

# Eat a Healthy Breakfast

The benefits are incredible.

- Children who eat a good breakfast regularly are able to concentrate better, work faster, and even score higher on tests.
- Children and adults who eat breakfast have more energy for work, school, and play.
- Breakfast is a good way to get nutritious whole grains and fruit servings into your diet and breakfast eaters tend to have higher intakes of fiber and important vitamins and minerals, such as vitamin C, folate and calcium.
- Studies from the National Weight Control Registry show that people who successfully maintain a significant weight loss eat breakfast just about every day.
- People who eat breakfast burn more calories in the morning and throughout the day.



Check out  
“Easy Meals for Healthy Kids”  
for tips and recipes at  
[meijermealbox.com/healthykids](https://meijermealbox.com/healthykids)

## Breakfast Meal Ideas

### Vanilla, Banana, Berry Smoothie

Makes 2 Servings

- 1-1 ½ cups Silk Vanilla Soy Milk
- 1 banana
- 1 cup Meijer frozen whole strawberries
- 1-2 tsp. Meijer honey (optional)

Place all ingredients in a blender. Cover and blend until thick and smooth.

### Tropical Smoothie

Makes 2 Servings

- 1 large ripe banana
- 1 cup Meijer frozen whole strawberries
- 1 ripe mango, peeled and cubed
- 1 cup Meijer cranberry juice
- 1 cup ice cubes

Place all ingredients in a blender. Cover and blend until thick and smooth.

### Breakfast Cobbler

Makes 4 Servings

- 4 medium-sized Michigan apples, peeled and sliced
- ¼ cup Meijer honey
- 1 tsp. Meijer ground cinnamon
- 1 tbs. trans fat free margarine, melted
- 2 cups Meijer low sugar granola cereal

Place apples in a crock pot and stir in remaining ingredients. Cover and cook on low 7-9 hours or on high 2-3 hours. Serve hot with vanilla yogurt.

# Breakfast Bonanza

These 30 quick and healthy ideas are sure to please and can fit into anyone's morning schedule.



1. Tropical Smoothie (recipe on other side) and whole grain toast
2. Whole grain bagel with a slice of low fat cheese and Meijer orange juice
3. Banana, Meijer string cheese and a homemade muffin
4. Yogurt smoothie drink (Dairy Dept.) and whole grain graham crackers
5. English muffin with crunchy peanut butter, an orange and low fat milk
6. Baggie of trail mix (whole grain cereal, raisins, nuts) and a juice box with 100% juice
7. Meijer whole grain frozen waffles with cinnamon applesauce and low fat milk
8. Vanilla yogurt topped with granola and sliced strawberries
9. Vanilla, Banana, Berry Smoothie (see recipe on other side) and a fresh tangerine
10. Meijer instant oatmeal with dried fruit, milk and orange juice
11. Top whole grain French toast with fresh blueberries and sprinkle with cinnamon sugar and low fat milk
12. Microwave quesadillas with 2% cheese, Meijer salsa and 100% juice blend
13. Cold cereal (choose one with at least 3 gms of fiber), add low-fat milk and banana slices
14. Grilled lean ham and 2% cheese on wheat bread with low sodium veggie juice
15. Whole grain pancakes with sliced peaches and Meijer vanilla yogurt
16. Kashi granola bar, fresh grapes and low fat milk
17. Hard boiled eggs, whole grain cinnamon raisin toast and orange pineapple juice
18. Whole grain bagel with light cream cheese, orange wedges and hot chocolate
19. Blueberry muffin and an orange shake (mix frozen vanilla yogurt with orange juice in blender)
20. Breakfast sandwich (2% cheese and fried egg on a whole-grain English muffin) and grape juice
21. Soy burger (such as Boca) on a wheat bun with lettuce/tomato and 100% juice blend
22. Whole wheat toast with peanut butter and your choice of toppings (raisins, banana slices, sunflower seeds, wheat germ, granola) and low fat milk
23. Cinnamon snails (roll refrigerated breadstick dough into circles with one end sticking out for a head, top with cinnamon sugar and bake. Dip in warm peanut butter) and cantaloupe wedges
24. Scrambled eggs and shredded 2% cheese in ½ wheat pita bread and a grapefruit half
25. Whole grain English muffin pizza with tomato sauce and mozzarella cheese and 100% juice
26. Breakfast Cobbler (see recipe on other side) and low fat vanilla yogurt
27. Almond Butter/Fruit Pizza (spread almond butter on whole wheat pita bread, drizzle with honey and top with sliced almonds and fresh fruit) and orange juice
28. Apple slices spread with peanut butter then dipped in your favorite dry cereal
29. Pig in a Blanket (wrap low fat crescent roll dough around a turkey sausage link and bake) and 100% juice
30. FlatOut® Multigrain Wrap (Spread wrap with Meijer peanut butter. On one end spread strawberry preserves and add half of a sliced banana and 2 T. granola. Roll and cut in half.) and low fat milk