



## 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](http://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 zucchini (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 1/3 cups per serving. **PREP TIME:** 5 minutes

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

## INGREDIENTS

- 1/2 banana, peeled and sliced
- 1 cup unsweetened frozen berries (strawberries, blueberries, and/or blackberries)
- 1/2 cup 1% lowfat or fat-free milk or soft tofu
- 1/2 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 1/2 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

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