

Breakfast

Breakfast – the first meal of the day that will break your overnight fast. “Break the fast” with some nourishing food. If you feel a little sluggish when you miss your morning meal, you have a good reason...you’re running your “engine” on empty. Eating breakfast restores your body’s supply of blood glucose, the brain’s main fuel source. When making your breakfast try to include 3-4 food groups and keep it simple!

Bacon, Avocado and Hash Brown Egg Cups
Breakfast Fruit Bowl
As You Like it Breakfast Casserole
Blueberry Pancake Bites
Banana Split Oatmeal
Breakfast Quesadilla
Crustless Spinach Quiche
Heart Healthy Oatmeal-Fruit Muffins
Make Ahead Breakfast Burrito
Overnight Oats
Sweet Potato Muffins
Yogurt Berry Smoothie
Slow Cooker Applesauce
Superfood: Avocado
Breakfast Tips – Why we need it, Quick Tips

Budget Tip of the Week – Price comparing!! The easiest way to find out if you are getting the best buy for the price of the item is to compare the unit price of items – you can find this on the price tag to find out how much you are paying per size – such as ounces. See the picture below of the price tag. Larger-size packages of food are often a better deal, as long as they have the lowest unit price and all of the food is used before its quality decreases. Name brands usually are more expensive than store brands. Try a less expensive option and compare it to your usual brand.



Bacon and Avocado Hash Brown Egg Cups

Ingredients

- 2 ½ c. Hash Browns, thawed (can make fresh on your own)
- 3 Tbsp. Olive Oil
- Salt and pepper, to taste
- 6 Eggs
- ½ Avocado, diced
- ½ c. Shredded Cheddar Cheese
- 2 slices Bacon
- ½ Bell Pepper, diced

Instructions

1. Preheat oven to 425 F. Spray a muffin tin with cooking spray and set aside.
2. Pour hash browns into a large bowl. Add olive oil one tablespoon at a time, stirring in between, until the hash browns are just coated, not oily. Season with salt and pepper to taste.
3. Line each muffin cup with seasoned hash browns, pressing down to fit the bottom and sides of each cup, creating a crust.
4. Place muffin tin in preheated oven and cook for about 20 minutes, or until the hash browns are golden brown.
5. Lower oven temperature to 325 F. Whisk eggs in a mixing bowl. Fold in avocado, cheese and bacon.
6. Scoop egg mixture into each hash brown crust and place back in oven. Bake for 15 to 20 minutes, or until eggs are set.
7. Let cool for a few minutes and serve. May refrigerate for up to 5 days.

Recipe Substitutions -Any breakfast meat will work – sausage or ham. Any combination of vegetables may be added – onions, spinach, broccoli – pick your favorites. You can also omit the hash brown crust and just pour eggs straight into bowl – start on step 5!

Yield: 12 Muffins (regular size muffin cups)

Breakfast Fruit Bowl

Ingredients

- 3 Tbsp. frozen orange juice concentrate
- 2 medium apples, washed and diced with peel
- 1 orange, peeled and diced
- 1 banana, peeled and sliced

Instructions

1. Place orange juice in a medium bowl. Cut up fruit and add to bowl – toss lightly to cover with orange juice.
2. Chill or serve immediately.

Recipe Substitutions: May use any combination of fresh, frozen or canned (rinsed and drain).

Yield: 4 servings – 1 cup

As You Like It Breakfast Casserole

Ingredients

- 8 Eggs
- 2 c. Shredded Cheddar Cheese
- 2 c. Milk
- 1/8 tsp. Salt
- 1/8 tsp. Pepper
- 6 slices Day-Old Bread, cut into cubes

Additions (choose two or three):

- 1 c. Corn (cooked or frozen)
- 1/2 c. chopped Broccoli or Spinach
- 3/4 c. sliced Mushrooms
- 1/4 c. sliced Green Onions or chopped Onion or chopped Bell Pepper
- 1 c. cubed Ham, cooked Sausage or chopped Bacon

Instructions

1. Preheat the oven to 350 degrees.
2. Beat the eggs in a large bowl. Mix in the milk, cheese, salt and pepper.
3. Add the bread and carefully stir until all pieces of bread are moistened (don't overmix).
4. Add additions.
5. Bake in casserole dish for one to 1 1/2 hours, until the top is browned and the center springs back when touched, with no liquid present.
6. Let cool for 10 minutes before serving.

