



Mmmm....Breakfast!

What do bunny slippers, whole grains, milk, and fruit have in common? You can enjoy all of them before you even get dressed. That's right, when you eat a balanced breakfast, you can get half your daily whole grains, milk, and fruit before you're even out of your slippers!



Mix and Match Breakfast Ideas

Whole Grain	Dairy	Fruit
sandwich on whole wheat bread	glass of milk	banana
whole grain toast	glass of soy milk (calcium-enriched)	apple
½ whole wheat bagel	pudding	100% fruit juice
breakfast burrito (whole wheat tortilla with scrambled eggs and cheese)		grapes
graham crackers	cottage cheese	canned peaches
whole grain crackers	piece of cheese	orange
oatmeal	milk	dried fruit and nuts
granola or other crunchy cereal	yogurt	frozen blueberries
Leftovers are perfect for breakfast, too!		

Make Mornings Easier

- EARLY to bed. EARLY to rise.
- PLAN morning menus each week.
- STOCK your kitchen with quick-to-fix breakfast foods.
- Give kids a CHOICE - offer a couple of different things for breakfast.
- SAVOR the mornings when you CAN cook breakfast with your loved ones.

Yogurt Fruit Crunch

Yield: 2 servings

- ½ to ¾ cup fruit (fresh, frozen or canned)
- 1 cup low fat yogurt
- 1 cup whole grain cereal

1. Wash hands. Wash fruit (if fresh).
2. Cut fruit into bite size pieces.
3. Layer half of the cereal, yogurt and fruit into a cup or bowl. Repeat in a second cup or bowl.



Add Some Excitement to Your Hot Cereal

Does the thought of the same old hot cereal mixed with brown sugar and milk bring you down? How about adding some pizzazz to your oatmeal, Cream of Wheat or 5-grain hot cereal? Stir in one or a combination of these delicious mix-ins in to whatever you're having and you won't be sorry!

A Touch of Sweet

- Brown Sugar
- Honey
- Maple Syrup
- Molasses



Make It Fruity

- Applesauce
- Fresh fruit like apples and bananas, sliced or chopped
- Frozen fruit like strawberries, raspberries, and blueberries
- Canned fruit like peaches and pears, sliced or chopped
- Dried fruit like raisins, cranberries or apricots

Go Nuts

- Almonds, walnuts or pecans, chopped or sliced



Spice It Up

- Ground Cinnamon
- Ground Nutmeg

Savor the Flavor

- Shredded cheese
- Bacon bits



Price Comparison Round Up

1 serving = 1 cup	Old- Fashioned Oatmeal (cooked)	Toasted Oats Cold Cereal (not including milk)
Cost for 1 serving	\$0.12	\$0.26
Cost for 4 servings	\$0.48	\$1.04

If you spent 5 extra minutes cooking oatmeal each day instead of having cold cereal, you would cut your breakfast costs by **MORE THAN HALF!**

Feeding 4 people a steaming bowl of oatmeal every morning for a month would save you \$16.80!

Set Your Day's Pace - Physical Activity in the Morning

Pull on those walking shoes or play that aerobics video before anything else can disrupt your physical activity plans for the day. Those who are active in the morning are the most likely to stick to healthy habits.

Contact Us

Visit www.montana.edu/nep for a complete list of SNAP-Ed/EFNEP recipes.

Nutrition Education Programs - SNAP-Ed / EFNEP

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