

September
2022

EAT BETTER FOR LESS

EatGatherGo.org 

Make the Most of Your Mornings during Better Breakfast Month

What better way to send kids to school and adults to work than with a nutritious breakfast? Benefits of eating a healthy breakfast include:

- more energy,
- improved concentration,
- better grades, and
- maintaining a healthy weight.



Better breakfasts include whole grains, protein or dairy, and a fruit or vegetable. These balanced options provide you with sustained energy and keep you feeling full, thanks to complex carbohydrates as well as key vitamins and minerals.

Here are some ideas for quick, healthy breakfasts for busy mornings:



Yogurt parfait: Layer fat-free or low-fat plain yogurt + crunchy cereal+blueberries

Breakfast smoothie: Blend low-fat milk+frozen strawberries+a banana

Pita egg sandwich: Whole-wheat pita+sliced, hard-cooked egg+low-fat shredded cheese

Banana roll-up: Whole-wheat tortilla+peanut butter+a peeled, whole banana. Roll it up.

Bagel and veggies: Hummus+a whole-grain toasted bagel+ sliced cucumbers and tomatoes

English muffin: Lean ham+low-fat Swiss cheese+toasted whole-grain English muffin

Chilaquiles with eggs

For more money-saving tips or to sign up for our free classes, visit <https://www.eatgathergo.org>



@PurdueNEP



Purdunenep



Purdue Extension Nutrition Education Program



Mexican Rice Breakfast Bowl

Ingredients

- 1 cup instant brown rice
- 3/4 cup rinsed and drained canned kidney or black beans
- 1/2 cup salsa
- 1/4 cup (1 oz.) shredded cheddar cheese, Monterey Jack cheese or crumbled cotija cheese
- 1 medium avocado, pitted, peeled and sliced

Directions

1. Cook rice according to package directions.
2. Meanwhile, in small saucepan, combine beans and salsa. Cook and stir over medium heat until hot. (Or, combine beans and salsa in microwave-safe bowl. Loosely cover and microwave on high about 1 minute or until hot.)
3. Spoon rice into 3 serving bowls. Spoon bean mixture, cheese and avocado on top.



Resources: <https://food.unl.edu/newsletter/back-school-breakfasts>, <https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/power-up-with-breakfast>, <https://www.eatgathergo.org/recipe/mexican-rice-breakfast-bowl/>

Purdue University is an equal access/equal opportunity institution. This material was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP) and USDA's Expanded Food and Nutrition Education Program (EFNEP).