Yield: 12 servings

Blueberry Pancake Bites

Ingredients

2 cups Pancakes Mix – may make homemade pancake mix – see below for recipe (*double the batter recipe*)

Ingredients to make the 2 cups of dry pancake mix (*may be water, or milk/eggs – see package directions or homemade recipe below*)

1 cup Blueberries (Fresh or Frozen – or any fruit of choice)

1 Tbsp Maple Syrup

1 splash of Vanilla

Instructions

1. To start, pre-heat oven to 350 degrees. Grab all of your ingredients.
2. Lightly grease the cups of a 12-count muffin pan, set aside. Have a small muffin pan – just do it in 2 batches!
3. In mixing bowl dump in pancake mix and ingredients it takes to make the 2 cups dry mix, then add maple syrup and vanilla extract and stir until pancake batter is nice and smooth. Add blueberries, gently folding them into the batter until they are all coated.
4. Pour pancake batter evenly into each muffin tin cup and bake at 350 degrees for 16-20 minutes. Pancake bites should be brown around the edges and slightly brown on the tops of each pancake. Feel free to do the toothpick test to make sure they are all finished in the middle.
5. Allow 10 minutes for your blueberry pancake bites to cool, then gently loosen each one and pop them out of the muffin pan.

Yield: 12 muffins

Homemade Pancake Mix Recipe

Ingredients

For the pancake mix (makes 7 cups):

- 6 cups all-purpose flour
- 1/3 cup granulated sugar
- 3 tablespoons baking powder
- 2 teaspoons baking soda
- 2 teaspoons kosher salt

Instructions

1. In a large bowl, combine flour, sugar, baking powder, baking soda, and salt. Whisk together.
2. Transfer mix to an airtight container.
3. Write "batter recipe" on a note card, and tape it to the canister. Store for up to 6 months.

Pancake Batter Recipe (One recipe makes 6 pancakes)

Ingredients

- 1 cup pancake mix
- 3/4 cup milk, or 1 cup buttermilk
- 1 large egg
- 1 teaspoon vanilla extract
- 1 tablespoon melted butter, plus more for the pan

Instructions

1. Put 1 cup of mix into a medium mixing bowl. In a separate small mixing bowl, combine milk, egg, and vanilla extract. Beat the egg with a fork or whisk until it's well incorporated with the milk and extract. Continue whisking the milk while you pour in the melted butter.
2. Pour the egg mixture into the bowl with the pancake mix. Use a spatula to stir to combine. Don't worry about getting all the lumps out.
3. Set a large skillet or griddle over medium heat. Once it's hot enough for a few droplets of water to dance on the top, add a tablespoon of butter or spray with oil. Once the butter melts, pour 1/3 cup of pancake batter (may use smaller amount of batter if desire smaller size pancakes) onto the skillet to form a pancake. Repeat until the pan is filled, but not too crowded.

Once bubbles form on the top and the edges of the pancake look slightly drier than the middle, flip the pancake. You should cook the pancake for about 3 minutes on the first side and 1 to 2 minutes after flipping. The pancakes should be lightly golden on both sides, with crispy edges.

Banana Split Oatmeal

Ingredients

- 1/3 c. Dry Oatmeal, Quick Cooking
- 1/8 tsp Salt
- 3/4 cup Very Hot Water
- 1/2 sliced Banana
- 1/2 c. Vanilla Yogurt, nonfat – may slightly freeze yogurt
- Cinnamon, if desired

Instructions

1. In a microwave-safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on high power for one minute and then stir.
3. Microwave on high power for another minute and stir again.
4. Microwave an extra 30 to 60 seconds on high power until the cereal reaches the desired thicknesses. Stir.
5. Top with yogurt and banana slices.
6. Sprinkle with cinnamon if desired.

