

Fast and Healthy Breakfast Ideas



**Delicious ways to
start your day!**



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

+



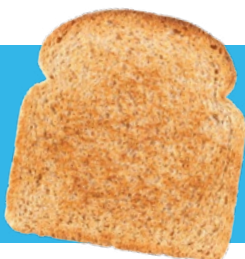
Lowfat string cheese



Slices 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

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

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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





Zucchini Muffins

Ingredients

- nonstick cooking spray
- 2** eggs
- 1/2** cup unsweetened applesauce
- 1/4** cup granulated sugar
- 1** teaspoon vanilla extract
- 1 1/4** cups whole wheat flour
- 1/4** teaspoon salt
- 1** teaspoon baking soda
- 1 1/2** teaspoons ground cinnamon
- 1/2** teaspoon ground ginger
- 1/4** teaspoon ground cloves
- 2** cups grated zucchini (about 2 small zucchinis)
- 1/2** cup raisins
- 2/3** 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 toothpick inserted in the center of a muffin comes out clean.

Adapted from recipe courtesy of Cut 'n Clean Greens.

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: 1½ cups per serving

Prep Time: 5 minutes

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



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.



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California Department of Public Health, California WIC Program

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