



Kids Eat Smart Week Breakfast Recipes

Blueberry Graham Pancakes

Ingredients:

1-1/2 cups graham crumbs
1/2 cup whole wheat flour
1 tsp. baking powder
1 egg
1 ½ cups low-fat milk
1 Tbsp. honey
3/4 cup fresh blueberries

Directions:

Mix first 3 ingredients in medium bowl. Whisk egg, milk and honey until well blended. Add to flour mixture; stir just until blended. Gently stir in berries.

Heat large skillet sprayed with cooking spray on medium heat. Ladle 1/4 cup batter into skillet for each pancake; cook 2-3 min. or until bubbles form on tops, then turn over to brown other sides.

Substitute: Prepare using frozen blueberries. For best results, do not thaw berries before adding them to the pancake batter.

Adapted from KraftCanada.com

Raspberry Smoothie

Ingredients:

1 cup frozen mixed berries
2 cups 100% orange juice
1 cup low-fat vanilla yogurt

Directions:

1. In a blender, combine all ingredients and blend until smooth
2. Serve immediately
3. Garnish with extra fruit if available

(Makes four - 1 cup servings)

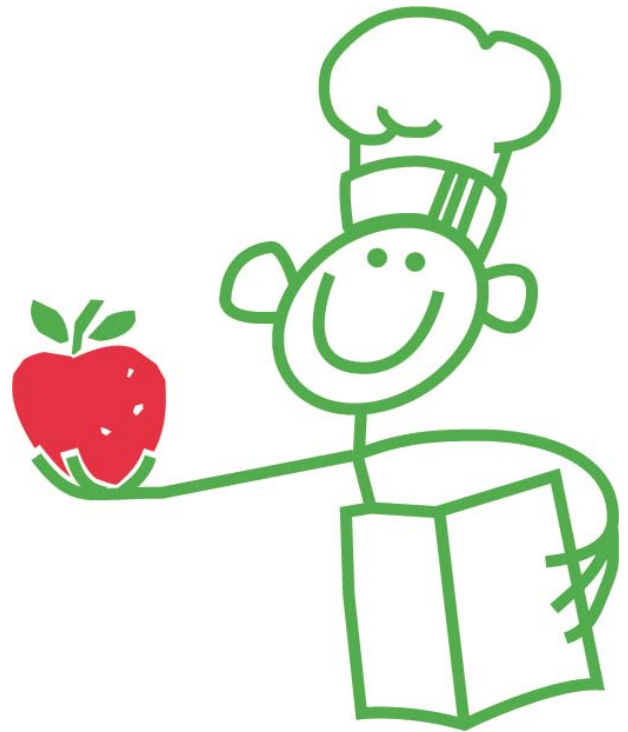
Fruit Kebabs

Ingredients:

Strawberries
Cantaloupe
Honeydew melon
Grapes
Bananas
Any other fruit of your choice!
Skewer sticks or toothpicks

Directions:

1. Cut each fruit into bite-size portions
2. Place each type of fruit on a skewer stick.
3. Serve with a low-fat yogurt as a dip.



Breakfast Pizza

Ingredients:

2 Whole wheat English muffins (4 halves)
¼ to ½ cup of sodium-reduced prepared salsa
4-5 large eggs
½ green pepper, chopped
½ red pepper, chopped
½ cup shredded mozzarella or cheddar cheese (low fat, 21% M.F. or less)

Directions:

1. Chop the red and green peppers. Preheat griddle/frying pan to medium-low heat, and add around 2 tsp oil. Add the chopped peppers and stir-fry for 2-3 minutes.
2. Mix/beat eggs. Add to frying pan/griddle and scramble the eggs.
3. Meanwhile, toast English muffins. As English muffins are ready, top with 1-2 tbsp of salsa. Next top with ~ ¼ cup of scrambled egg. Top egg with ~1 tbsp shredded cheese.

(Makes 4 mini pizzas)

Fruity Breakfast Oats

Ingredients:

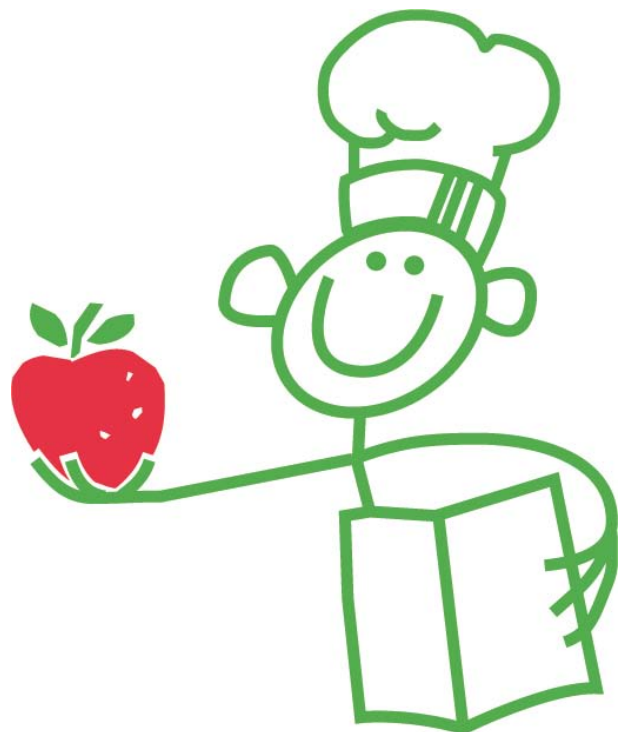
- 1 cup quick-cooking rolled oats
- ½ cup milk
- 1 ½ cups fruit yogurt
- 1/8 cup (2 tbsp) maple syrup
- 1 red apple, peeled and grated
- 1 ripe pear, peeled and chopped
- 2 cups mixed berries, fresh or frozen (thawed)

