

Breakfast Is Best!



*Start Your Day
the Healthy Way!*

Brought to you by:



The Benefits of Breakfast

Ever wonder why it's called the most important meal of the day?

Studies show that eating a healthy breakfast can help give you:

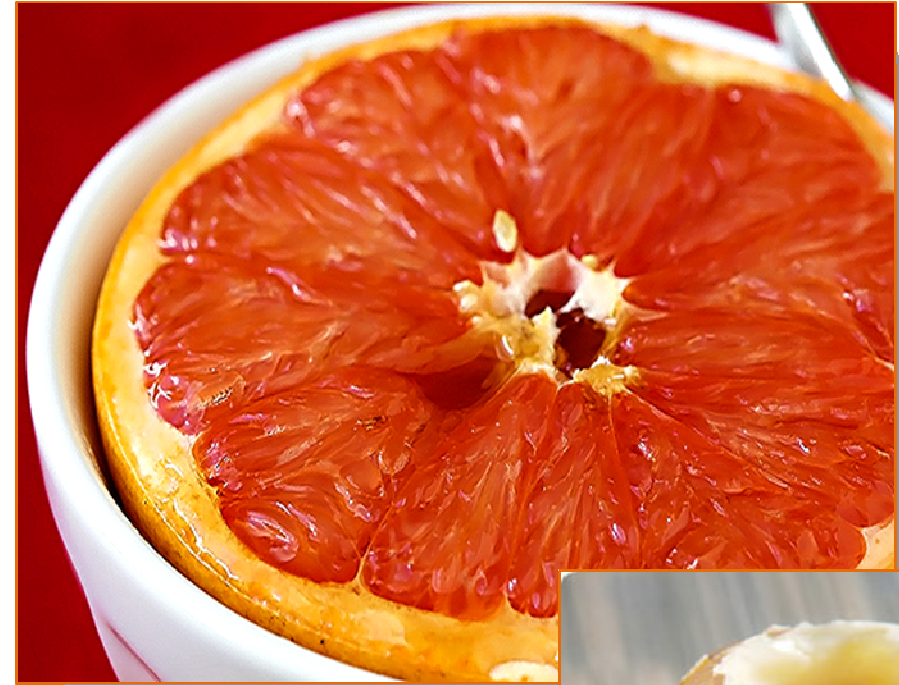
- A more nutritionally complete diet, higher in nutrients, vitamins and minerals
- Improved concentration and performance in the workplace or classroom
- More strength and endurance to engage in physical activity
- Lower cholesterol levels
- Sitting down to a healthy, high-fiber breakfast can help curb hunger throughout the day and be beneficial to a weight-loss program



Breakfast & Your Metabolism

After a night without eating, your body is in a mild fasting state, as it would be if no food was available. If you don't eat until lunch time, that can be up to 18 hours without food! For the entire morning, instead of working at peak rates and burning off more calories, your body will be trying to conserve everything it can. Eating a healthy breakfast will get your metabolism working optimally, however, it is important to eat the right kinds of breakfast foods to keep you satiated and energized.

Make sure to include lean protein, such as eggs, low fat (greek) yogurt or low fat cottage cheese and include a whole grain such as whole grain toast or oatmeal and a fruit or vegetable for optimal results!



Too Busy for Breakfast?

Try these tips for ensuring that you aren't depriving your body of a delicious, healthy breakfast every morning!



Surrender the SNOOZE!

Taking time for breakfast will pay off more than those 10 blissful moments of laziness. Eventually, you'll find that working in a good breakfast will give you much more energy than a few more moments under the covers ever could!



What about these CRAZY kids??

Studies show that children perform better in school when they've eaten a healthy breakfast. Plan your family's breakfast the night before and re-assess your morning schedule so you can make meal preparation a priority.



Grab and GO!

Look for easy items you can grab on the run – make a batch of healthy muffins or breakfast cookies on the weekend and grab one with a piece of fruit on your way out the door! No excuses!

Easy Breakfast Recipes



Breakfast Cookies

(who says you can't have cookies for breakfast?)

