

### **\* BREAKFAST TIPS \***

- ⇐ Toast an English muffin, cover with scrambled eggs and top with a slice of American cheese. Microwave 15 seconds or so, until cheese is soft.
- ⇐ Breakfast taco – tortilla wrapped around a scrambled egg, low-fat cheese and picanté sauce.
- ⇐ Bagel pizza – top with pizza sauce and low-fat mozzarella cheese and heat.
- ⇐ Frozen commercial breakfast products are usually loaded with fat, calories and sodium – read labels before buying.

### **\* A NOTE ON CEREALS \***

Buy unsweetened cereals and sweeten with fresh fruits – bananas, strawberries or peaches. If you or your family likes sugar, use small amounts. Have children try whole-grain cereals. Encourage kids to drink the milk from their cereal.

### **\* FUN FOODS TO ADD TO HOT CEREALS \***

- applesauce and cinnamon
- chopped apple and cinnamon
- honey or brown sugar
- one teaspoon flavored gelatin
- 1 or 2 teaspoons instant cocoa
- cook in milk instead of water
- banana slices
- canned fruit
- jam or jelly
- maple syrup
- raisins

# Start Your Day With Breakfast



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**Nutrition Education Program**  
Dunn County UW-Extension  
3001 US Hwy 12 E, Suite 102  
Menomonie WI 54751  
(715) 232-1636

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**Menu Idea**  
Banana Roll  
Milk

### ***Banana Roll***

Makes 6 servings.  
(125 calories and 5 grams  
of fat per serving.)



3 bananas  
¼ cup peanut butter  
¼ cup crushed cereal

Peel and slice bananas lengthwise. Spread cut surface carefully with peanut butter. Roll in cereal and chill until served. Variation: Spread peanut butter on a tortilla shell and roll up banana inside shell. Kids love it!

**Menu Idea**  
Yogurt with a Crunch  
Toast  
Milk

### ***Yogurt with a Crunch***

Makes 1 serving.  
(300 calories and 3 grams  
of fat per serving.)

6 to 8 ounces plain or  
flavored low-fat yogurt  
¼ to ½ cup ready-to-eat  
breakfast cereal  
¼ to ½ cup sliced or chopped  
fruit (from frozen, canned  
or fresh)

Place all ingredients in a  
bowl or large cup. Stir and  
eat with a spoon.



**Menu Idea**  
Breakfast Cookies  
Orange Slices  
Milk

### ***Breakfast Cookies***

Makes 24 cookies.  
(131 calories and  
7 grams of fat per cookie.)

¾ cup flour  
½ teaspoon cinnamon  
½ teaspoon baking powder  
½ teaspoon salt  
2/3 cup butter or margarine,  
softened  
1/3 cup brown sugar  
1 egg  
1 teaspoon vanilla flavoring  
(optional)  
1 medium apple or 1/3 cup  
applesauce  
1½ cups quick-cooking  
oatmeal  
1 cup Colby or Cheddar  
cheese, shredded  
¾ cup raisins (optional)



Preheat oven to 357°. Mix together the flour, cinnamon, baking powder and salt. Stir in the butter, brown sugar, egg and vanilla flavoring. Peel and core the apple; chop it into small pieces or shred it. Add apple pieces or applesauce, oatmeal, cheese and raisins. Stir. Place large spoonfuls on an ungreased cookie sheet. Bake at 375° for 15 minutes. Store in a covered container in the refrigerator.

**Menu Idea**  
Stick to the Ribs Oatmeal  
Milk

### ***Stick to the Ribs Oatmeal***

Makes 2 servings.  
(250 calories and 3½ grams  
of fat per serving.)

1 1/3 cup milk or water  
1 cup quick-cooking rolled  
oats  
1/8 teaspoon salt  
2/3 cup crushed pineapple or  
other diced fruit  
½ cup low-fat cottage cheese

Bring milk or water to a boil. Stir in oats and salt. Stir and cook over medium heat for one minute. Stir in fruit and cottage cheese. Bring mixture to a boil.



**Menu Idea**  
Cottage Cheese Treat  
Milk

### ***Cottage Cheese Treat***

Makes 1 serving.  
(150 calories and 5 grams of fat per serving.)



1 slice toast or bread  
2 Tablespoons chopped fruit  
¼ cup low-fat cottage cheese  
Cinnamon (optional)

Mix cottage cheese and fruit. Spread on toast or bread. Sprinkle with cinnamon.