

Skipping **breakfast** can make **kids** feel tired, restless, or irritable. In the morning, their bodies need to refuel for the day ahead after going without food for 8 to 12 hours during sleep. Their mood and energy can drop by midmorning if they don't **eat** at least a small morning meal.

A healthy breakfast contains a mix of complex carbohydrates and protein to fuel your little one until he eats again. Try pairing whole grains such as **oatmeal**, whole-wheat toast, or **whole-grain cereal** with a protein source such as milk, **yogurt**, peanut butter, eggs, or cheese.

On-the-go Recipe Ideas:

Dressed-up Yogurt

What you need:

7 oz container plain yogurt (I recommend Greek yogurt)

1 Tbsp. raspberry jam (or any other favorite—raspberry just happens to be mine)

1 tsp. honey

2 Tbsp. toasted almonds, roughly chopped

Combine all ingredients in the yogurt container. Grab a spoon and go!

Extra: Any jam or nut combination can be added. Pair strawberry jam with pistachios for a colorful alternative.

Kicked-Up Quesadilla

What you need:

2 flour tortillas (regular or whole-wheat)

1/2 cup grated sharp cheddar

several thin slices of a Granny Smith apple

Sprinkle an even layer of cheese over one tortilla. Scatter the apple slices on top of the cheese and top with the remaining tortilla. Microwave for 30 seconds or until the cheese melts. For a crisper tortilla, use a large skillet and crisp for 1-2 minutes on both sides, until the cheese is melted. Cut into 6-8 wedges.

Frozen Fruit Smoothie

What you need:

2 cups frozen berries or fruit

2 Tbsp. orange juice concentrate (or 1/2 cup orange juice)

1/2 cup water

1/2 cup yogurt

1 frozen banana

1 Tbsp. honey

Add all ingredients to your blender and blend until completely smooth.

*Optional: Add 1-2 Tbsp. of flax seeds to the blender for even more nutrition.

Pop-Toast

What you need:

2 pieces of whole wheat bread

1 tsp butter, softened

1-1/2 Tbsp. jam

1. Lightly butter both pieces of bread.
2. Spread the jam over the butter onto just one piece of bread leaving 1/2 inch border around the edges. Top with the remaining slice of bread.
3. Cut off the crust and seal the two pieces of bread together using the tines of a fork.
4. Slide into the toaster; then *pop*, breakfast is ready.

*Optional: Add thinly sliced fresh fruit such as bananas or strawberries for a fresh flavor. Try adding peanut butter or cream cheese for an added boost of protein. Chocolate fiends could even try a teaspoon of chocolate hazelnut spread instead of butter.

Morning Milkshake

What you need:

1 cup milk

1 tablespoon honey or sugar

1 tablespoon peanut butter

1 banana, frozen (or fresh bananas and add a handful of ice cubes)

1/4 tsp. cinnamon

Combine all ingredients in a blender and blend until smooth.

Tortilla Wrap

What you need:

1 egg, cooked any way you like it

1 Tbsp. shredded cheese

Diced avocado and tomato

1 flour tortilla

Place egg, cheese, avocado and tomato into the tortilla. Wrap as you would a burrito. Serve with fresh salsa if you wish.

Simple Fruit Sauce

What you need:

Strawberry/Blueberry: slice strawberries and combine with blueberries (1 cup each). Stir in 3-4 teaspoons strawberry preserves.

Nectarine: Dice 3 nectarines (approx. 2 cups diced) and combine with 3-4 teaspoons apricot preserves.

Pear: Dice 2 cups pear and combine with 3-4 teaspoons apricot preserves or apple jelly.

Allow fruit and jam to sit for an hour or so to allow the sugars in the jam to draw out the juices in the fruit. Store any leftovers in the fridge for up to 2 days.

*Optional: Layer with granola and greek yogurt for an added burst of protein.
Each recipe is enough for 4 servings

Banana Almond Pancakes

What you need: 1 large, very ripe banana, plus sliced bananas for serving, 1/4 c. smooth almond butter, 2 large eggs, Honey for serving

In a medium bowl, mash the banana with the almond butter until smooth. Using a fork, whisk in the eggs. Heat a nonstick skillet over medium-low heat. Add spoonfuls of the batter (about 2 tablespoons each) to the skillet and cook until bubbles begin to burst around the edges and in the center, 2 to 3 minutes. Flip and cook 1 minute more, making sure the underside is golden brown. Transfer to a baking sheet, cover loosely with foil and keep warm in a low oven. Repeat with the remaining batter. (If your pancakes stick, wipe the skillet with 1 teaspoon canola oil before cooking the next batch.) Serve with honey, if desired.