

Breakfast Enhancers

For some, breakfast is the most inconsistent meal of the day. Some mornings we go without, sometimes it's whatever we can grab on the way out the door, and other mornings it may look like a hot meal including the majority of our food groups. Dry cereal is a quick and easy solution for some. Pairing a whole grain cereal with a sprinkle of a 'fun' cereal and milk can provide phosphorus, magnesium, b vitamins, iron, vitamin d, and small amounts of protein. However, cereal is not one of the most satisfying foods and children and adults alike may find themselves searching for a mid-morning snack to carry them through until lunch. Below are a few ideas to add variety and create more satisfying breakfasts.

Use your waffle maker for more than waffles. These 'presses' can be used to prepare breakfast quesadillas, grilled cheese sandwiches, or turning shredded potatoes into hash browns. You could even 'waffle' pizza dough to create the base layer needed in your breakfast pizzas. Don't be afraid to experiment with beans in the morning. They provide calcium, potassium, fiber, and protein and can be paired with hard boiled eggs or incorporated into breakfast burritos. Hummus is made from chickpeas and can be a sweet or savory addition to pizzas, toast, burritos etc. To make your own sweet spread, puree a can of drained and rinsed chickpeas and add 3-4 Tbsp. of honey or maple syrup, some vanilla extract, and your favorite sweet spices.

Use the freezer to your advantage and save time and money in the mornings. Make homemade patties of lean meat and/or vegetables to cook then freeze. Prepare scrambled eggs in round egg rings to freeze. Place the patty with one side of an English muffin, the scrambled egg with the other half and freeze separately. When ready to eat, heat the halves side by side for 2-3 minutes at about 60% power. Ice pop molds can be used to make frozen yogurt breakfast treats for those rushing out the door mornings. Fill the mold with your yogurt of choice, fruit, and granola without lots of added sugar. Allow pops to freeze for at least six hours or overnight.

Overnight oats can be another more satisfying answer to breakfast. It's also something that can be tailored to your flavor and texture preferences. Oats, quick barley, cooked rice, quinoa, or farro can all be used as an overnight grain base and mixed with yogurt or milk to let sit in the refrigerator overnight. From here you can add fruit, nuts, dried fruit, or something more savory like cooked vegetables with salsa.