

Breakfast Ideas

Beat the morning rush by planning ahead:

- Hard cooked eggs with the shells on will keep in the fridge for 1 week.
- Make slow cooking grains (steel cut oats, quinoa, brown rice) in large batches, store in the fridge, and dish out individual portions each morning.

Cereals:

- Aim for cereals that are high in fibre, made with whole grains and low in sugar.
- Add fruit, nuts or seeds to cereal for flavour and crunch.



Aim for 3 of the 4 food groups of Canada's Food Guide

- Whole grain bagel with sliced cheese and tomato
- Scrambled eggs topped with cheese and salsa in a whole grain tortilla wrap
- Yogurt topped with granola and peach slices
- Whole grain muffin with a pear and glass of milk
- Whole grain bagel with sliced apples, sprinkled with cheese and cinnamon. This can be served cold or warm
- Oatmeal topped with walnuts, fruit, and a glass of milk
- Whole grain toast or tortilla with nut butter and banana and a glass of milk
- Hard cooked egg, yogurt and sliced oranges
- Berry yogurt smoothie and a hard cooked egg
- Poached egg on English muffin with tomato slices



Apple Cinnamon Baked Oatmeal

Ingredients

- 3 cups (750 mL) large flake oats
- 2 tbsp (30 mL) ground cinnamon
- 2 tsp (10 mL) baking powder
- ¼ tsp (1 mL) salt
- 1 ½ cups (375 mL) milk
- 2 eggs
- ½ cup (125 mL) unsweetened apple sauce
- ¼ cup (60 mL) canola oil
- ¾ cup (175 mL) diced apple
- ¼ cup (60 mL) raisins



Directions

1. In a large bowl, combine oats, cinnamon, baking powder and salt.
2. In another bowl, whisk together milk, eggs, apple sauce and oil. Pour over oat mixture and stir to combine. Stir in apple and raisins.
3. Divide mixture among 12 lightly sprayed muffin tins. Bake in preheated 350°F (180°C) oven for about 30 minutes or until tester inserted in centre comes out clean. Serve warm

Preparation time: 10 minutes

Cook time: 30 minutes

Makes: 12 muffins

Recipe from: www.eatrightontario.ca/en/Recipes/Kid-friendly-award-winning-recipes/Apple-Cinnamon-Baked-Oatmeal.aspx