



MORE

Think
Breakfast!

HEALTHY

RECIPES





WHY BREAKFAST?

Because a nutritious breakfast can provide the healthy fuel you need to get the most out of your day. In fact, eating the right kind of morning food can help children have more energy and attention in and outside the classroom.

Parents can play an important role in helping children develop healthy eating habits, especially in the morning. Eating together can make it more likely for children to eat breakfast regularly. We created this cookbook to make it easier for families to make healthy breakfast choices.

These recipes are quick and easy to make. Many can be prepared in just a few minutes on a typical school day schedule while some can even be made ahead of time. Always keep in mind, if you don't have time to make breakfast at home, many schools offer a variety of healthy breakfast options to fuel your child for the day.

Also, be sure to visit the new *Think Breakfast!* website at ThinkBreakfast.com. You'll find breakfast resources for the whole family, including helpful tips, games, and videos—some of which show how to make the recipes in this cookbook.

We hope these recipes and resources make it a little easier for you to *Think Breakfast!* every day.



APPLESAUCE BREAKFAST CAKE



Yield: 12 Servings

INGREDIENTS

- Cooking spray (nonstick)
- **1 1/2 cups** flour (plus **1 tablespoon**)
- **1 1/4 teaspoons** baking powder
- **1/4 teaspoon** baking soda
- **1 teaspoon** cinnamon
- **1/2 teaspoon** nutmeg (optional)
- **1/2 cup** granulated sugar (or **1 cup** if brown sugar is not used)
- **1/2 cup** brown sugar (optional)
- **1** egg
- **1 1/4** cups applesauce
- **1/4 cup** vegetable oil
- **1 teaspoon** vanilla extract
- **1/2 cup** raisins

DIRECTIONS

- 1.** Preheat oven to 350 degrees F. Coat a 9-inch bundt pan or a 8x4-inch loaf pan with nonstick cooking spray and dust with 1 tablespoon flour.
- 2.** Combine the remaining flour (1 1/2 cups), baking powder, baking soda, and cinnamon. If using nutmeg, add that too. Mix well.
- 3.** Combine sugars, egg, applesauce, oil, and vanilla. Mix into flour until combined. Stir in raisins.
- 4.** Bake for 30-35 minutes or until cake is browned and a toothpick or fork inserted into the center comes out clean.
- 5.** Allow to cool in pan for 10 minutes; turn pan upside down onto a rack or plate and cool.



APPLE SLICE PANCAKES



Yield: 6 Servings

INGREDIENTS

- Cooking spray (nonstick)
- **1** apple (Granny Smith)
- **1 1/4 cups** whole wheat pancake mix
- **1/2 teaspoon** cinnamon
- **1 large** egg
- **2 teaspoons** canola oil
- **1 cup** low-fat milk

**WATCH APPLE
SLICE PANCAKES**

DIRECTIONS

- 1.** Lightly coat a griddle or skillet with cooking spray and heat over medium heat.
- 2.** Peel, core, and thinly slice apple into rings.
- 3.** In a large mixing bowl, combine pancake mix, cinnamon, egg, canola oil, and milk. Stir until ingredients are evenly moist. (Small lumps are ok! Over-mixing makes pancakes tough.)
- 4.** For each pancake, place apple ring on griddle and pour about 1/4 cup batter over apple ring, starting in the center and covering the apple.
- 5.** Cook until bubbles appear. Turn and cook other side until lightly brown.

NOTES

- To test the griddle to see if it is hot, sprinkle it with a few drops of water. When the drops sizzle and dance, you are ready to cook! The easiest way to pour the batter onto the hot griddle is to use a 1/4 cup measuring cup for each pancake. If the first pancake is too brown, lower the heat.



