

Breakfast Tips

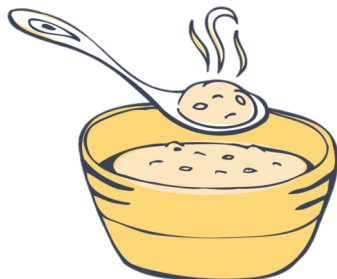
- ⇒ Toast an English muffin, cover with scrambled eggs and top with a slice of American cheese. Microwave 15 seconds or so, until cheese is soft.
- ⇒ Breakfast taco—tortilla wrapped around a scrambled eggs, low-fat cheese, and picante sauce.
- ⇒ Bagel pizza—top with pizza sauce and low-fat mozzarella 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



Extension
UNIVERSITY OF WISCONSIN-MADISON

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Menu Idea

Banana Roll
Milk

Banana Roll

Makes 6 servings
125 calories,
5 grams of fat



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, 3 grams of fat

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

Cottage Cheese Treat
Milk

Cottage Cheese Treat

Makes 1 serving
150 calories, 5 grams of fat

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.



Menu Idea

Breakfast Cookies
Orange Slices
Milk

Breakfast Cookies

Makes 24 cookies
131 calories, 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)

1. Preheat oven to 357°.
2. Mix together the flour, cinnamon, baking powder and salt.
3. Stir in the butter, brown sugar, egg and vanilla flavoring.
4. Peel and core the apple; chop it into small pieces or shred it.
5. Add apple pieces or applesauce, oatmeal, cheese and raisins. Stir.
6. Place large spoonfuls on an ungreased cookie sheet.
7. Bake at 375° for 15 minutes.
8. 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, 3½ grams of fat

1⅓ 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

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

