

BRIEF BREAKFASTS

BRIEF BREAKFASTS

EASY IDEAS

Never have time for breakfast?

Try some of these easy ideas!

- ❑ to get started—try the blender recipes on the back or create your own—use equal parts of fruit (fresh, frozen, canned, or juice) and a milk product of your choice (yogurt, milk, buttermilk)
- ❑ try your favourite yogurt and fruit without blending it
- ❑ leftover dinners (stir-fry, casserole...) make great breakfasts—just heat and eat!
- ❑ leftover pizza makes another great breakfast
- ❑ for variety, mix a couple of cereals together
- ❑ add milk or yogurt and some fruit to your cereal
- ❑ warm up congee
- ❑ for something really fast—grab a piece of cheese, bread and fruit—you're on your way!
- ❑ keep frozen waffles (homemade or purchased) for quick pop-in-the-toaster breakfasts
- ❑ make a batch of muffins on the weekend—freeze extras for a quick bite to eat during the week
- ❑ start your day off with a good source of fibre—add bran or dried fruit to your cereal, pancakes or muffins
- ❑ make your coffee a caffè latte—then add a muffin or scone and fruit
- ❑ try cinnamon toast—just sprinkle cinnamon and sugar on your toast—raisin bread makes a great choice!
- ❑ have a quick and satisfying start with a whole grain bagel, peanut butter and sliced banana—wash it down with a glass of milk or latte
- ❑ make a quick hot breakfast—put 75 mL oatmeal and 150 mL water in a bowl and microwave 2–3 minutes—add chopped apple and cinnamon for a change
- ❑ make a quick wrap for anytime of the day—scrambled egg (microwaved) in a soft tortilla with salsa and shredded cheese—enjoy with some juice



BRIEF BREAKFASTS

BLENDER DRINKS

Quick blender drinks to get you going in the morning.

Combine ingredients. Blend until smooth and frothy.

Mocha Milk Cooler

Makes 1–2 portions

250 mL chocolate milk
1 large scoop vanilla yogurt
15 mL chocolate syrup
5 mL instant coffee

Try this with toast and a piece of fruit.

Strawberry Sunrise

Makes 1–2 portions

250 mL milk
25 mL honey
25 mL skim milk powder
10 fresh or frozen strawberries

Grab a bagel to make this a 3 food group breakfast.

Raspberry Refresher

Makes 1–2 portions

250 mL milk
250 mL raspberries, fresh or frozen
5 mL sugar

For a balanced meal, add toast and peanut butter.

Apricot Lassi

Makes 1–2 portions

125 mL buttermilk or yogurt
125 mL apricot nectar
1 banana
1 or 2 ice cubes
1 mL nutmeg

Try your lassi with waffles or pancakes.

Peanut Butter Banana Smoothie

Makes 1–2 portions

250 mL milk
30 mL peanut butter
1 banana

Have with some whole grain toast to round out all 4 food groups.

BREAKFAST

Get a head start

Get a head start with breakfast by having foods from at least 3 of the 4 food groups in Canada's Food Guide:

- Vegetables & Fruit
- Grain Products
- Milk & Alternatives
- Meat & Alternatives

Eating well

Check out 'Eating Well with Canada's Food Guide' to see how many Food Guide Portions from each food group are recommended for you.

www.healthcanada.gc.ca/foodguide



For more information,
call a nutrition educator at:
604-294-3775 or
1-800-242-6455

www.nutritioneducationbc.ca