Yield: 1 serving

Breakfast Quesadilla

Ingredients

- 1 Large Whole Wheat Tortilla or a Flatout Wrap
- 1 Tbsp Cream Cheese – flavor with a bit of cinnamon
- ½ cup Frozen Blueberries (any frozen fruit will work) – partially thawed

Instructions

1. Heat a non-stick skillet over medium-high heat.
2. While it's warming up, smear cream cheese on half of tortilla or flatbread and sprinkle with bit of cinnamon and then top with an even layer of blueberries.
3. Spray the skillet with non-stick cooking spray.
4. Fold the flatbread in half and grill the quesadilla about 2 minutes a side until the tortilla gets crispy and the blueberries are heated through.
5. Cut and Enjoy

Yield: 1 Quesadilla

Crustless Spinach Quiche

Ingredients

- 5 large Eggs, beaten
- 6 ounces of low-fat (1%) Cottage Cheese
- 4 ounces Feta Cheese (may substitute ½ cup Mozzarella Cheese, shredded)
- 1/2 cup Swiss Cheese, shredded
- 2 Tbsp. Butter
- 1/2 tsp. Nutmeg
- 1 (10-oz.) box frozen Spinach, thawed and drained

Instructions

1. Preheat the oven to 350 degrees. Spray a quiche pan or 10-inch pie pan with cooking spray.
2. In a large bowl, combine all the ingredients except the spinach. Stir in the spinach.
3. Pour into a pan and bake 35-45 minutes until slightly browned on top.

Yield – 8 Servings

Heart Healthy Oatmeal-Fruit Muffins

Ingredients

- 1 Egg
- 1 cup Low-fat Milk
- 1/3 cup Oil (such as canola oil)
- 1 1/4 cup Flour
- 1 cup Oatmeal (uncooked)
- 1/3 cup Sugar
- 1 tsp Baking Powder
- 1 tsp Salt
- 1/2 cup Raisins or Dried Cranberries
- Nonstick cooking spray or oil (to grease muffin cups)

Instructions

1. Preheat oven to 400 degrees. Spray muffin tins with non-stick cooking spray.
2. Put the egg, milk and oil in a small mixing bowl. Slowly stir them together.
3. In a large mixing bowl, add the flour, oatmeal, sugar, baking powder, salt and dried fruit. Stir until they are mixed.
4. Pour the egg-milk-oil mix into the medium bowl with the dry ingredients. Stir until the dry ingredients are barely moistened. Do not overmix (the batter should be lumpy).
5. Fill the muffin cups half full with batter.
6. Bake for 20 to 25 minutes or until the muffins are golden brown.

Yield: 12 muffins

Make Ahead Breakfast Burrito

Ingredients

- 1 cup diced Potatoes (1 medium potato)
- 1/2 cup diced Onions (1/2 medium onion)
- 1 cup diced Bell Peppers (1 medium pepper)
- 8 beaten Eggs
- 1/8 teaspoon Garlic Powder
- 1/4 teaspoon Pepper
- 1 cup shredded 2% reduced fat Cheddar Cheese
- 8 Whole Grain Tortillas (8 inch)

Instructions

1. Spray a large skillet with nonstick cooking spray. Cook the potatoes for 6 to 10 minutes over medium heat.
2. Add onions and peppers to the potatoes. Cook for three to four minutes until the potatoes are browned.
3. Add beaten eggs to the vegetable mixture. Cook for four to five minutes over medium heat. Stir off and on until there is no liquid.
4. Stir in the garlic powder and pepper.
5. Roll each burrito. Use 2 tablespoons of cheese and 1/2 cup of the egg mixture for each burrito. Serve or freeze.
6. **To freeze the burritos**, wrap each burrito tightly in plastic wrap. Freeze in a single layer on a cookie sheet. Seal wrapped burritos in a freezer bag when they are frozen. To reheat the frozen burritos, remove the plastic wrap. Wrap burrito in a damp paper towel. Set microwave on medium power. Heat the burrito for three to four minutes.

Yield: 8 Burritos

Overnight Oatmeal

Ingredients

- 1 cup uncooked Old-Fashioned Rolled Oats
- 1 cup low-fat Yogurt
- 1/2 c. nonfat or 1% Milk
- 1/2 c. Berries, fresh or frozen (blueberries, strawberries, etc.)
- 1/2 c. chopped Apple

Instructions

1. In a medium bowl, mix oats, yogurt and milk. (Add the fruit now or just before eating.) Cover and refrigerate oatmeal mixture for six to 12 hours.
2. Stir in fruit.
3. May serve cold or hot. Refrigerate leftovers within two hours.

