



Brighten Up with Breakfast

Like throwing a log on a dying fire, breakfast stokes the brain after a long night without fuel. After a long night's fast, children need breakfast to stay alert and to participate more fully in the day's activities.

Breakfast is a very simple meal and does not have to be time-consuming or costly to prepare. To make breakfast easy, use the food guide pyramid:

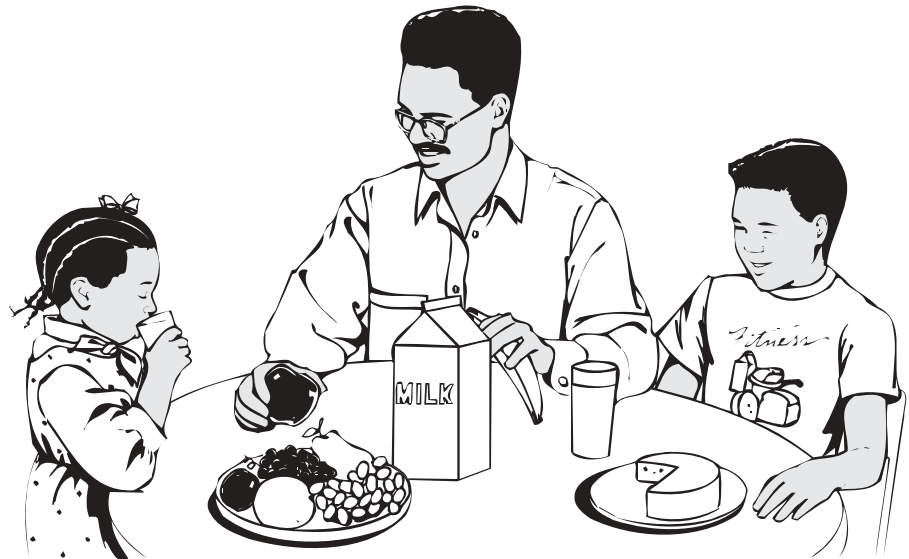
Eat foods from the Bread, Cereal, Rice, and Pasta Group. We need at least six servings from this group each day.

Children need two to three cups of milk every day. Breakfast is a good time to drink milk or have other dairy products such as yogurt and cheese.

Fresh fruit or a glass of fruit juice is a healthy fast food.

For a great breakfast, try putting a few of these foods together:

- Peanut butter on whole wheat bread or crackers
- Eggs
- Cereal with 1% milk or nonfat milk



- Whole wheat bread, English muffins, pita bread, or bagels
- Fruit juice
- Fresh fruit
- Low-fat cottage cheese or ricotta cheese
- Low-fat yogurt with added fruit

Try the following recipes for other breakfast alternatives children will love:

FRUIT SMOOTHIE

- 2 cups of any fruit juice
- 5 to 6 ice cubes
- 1 tsp. vanilla
- $\frac{2}{3}$ cup nonfat dry milk powder

Crush the ice in a blender. You can wrap the ice in a clean cloth and crush it with a hammer and rolling pin, if you do not have a blender.

Add juice, vanilla, and milk powder to the ice in the blender or other container with a lid.

Shake or blend well.

Pour into glasses and serve right away. *Makes 4 servings*

FRITTATA

- 1 egg
- $\frac{3}{4}$ cup flour
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. dried oregano
- 1 cup 2% milk
- 1 cup grated mozzarella cheese
- 3 Tbsp. grated Parmesan cheese

Mix egg, flour, salt, oregano, and milk. Pour into a blender and blend until foamy. Add mozzarella cheese and pour into a greased pie pan. Bake at 400°F for 30 minutes. Top with Parmesan cheese. Broil until Parmesan is slightly melted. Serve warm or cold.

Makes 6 servings

BREAKFAST BARS

- $1\frac{1}{2}$ cups all-bran or granola cereal
- $\frac{3}{4}$ cup flour
- 1 tsp. baking powder
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ cup honey
- 1 banana, mashed
- $\frac{1}{2}$ cup margarine, melted
- 1 egg
- 1 tsp. vanilla extract

Set aside $\frac{1}{2}$ cup of the cereal. Combine remaining ingredients in a bowl. Spread mixture into a greased 11x7 baking dish. Crush reserved cereal and sprinkle over the batter. Bake at 350°F for 25 minutes. Cool for a few minutes and cut into squares.

Makes 12 servings

BREAKFAST PIZZA

- 1 whole regular or 2 mini pitas
- 4 Tbsp. low-fat ricotta or cottage cheese*
- 1 small apple
- 1 medium banana
- 2 tsp. sugar
- $\frac{1}{4}$ tsp. cinnamon
- 2 Tbsp. raisins (optional)

* 4 Tbsp. peanut butter can be substituted for the ricotta or cottage cheese. Leave out the sugar and cinnamon. Follow the same directions.

Preheat oven to 400 degrees.

Slice pita bread through the middle to make rounds.

Spread 2 Tbsp. ricotta or cottage cheese on each half of the pita bread.

Thinly slice the apple and the banana.

Place the sliced apple and the sliced banana on each piece of the pita.

Sprinkle 1 tsp. sugar and $\frac{1}{8}$ tsp. cinnamon on each pita.

Place both pita halves on a baking sheet and bake in the oven for 10 to 12 minutes.

Sprinkle on raisins if desired.

Serves 1 to 2



Developed by Katherine Cason, Associate Professor of Food Science, Penn State.

Dr. James E. Van Horn, Better Kid Care Project Director

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