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)

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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