

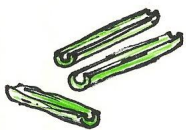


Quick BREAKFAST Ideas

For those days when time is tight or help is limited try these ideas from other breakfast programs. They are quick to prepare and serve!

When planning meals, aim for a variety of healthy foods from Canada's Food Guide, including at least one vegetable or fruit, one whole grain food and one protein food.

Vegetables & Fruit	Whole Grain Foods	Protein Foods	
mini carrots cherry tomatoes cucumber snap peas celery sticks easy peel oranges fruit cup bowl of whole fruit (apple, orange, pear, plum) frozen berries bananas	whole grain crackers rice cakes whole grain toast whole grain cereal instant oatmeal whole grain bagel whole grain tortilla 	milk fortified soy beverage yogurt greek yogurt dip sliced hard cheese cheese sticks or strings cottage cheese boiled egg scrambled egg 	almonds soy based butter seed based butter peanut or almond butter roasted chickpeas roasted sunflower seeds roasted pumpkin seeds baked beans hummus



Here are some quick breakfast ideas:

1. banana wrap made with banana, wow butter and whole grain tortilla
2. yogurt parfait made with frozen berries, yogurt and granola topping
3. whole grain toast with warm baked beans and cherry tomatoes
4. snap peas, sliced cucumber and mini carrots with cereal and milk
5. instant oatmeal with raisins, cinnamon and milk
6. bowl of whole fruit, sliced hard cheese and whole grain toast
7. apple, toasted bagel and boiled egg
8. celery sticks, mini carrots, yogurt cup and almonds