BATIDO SMOOTHIE



Yield: 4 Servings

INGREDIENTS

- **2 cups** papaya chunks (fresh or frozen)
- **2** bananas (overripe, sliced)
- **1 cup** plain low-fat yogurt
- **1 cup** ice cubes

DIRECTIONS

1. Put all the ingredients in the blender.
2. Put the lid on tightly. Turn the blender to a medium setting and blend until the ice is chopped and the mixture is smooth, about 1 minute.
3. Serve right away or cover and refrigerate up to 4 hours.

NOTES

- One cup of low-fat milk, soy, rice, almond or coconut milk can be used instead of yogurt.
- Strawberries, blueberries, raspberries, or pineapples can be used in addition to or instead of papaya.



BREAKFAST PEAR PARFAIT



Yield: 2 Servings

INGREDIENTS

- **2 cups** oat circles (cold cereal)
- **1** pear, chopped
- **1 cup** low-fat vanilla yogurt

DIRECTIONS

- 1.** Put 1 cup oat circles into 2 small bowls.
- 2.** Add 1/2 of the chopped pears on top of the oat circles.
- 3.** Top each bowl with 1/2 cup of low-fat yogurt.



BREAKFAST BURRITO WITH SALSA



Yield: 4 Servings

INGREDIENTS

- **4** eggs (large)
- **2 tablespoons** corn, frozen
- **1 tablespoon** low-fat milk
- **2 tablespoons** green pepper, diced
- **1/4 cup** onion, minced
- **1 tablespoon** tomatoes, fresh and diced
- **1 teaspoon** mustard
- **1/4 teaspoon** garlic, granulated
- Hot pepper sauce (optional)
- **4** 8-inch flour tortillas
- **1/4 cup** salsa, canned

DIRECTIONS

- 1.** Preheat oven to 350 degrees.
- 2.** In a large mixing bowl, blend the eggs, corn, milk, green peppers, onions, tomatoes, mustard, garlic, and hot pepper sauce for 1 minute until eggs are smooth.
- 3.** Pour egg mixture into a lightly oiled 9x9x2 inch baking dish and cover with foil.
- 4.** Bake for 20-25 minutes until eggs are set and thoroughly cooked.
- 5.** Wrap tortillas in a damp paper towel and microwave for 20 seconds until warm. Be careful when unwrapping the tortillas. The steam can be hot.
- 6.** Cut baked egg mixture into 4 equal pieces and roll 1 piece of cooked egg in each tortilla.
- 7.** Serve each burrito topped with 2 tablespoons of salsa.



CARROT SPICE MUFFINS



Yield: 12 Servings

INGREDIENTS

- Cooking spray (Nonstick) or 12 muffin cup liners
- **2** eggs
- **1/2 cup** applesauce
- **2/3 cup** sugar
- **1 teaspoon** vanilla
- **2 tablespoon** vegetable oil
- **1 cup** flour
- **1 teaspoon** baking soda
- **1/2 teaspoon** salt
- **1 tablespoon** cinnamon
- **1 1/2 cup** carrots, shredded
- **1/2 cup** raisins

**WATCH CARROT
SPICE MUFFINS**

DIRECTIONS

- 1.** Preheat oven to 350 degrees. Coat 12 muffin cups with vegetable cooking spray or line with paper baking cups.
- 2.** In large bowl, combine eggs, applesauce, sugar, vanilla, and oil; mix until well blended.
- 3.** In small bowl, combine flour, baking soda, salt, and cinnamon.
- 4.** Slowly stir the dry ingredients into the applesauce mixture until just blended.
- 5.** Stir in carrots and raisins.
- 6.** Divide batter among muffin cups, filling each about 2/3 full.
- 7.** Bake 25 minutes or until lightly browned.
- 8.** Let cool 5 minutes. Remove muffins from muffin cups.
- 9.** Cool completely and enjoy!



