

Healthy Breakfast Ideas

Try one of these delicious, nutritious breakfast ideas at your breakfast program. Each of these meals includes at least 3 of the 4 food groups. They're sure to be a hit!

Frozen or canned fruit is just as nutritious as fresh! So mix it up – choose a variety of fresh, frozen and canned fruit with your breakfast.

Perfect Parfait

Layer a dish with yogurt, fruit such as berries, apples, bananas or pineapple chunks and whole grain granola.

Best Breakfast Burrito

Fill a whole wheat tortilla with scrambled or hard cooked eggs, salsa and toppings such as lettuce, tomato and green pepper.

"Apple of my Eye" Cinnamon Wraps

Fill a whole wheat tortilla with Swiss cheese, a piece of lean ham and apple slices. Sprinkle with cinnamon, roll and microwave for 20 seconds to melt cheese.

Tutti Frutti Waffles

Top whole grain waffles, fresh, frozen or canned fruit and yogurt, ricotta cheese or peanut butter (if no allergies)

Sunshine Smoothie

Mix yogurt or milk (2% or less), fresh, frozen or canned fruit and a teaspoon of bran in a blender.

"Egg"-cellent English Muffin

Top scrambled eggs with low fat cheddar cheese and put between an English muffin. Top with spinach and tomato for an extra kick!

Ants on a Log

Spread peanut butter (if no allergies) or hummus on celery sticks and top with raisins. Serve with milk (2% or less).

Canned fruit is a great economical choice! Choose canned fruit packaged in water to reduce added sugar.

End of the Rainbow Omelet

Make an omelet using low fat shredded cheese and vegetables such as spinach, red pepper and mushrooms. Serve with whole wheat toast.

"Sweet n' Spicy" Oatmeal

Top oatmeal with spices such as cinnamon, nutmeg, or allspice and fruit such as raisins, cranberries, bananas and blueberries.

"Strawberry Fields Forever" Bagel

Top a whole grain bagel with low fat cream cheese and strawberries. Serve with milk (2% or less).

"Berry" Good Bran Muffin

Serve a bran muffin with yogurt and mixed berries.

Freeze local berries after harvest, to enjoy them well after the end of the season.



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