Yield: Makes 2 servings

Sweet Potato Muffins

Ingredients

- 3 cups of mashed, Sweet Potato (see preparation instructions below)
- 2 cups Flour
- 2 tsp Cinnamon
- 1 tsp Baking Soda
- ¼ tsp Baking Powder
- ½ tsp Salt
- 1 cup Sugar
- ¾ cup Vegetables Oil
- 3 Eggs, large
- 1 tsp Vanilla
- ½ cup Ground Flaxseed, *optional*

Instructions

1. **To prep the sweet potatoes** (this can be done a day or so ahead if you want to break up the muffin-making process): Pierce the potatoes with a fork and place on a foil-lined baking sheet. Bake at 400 degrees for approximately 45 minutes, or until the inside is soft when poked with a fork. Remove and let cool. When potatoes are cool, peel off the skin and mash the sweet potato filling with a fork or masher until any big lumps are gone. Measure out 3 cups worth of filling.
2. **To make the muffins:** In a large bowl combine the flour, cinnamon, baking soda, baking powder and salt. In a separate bowl, combine the sugar, oil, eggs and vanilla. Stir the wet ingredients into the dry ingredients, then add the sweet potato.
3. Pour into muffin tins. If using flaxseed, sprinkle on top of the muffins. Bake at 325 degrees for approximately 30 minutes.

Yield: 24 muffins

Yogurt Berry Smoothie

Ingredients

- 2 cups Vanilla low-fat Yogurt
- 2 cups frozen Berries (strawberries, raspberries, or blueberries)
- 1 Banana, sliced
- ½ cup Orange Juice

Instructions

1. Mix ingredients in blender until smooth.
2. Pour into four glasses and serve immediately.

Yield: 4 servings

Slow Cooker Applesauce

Ingredients

- 4 large Apples
- Juice from 1 Lemon (2 Tbsp Juice)
- 1/2 tsp Cinnamon
- 1 Tbsp Brown Sugar
- 1/4 cup Water

Instructions

1. Peel and core apples; cut into quarters.
2. Add apples, lemon juice, cinnamon, brown sugar and water to a slow cooker; stir.
3. Cover and cook on low 4 to 6 hours, until apples are very tender.
4. Mash with the back of a fork or potato masher.

Yield: 4 servings

Super Food: Avocados

These rich and creamy fruits (surprise, they're fruit!) have a mild buttery flavor and are easy to mash, dice, and slice for a quick-and-healthy menu addition and an awesome snack. They're so packed with nutrition you can put avocados right into the superfoods category! If you're new to avocados, here's the skinny on why they're healthy and how you can add them to your day:

1. **Take It to Heart:** Avocados contain a heart-healthy 5 grams of monounsaturated ("good") fat to help lower LDL cholesterol and reduce the risk of heart disease. The majority of fats in your diet should come from monounsaturated or polyunsaturated sources and 75% of the fat in avocados are these "good" fats.
2. **Fill Up with Fiber:** Just one serving of avocado offers 11% of the Daily Value for fiber to promote healthy cholesterol levels, improve digestive health, and stabilize blood sugar. With more than 10 grams of fiber, avocados have more fiber than almost every other fruit.
3. **Get Your Vitamins:** An avocado is a vitamin powerhouse! It's rich in vitamin C to support strong bones and teeth and high in vitamin E to support a healthy immune system, and it supplies vitamin A to promote healthy vision. You'll find more than 20 vitamins and minerals, all-important for a healthy immune system.
4. **Pick a Perfect One:** 95% of the avocados you'll find are the California Haas variety with bumpy skin that turns from green to purple-black when ripe. To test for ripeness in the store, place the avocado in your palm and squeeze your entire hand, checking to feel the fruit's give. If it's tight, it's probably not ripe yet. If it yields to pressure and springs back in shape, it's a good pick. If it yields and doesn't spring back, it's probably overripe.
5. **Use It Now or Later:** For Haas avocados, the darker the fruit, the more ripe it is. The lighter green the fruit is, the less ripe it is. If you need an avocado in a few days, buy it when it's dark green and heading toward a purple-black color. You can let it ripen right on your countertop. Or buy them early and ripen them yourself. Place avocados in a brown paper bag to speed up ripening or in the refrigerator to slow the process.

