



## Kid Friendly Recipes

Try these easy breakfast choices with children. There are simple suggestions for busy weekend mornings and foods to make when you have more time to cook. Young children can help in appropriate ways, such as using a plastic knife to slice bananas or put a spread on toast.

### NOT-SO-HECTIC Morning Choices

Got 15 minutes to cook? Try these breakfast dishes.

#### Cinnamon Whole-Grain French Toast

**YOU NEED:**

- 6–8 slices of whole-wheat, oat, or multi-grain bread
- 2 eggs
- 1/2 cup low-fat milk
- 1 teaspoon cinnamon
- 1/2 teaspoon vanilla (optional)
- Nonstick spray or margarine



Whisk together egg, milk, cinnamon, and vanilla in a bowl. Heat a pan coated with nonstick spray or greased with margarine. Dip slices of bread in egg mixture and cook until golden brown on both sides. Serve with warm applesauce or top with Fruit and Cereal Surprise.

#### Strawberry Triangles

**YOU NEED:**

- 4 slices of whole-wheat bread
- 1/4 cup strawberries
- 2 tablespoons all-fruit strawberry spread

Remove the crusts from the bread. Defrost the strawberries if frozen, and then mash. Spread strawberries on half of each slice of bread. Fold the bread to form a triangle. Seal edges with the all-fruit spread. Bake in a preheated 400° oven for 5 minutes. Top with peanut butter; if desired. Serve with low-fat milk.

with low-fat yogurt or use as a topping. Makes six 1/2-cup servings.

#### Potato Pancakes

**YOU NEED:**

- 2 cups fresh or frozen shredded potatoes or potato flakes
- 1/4 cup egg substitute or 1 egg
- 1 tablespoon flour
- 1/4 onion, diced
- Salt, pepper, nonstick spray

Defrost the potatoes if frozen. Mix all ingredients together. Coat a frying pan with nonstick spray and preheat over medium-high heat. Form four pancakes and brown on both sides. Serve with applesauce and low-fat yogurt or milk.

#### Fruit and Cereal Surprise

**YOU NEED:**

- 2 naval oranges, separated into segments and halved
- 1 apple or pear, diced
- 1/2 cup seedless grapes, halved
- 1 banana, thinly sliced
- 2 tablespoons orange juice
- 1/2 cup low-fat granola or low-sugar whole-grain cereal

In a bowl, mix together the fruits and orange juice. Sprinkle granola or cereal over the fruit and toss lightly. Serve immediately topped



### Minute Meals

Breakfast on the go can still be nutritious and tasty. Try these combinations for your child and you.

- Low-fat yogurt topped with granola or low-sugar cereal, and a glass of 100-percent grape juice.
- Grilled cheese on whole-wheat bread and orange juice.
- Grapes, toasted whole-wheat English muffin, and a slice of cheese.
- Cream cheese, all-fruit spread, and sliced bananas on whole-wheat toast.
- Whole-wheat tortilla wrap made with peanut butter and sliced bananas.
- Leftover brown rice mixed with low-fat vanilla yogurt, cinnamon, and raisins.
- Cold hard-boiled egg (cooked in advance), whole-wheat crackers, and orange juice.
- Glass of milk, dry cereal in a bag, and vitamin C-fortified juice in a box.

