakfast are less likely to become overweight.
- They have more energy and do better in school.

Make breakfast in just a few minutes!

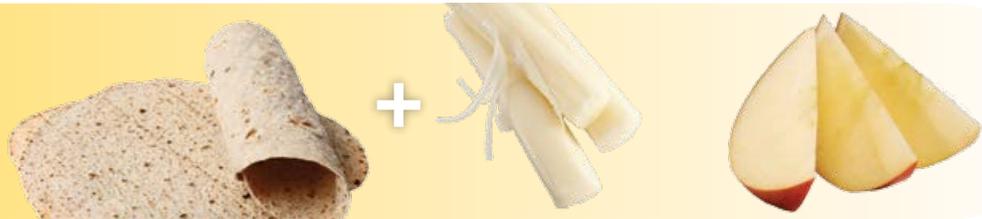
- Corn tortilla
- Beans
- Queso fresco



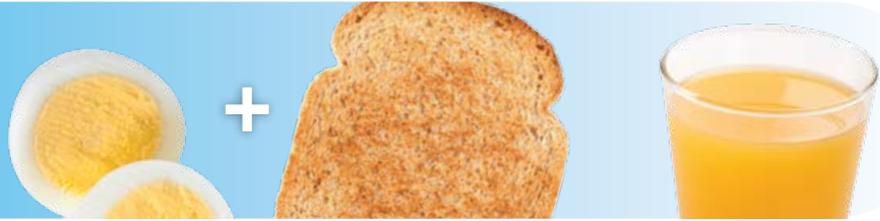
- Whole wheat toast and peanut butter
- Sliced bananas
- Lowfat (1%) or fat-free milk



- Whole wheat tortilla
- Lowfat string cheese
- Sliced apples



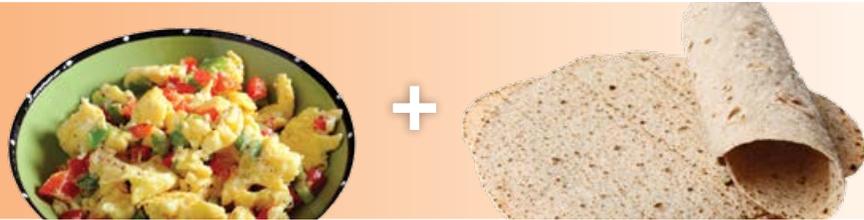
- Hard-boiled egg
- Whole wheat toast
- Small cup 100% fruit juice



- Raisins
- Lowfat cream cheese
- Graham crackers



- Left-over vegetables and scrambled eggs
- Whole wheat tortilla



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



For more healthy tips, visit CaChampionsForChange.net



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

- **Calories:** 142
- **Fat:** 5 g
- **Sodium:** 168 mg
- **Added Sugar:** 4 g per serving

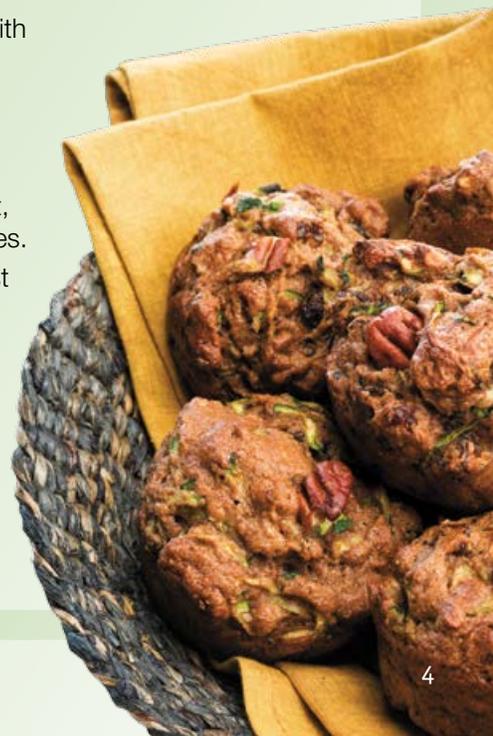
INGREDIENTS

- 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 tooth pick inserted in the center of a muffin comes out clean.

Adapted from recipe courtesy of Cut 'n Clean Greens.



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

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

- **Calories:** 112
- **Fat:** 0 g
- **Sodium:** 29 mg
- **Added Sugar:** 0 g per serving

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.



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



Your family's health is in your hands.
For healthy recipes, ideas to keep your family active and many more tips, visit **CaChampionsForChange.net** or call **1-888-328-3483**

Adapted by WIC from Nutrition Education and Obesity Prevention Branch

This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net



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