- 6. Cut and Eat:** Avocados are truly slice and eat. Cut the avocado in half from top to bottom through the peel and around the pit, then twist the halves apart. Place the half with the pit on a cutting board and slip a spoon between the pit and the fruit and gently remove the pit. For slices, use a paring knife to slice the flesh inside the peel; for cubes, cut across the slices, then scoop out with a large spoon. If you need to store an avocado half, drizzle it with lemon juice and wrap it tightly with plastic wrap. Use firmer avocados for slicing and cubing for salads and sandwiches, and use softer, more-ripe ones for guacamole, smoothies, and other recipes that call for mixing, pureeing, and blending.

Breaking the Fast...

We all “fast” for seven or more hours a night when we sleep. “Break the fast” with some nourishing food. If you feel a little sluggish when you miss your morning meal, you have a good reason. You’re running your “engine” on empty. Eating breakfast restores your body’s supply of blood glucose, the brain’s main fuel source.

Why should you eat breakfast?

- **Breakfast improves school and work performance.** For example, children who skip breakfast have trouble staying on task in school and become tired and irritable.
- **Breakfast improves nutrition.** Researchers have shown that children who eat breakfast are more likely to meet their needs for calcium, iron, riboflavin, folic acid, iron, vitamins A and D, and other nutrients. They also eat less fat.
- **Breakfast eaters tend to eat more healthfully all day.** Breakfast skippers usually don't make up for the nutrients they missed at breakfast, but they often more than make up for the 300 calories they skipped. Enjoy some protein, such as an egg or peanut butter, to keep you feeling full longer.
- **Eating a healthy breakfast can help you meet your fruit and fiber recommendations.** A fiber-rich diet can help lower blood cholesterol and reduce your risk of heart disease. Most people shortchange themselves of the 25 or more grams of fiber recommended daily. Fuel yourself with a fiber-rich bowl of whole-grain cereal, such as oatmeal, topped with banana or strawberry slices.
- **Breakfast may prompt a longer life.** In one study, people who lived to be 100 or older were more likely to report eating breakfast.

Not enough time?

Having no time is one of the biggest excuses for skipping breakfast, but there are solutions.

- Try setting the table the night before. Put the cereal, bowls, spoons and glasses on the table. Choose whole-grain cereals most often and compare the amount of fiber, vitamins and minerals. Sweeten cereals naturally by topping with fresh or dried fruit.
- If you want a heartier breakfast, such as pancakes or muffins, measure the dry ingredients in a bowl the night before. Add the wet ingredients in the morning. Get ready for the day while the muffins bake.
- When you're in a baking mood, make extra muffins and freeze them. Warm them in the microwave oven.
- Make a breakfast casserole the evening before and refrigerate. Pop it in the oven in the morning while you get ready for the day.

Do you have a minute? Wrap some cheese in a tortilla, microwave 20 seconds and fill cups with orange juice while they're cooking.

What's the Best Breakfast?

Fuel your body and brain with nourishing food in the morning.

- Aim for variety. Choose foods from three or four different food groups, such as a grain, meat, fruit and milk, for breakfast.
- Have some protein. Researchers have shown that people who eat a protein-containing breakfast performed better on tests involving thinking and concentration. For example, having a glass of milk, container of yogurt, a piece of cheese, peanut butter on your toast or a hard-cooked egg all would add protein.
- Choose cereal wisely. When shopping, look high on the shelves instead of at eye level or lower, where the kids' cereals often are placed.
 - Read the Nutrition Facts labels carefully. Compare fiber, sugar content, vitamins and minerals.
 - Compare cereal prices. Consider store brands and use the unit price found on most store shelves.
 - Choose whole-grain cereals and whole-grain breads. To select whole-grain foods, check the first couple of items on the ingredient list. For example, look for oatmeal, whole wheat or whole grain. Look for a health claim on the package.

Try these quick, easy and great tasting breakfast ideas:

- Oatmeal with applesauce and a glass of low-fat milk
- Ready-to-eat cereal with milk and fruit
- Peanut butter and banana sandwich
- Bagel with cheese and 100 percent fruit juice
- Pita bread with yogurt and strawberries