FANTASTIC FRENCH TOAST



Yield: 6 Servings

INGREDIENTS

- **3** fresh eggs
- **1/2 cup** non-fat milk
- **1/2 teaspoon** vanilla extract
- Cooking spray (nonstick)
- **6 slices** whole wheat bread
- **2 teaspoons** ground cinnamon (optional)
- Syrup (optional)

DIRECTIONS

- 1.** Preheat a griddle or large skillet over medium heat on the stove.
- 2.** Put eggs in a shallow bowl. Add milk and vanilla. Mix well with a fork.
- 3.** Coat the griddle or skillet with nonstick cooking spray.
- 4.** Dip both sides of bread, one slice at a time, in egg mixture and cook on hot griddle or frying pan.
- 5.** Cook on one side until golden brown. Turn bread over to cook the other side. It will take about 4 minutes on each side. If using cinnamon, sprinkle it on top. If using syrup, spread on cooked French toast.



MUSCLE MIX GRANOLA



Yield: 12 Servings

INGREDIENTS

- **3 cups** oats, regular, rolled
- **1/4 cup** sunflower or sesame seeds (optional)
- **1/4 cup** chopped nuts (optional)
- **5 teaspoons** brown sugar
- **1/4 cup** water
- **2 teaspoons** vanilla extract
- **1/4 teaspoon** salt
- **1/4 cup** dried fruit (apricots, raisins, cranberries, etc.), chopped finely (optional)
- **2 tablespoons** honey (optional)

**WATCH MUSCLE
MIX GRANOLA**

DIRECTIONS

- 1.** Preheat oven to 275 degrees F.
- 2.** Line large baking sheet(s) with parchment paper or oil lightly. Place oats in a large bowl and set aside.
- 3.** Add nuts and seeds to the oats in the bowl.
- 4.** Put brown sugar and water in a microwave-safe bowl or in saucepan on LOW and heat until sugar dissolves (about 1 minute or less).
- 5.** Add vanilla and salt to the melted sugar mixture. Pour over oat-nut mixture in the large bowl and stir well.
- 6.** Spread granola mixture evenly on the prepared pan(s).
- 7.** Bake 15-20 minutes.
- 8.** Remove from oven. Sprinkle dried fruit and honey (if using) on top while still warm. Cool before storing.



OVERNIGHT OATMEAL WITH BERRIES



Yield: 1 Serving

INGREDIENTS

- **1/2 cup** low-fat milk (or less for thicker oatmeal)
- **1/4 cup** Greek yogurt, fat-free
- **2 teaspoons** honey
- **1/4 teaspoon** cinnamon
- **1/4 teaspoon** vanilla extract
- **1/2 cup** uncooked rolled oats
- **1/4 cup** raspberries, frozen

DIRECTIONS

- 1.** Combine milk, Greek yogurt, honey, cinnamon, and vanilla extract in a container or jar with a lid.
- 2.** Add oats and mix well.
- 3.** Gently fold in raspberries.
- 4.** Cover and refrigerate 8 hours to overnight.
- 5.** Enjoy cold or heat as desired.

NOTES

- Frozen blueberries or strawberries may be used in place of raspberries.
- Regular yogurt may be used in place of Greek yogurt.



SUPERSTAR BREAKFAST HOT CEREAL



Yield: 12 Servings

INGREDIENTS

- **2 1/2 cups** low-fat or fat-free milk (or water)
- **2 teaspoons** ground cinnamon
- **1 cup** couscous, dry
- **6 cups** apples, peeled and sliced

DIRECTIONS

- 1.** In medium saucepan, combine milk and cinnamon. Bring to a boil.
- 2.** Add couscous and apples. Cover and remove from heat.
- 3.** Let stand for 5 minutes.
- 4.** Spoon 3/4 cup of mixture into bowls.

NOTES

- Couscous is a great breakfast item that can be topped similar to oatmeal. Try it with different fruits or add honey for extra sweetness.