3 ripe bananas
1 cup of unsweetened applesauce
1.5 cups rolled oats
1/3 cup dried cranberries
1/4 tsp cinnamon

1. Preheat oven to 350 degrees.
2. Mash the bananas in a mixing bowl.
3. Add remaining ingredients with the mashed bananas.
4. Drop tablespoons of batter onto a cookie sheet that has been sprayed with non-stick cooking spray. The cookies will not spread or rise so shape them how you want them.
5. Bake for approximately 30 minutes, until nice and brown.

Make a batch of these on Sunday night and grab two with a piece of fruit as you run out the door on those days when you are running late!



Peanut Butter Waffle

1 whole grain frozen waffle
2 tbsp nut butter
1 tbsp raisins
1/2 tbsp sesame seeds

1. Toast the frozen waffle.
2. Spread the waffle with nut butter and top with raisins and sesame seeds.

Another great breakfast when the clock is working against you. Much healthier than slathering a waffle in butter and sugar-laden syrup! Add a hard-boiled egg for added protein!



Banana Berry Smoothie

1 1/4 cups orange juice
1 ripe medium banana, peeled & sliced
1 cup frozen berries (any kind)
1/2 cup silken tofu
1 tsp agave syrup (optional)

1. Combine juice, banana, berries, tofu and crushed ice in a blender; cover and blend until smooth and frothy. Sweeten with agave, if desired. Serve immediately.

This recipe makes enough for three 1 cup servings, great for a small family or double it for a bigger family! Quick, easy & delicious!

Easy Breakfast Recipes



Apple Cinnamon Refrigerator Oatmeal

- ¼ cup uncooked rolled oats
- 1/3 cup skim milk or milk alternative
- ¼ cup low-fat Greek yogurt
- 1 ½ tsp chia seeds
- ½ tsp cinnamon
- 1 tsp honey (optional)
- ¼ cup unsweetened applesauce

1. In a half-pint jar, add oats, milk, yogurt, chia seeds, cinnamon and honey. Put lid on jar and shake until well-combined.
2. Remove lid, add applesauce and stir until mixed throughout.
3. Return lid to jar and refrigerate overnight or up to 2 days. Eat chilled.

High in protein, calcium & fiber, this is a breakfast home-run and something that can be prepared the night before. Search online for many variations on this recipe for overnight oatmeal!



Black Bean Breakfast Burrito

- 1 whole egg
- 2 egg whites
- ¼ cup black beans, rinsed & drained
- 2 tbsp salsa
- 2 tbsp shredded low-fat cheddar cheese
- 1 small whole wheat tortilla

1. Scramble eggs and beans over medium heat in a frying pan coated with non-stick cooking spray.
2. Place egg mixture in tortilla and top with cheese and salsa.
3. Roll tortilla to close ends and enjoy!

Another breakfast powerhouse – start your day with protein, fiber & calcium and you can't go wrong!



Mini Mushroom & Sausage Quiches

- 8 oz turkey breakfast sausage, removed from casing and crumbled into small pieces
- 1 tsp extra virgin olive oil
- 8 oz mushrooms, sliced
- ¼ cup sliced scallions
- ¼ cup shredded Swiss cheese
- 1 tsp freshly ground pepper
- 5 whole eggs
- 3 egg whites
- 1 cup 1% milk

1. Preheat oven to 325 degrees. Coat a non-stick muffin pan with cooking spray.
2. Heat a large non-stick skillet over medium-high heat. Add sausage and cook until golden (6-8 minutes). Transfer to a bowl to cool. Add oil to the pan. Add mushrooms and cook, stirring often, until golden (5-7 minutes). Transfer mushrooms to bowl with sausage. Let cool for 5 minutes and add scallions, cheese and pepper.
3. Whisk eggs, egg whites and milk in a medium bowl. Divide the egg mixture evenly among prepared muffin cups. Sprinkle a heaping tablespoon of sausage mixture into each cup.
4. Bake on middle rack until tops are just beginning to brown (25 minutes). Let cool on wire rack for 5 minutes. Place a rack on top of the pan, flip it over and turn quiches out onto rack. Turn upright and cool completely. Makes 12 servings.

These can be wrapped in plastic and frozen for up to 1 month! To reheat, just remove plastic, wrap in a paper towel and microwave on high 30-60 seconds!