Directions:

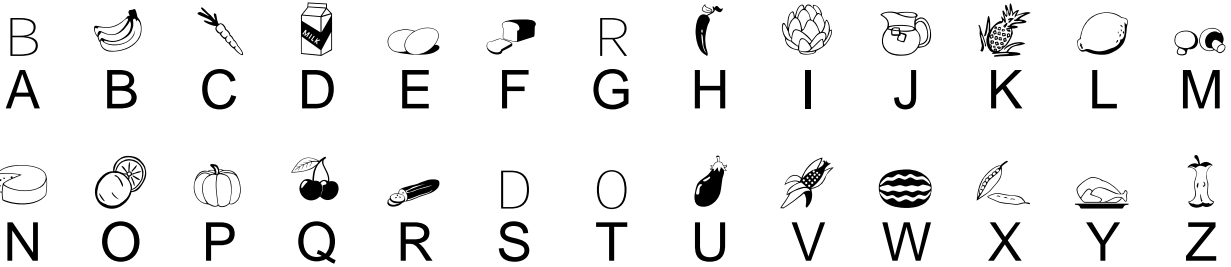
1. Combine oats, milk, yogurt, maple syrup, apple, and pear together in a large bowl. Mixture can be covered and left in the refrigerator overnight.
2. Before serving: add berries and stir gently. Serve immediately.

(Makes 4 servings)

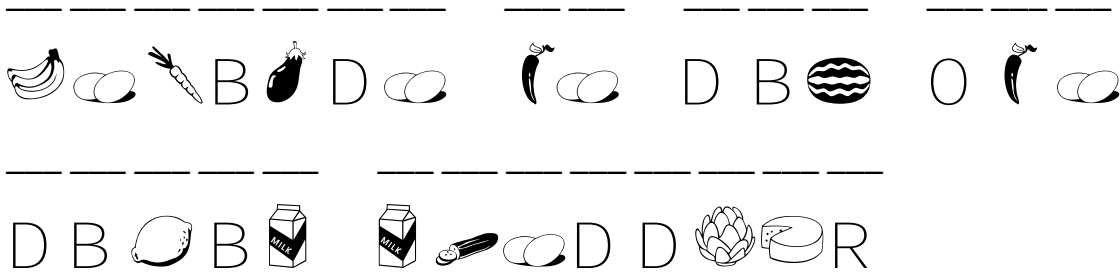
Adapted from Alberta Milk



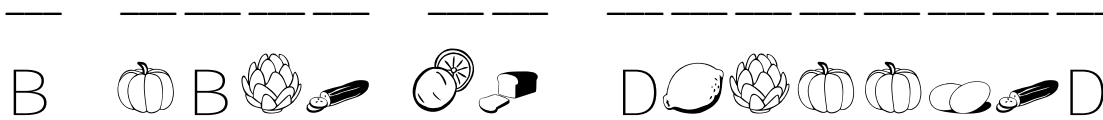
Kids Eat Smart Week Food Fun Decoder



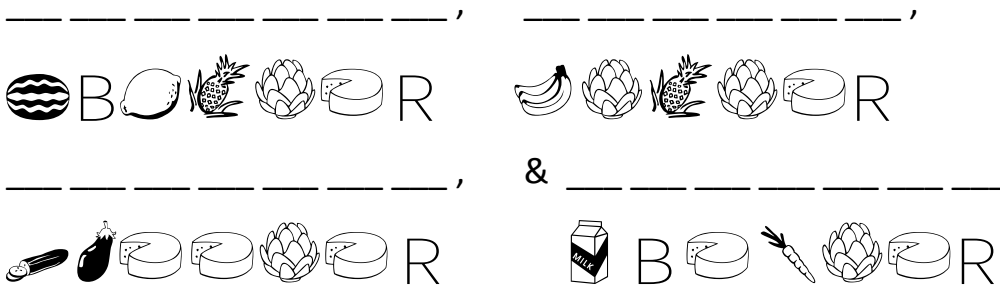
1. Why did the tomato blush?



2. What do you call two banana peels?



3. What are some fun ways to get moving?



Kids Eat Smart Week Word Scramble

Try to unscramble each of the following words!

motaot

relyce

sparge

rfaloluceiw

dovaoca

genaor

crobiclo

utistrafr

noagm

racrto
