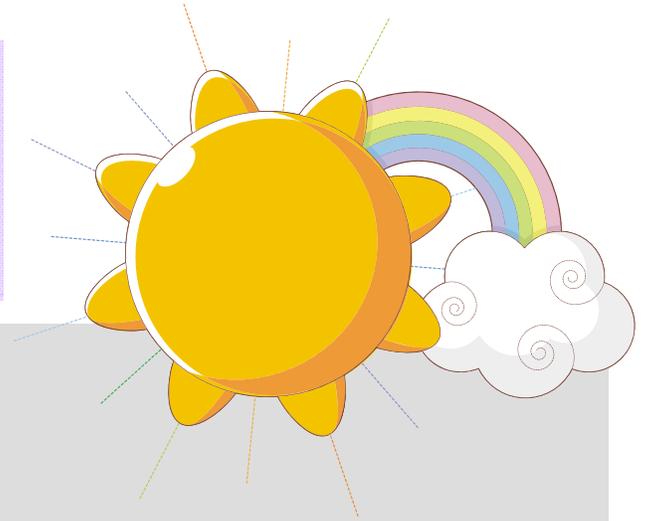


Breakfast On The Go...



Just because you don't have much time doesn't mean that you can't serve up a nutritious, economical breakfast for your child each morning. Try some of these simple favorites. All can be made much faster than going to the drive through, can be eaten in the car or while walking and cost pennies to make:

Peanut Butter Banana Roll Up. Spread one tablespoon of peanut butter on a whole grain tortilla. Top with slices of ripe banana, roll up and eat.

Toasted Muffin Sandwich. Toast a whole grain English muffin. Spread one half with fruit jam and the other half with soft cream cheese type spread.

Green Power Smoothie. Freeze a peeled banana the night before. In the morning place 1 cup of almond or soy milk in a blender topped with 1 Tbsp. chia or flax seeds, 1 Tbsp almond or peanut butter, 2 cups cleaned spinach and the frozen banana. Blend until smooth then add 2 ice cubes. Blend again and pour into a spill proof bottle.

Mediterranean Bagel. Toast a whole grain bagel. Smear with hummus and top with several small slices of avocado.

Fruit Crunch. Mix 1/2 cup of your favorite granola into a cup of canned fruit.

Cereal A La Carte. Place a cup of whole grain cereal into a plastic bag. Add your favorite nuts and dried fruit.

No Mess Oatmeal. Prepare your favorite oatmeal (instant or quick oats). Add in raisins or raisins. Mix in a tablespoon of brown sugar. Spoon into a zip lock sandwich bag. Cut diagonally across a corner, the size of a silver dollar. Wrap with paper towel to protect hands from heat. To eat, squish oatmeal through bag at corner.