SHOPPING LIST

APPLESAUCE BREAKFAST CAKE (12 SERVINGS)

- Cooking spray (nonstick)
- **1 1/2 cups** flour (plus **1 tablespoon**)
- **1 1/4 teaspoons** baking powder
- **1/4 teaspoon** baking soda
- **1 teaspoon** cinnamon
- **1/2 teaspoon** nutmeg (optional)
- **1/2 cup** granulated sugar (or **1 cup** if brown sugar is not used)
- **1/2 cup** brown sugar (optional)
- **1** egg
- **1 1/4 cups** applesauce
- **1/4 cup** vegetable oil
- **1 teaspoon** vanilla extract
- **1/2 cup** raisins

APPLE SLICE PANCAKES (6 SERVINGS)

- Cooking spray (nonstick)
- **1** apple (Granny Smith)
- **1 1/4 cups** whole wheat pancake mix
- **1/2 teaspoon** cinnamon
- **1 large** egg
- **2 teaspoons** canola oil
- **1 cup** low-fat milk

BATIDO SMOOTHIE (4 SERVINGS)

- **2 cups** papaya chunks (fresh or frozen)
- **2** bananas (overripe, sliced)
- **1 cup** plain low-fat yogurt
- **1 cup** ice cubes

BREAKFAST PEAR PARFAIT (2 SERVINGS)

- **2 cups** oat circles (cold cereal)
- **1** pear, chopped
- **1 cup** low-fat vanilla yogurt

BREAKFAST BURRITO WITH SALSA (4 SERVINGS)

- **4** eggs (large)
- **2 tablespoons** corn, frozen
- **1 tablespoon** low-fat milk
- **2 tablespoons** green pepper, diced
- **1/4 cup** onion, minced
- **1 tablespoon** tomatoes, fresh and diced
- **1 teaspoon** mustard
- **1/4 teaspoon** garlic, granulated
- Hot pepper sauce (optional)
- **4** 8-inch flour tortillas
- **1/4 cup** salsa, canned

SHOPPING LIST

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- Cooking spray (nonstick) or 12 muffin cup liners
- **2** eggs
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- **2/3 cup** sugar
- **1 teaspoon** vanilla
- **2 tablespoon** vegetable oil
- **1 cup** flour
- **1 teaspoon** baking soda
- **1/2 teaspoon** salt
- **1 tablespoon** cinnamon
- **1 1/2 cup** carrots, shredded
- **1/2 cup** raisins

MUSCLE MIX GRANOLA (12 SERVINGS)

- **3 cups** oats, regular, rolled
- **1/4 cup** sunflower or sesame seeds (optional)
- **1/4 cup** chopped nuts (optional)
- **5 teaspoons** brown sugar
- **1/4 cup** water
- **2 teaspoons** vanilla extract
- **1/4 teaspoon** salt
- **1/4 cup** dried fruit (apricots, raisins, cranberries, etc), chopped finely (optional)
- **2 tablespoons** honey (optional)

OVERNIGHT OATMEAL WITH BERRIES (1 SERVING)

- **1/2 cup** low-fat milk (or less for thicker oatmeal)
- **1/4 cup** Greek yogurt, fat-free
- **2 teaspoons** honey
- **1/4 teaspoon** cinnamon
- **1/4 teaspoon** vanilla extract
- **1/2 cup** uncooked rolled oats
- **1/4 cup** raspberries, frozen

FANTASTIC FRENCH TOAST (6 SERVINGS)

- **3** fresh eggs
- **1/2 cup** non-fat milk
- **1/2 teaspoon** vanilla extract
- Nonstick cooking spray
- **6** slices whole wheat bread
- **2 teaspoons** ground cinnamon (optional)
- Syrup (optional)

SUPERSTAR BREAKFAST HOT CEREAL (12 SERVINGS)

- **2 1/2 cups** low-fat for fat-free milk (or water)
- **2 teaspoons** ground cinnamon
- **1 cup** couscous, dry
- **6 cups** apples, peeled and sliced



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