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## **WAKE UP TO BREAKFAST! BREAKFAST IS BRAIN POWER!**

As the new school year begins, focus on how important breakfast is for your children (and you):

- **Breakfast improves concentration and problem-solving skills.**
- **Eating breakfast helps to maintain a healthy weight.**
- **Breakfast helps us make better food choices during the day.**

Children can wake up grumpy and sleepy, wishing they could stay in bed for another couple of hours, so you hear the phrase, “*I’m not hungry*” or “*I’m late – I don’t have time*”. But, despite their protests, their bodies need fuel to get through the day ahead. Without breakfast, their energy and mood can drop if they don’t eat at least a small breakfast.

### **NO TIME IN THE MORNING? TAKE IT ON THE GO!**

**Granola Bar                      Fresh Fruit**  
**Yogurt with Dry Cereal**  
**Baggie of Dry Cereal**  
**Peanut Butter Sandwich on Whole Wheat Bread**  
**Whole Grain Frozen Waffle with Peanut Butter**  
**Fruit and Yogurt Smoothie**  
**\*\* Breakfast Casserole Muffins**  
**(see recipe below)**

**Power  UP!**

# YUMMY and EASY BREAKFAST CASSEROLE MUFFINS



**This recipe makes 6 muffins. A breakfast portion is 1 muffin, add a piece of fruit**

## Ingredients

6 links Turkey breakfast sausage

1 ½ cups frozen country style shredded hash brown potatoes, thawed

1 tablespoon butter, melted

1/8 teaspoon pepper

3 eggs, lightly beaten

1 cup shredded Low fat cheese

1/4 cup chopped red bell pepper (or Orange or Yellow pepper)

2 tablespoons chopped onion

Any other desired vegetable (Mushrooms, Spinach)

## Directions

1. Prepare sausage according to package directions. cool slightly and cut into 1/2-inch pieces; set aside.
2. In a bowl, combine hash browns, butter, salt and pepper; divide evenly into 6 greased muffin cups. Press mixture onto sides and bottom of muffin cups.
3. Bake at 400 degrees F for 10-12 minutes or until lightly browned. Remove from oven; divide sausage pieces into muffin cups.
4. In a bowl, combine eggs, cheese and vegetables. Spoon mixture evenly into muffin cups. Sprinkle with chives or onion. Return to oven, bake 10-12 minutes or until set. Serve.

## Nutrition Facts

Per Serving: 224 calories; 18.3 g fat; 8.7 g carbohydrates; 11.2 g protein