



Back-to-School Breakfast Recipes

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Thermos-Ready Smoothie

Makes: 1 serving

Active time: 5 minutes | **Total:** 5 minutes

☒ Heart Health ☐ Diabetes ☒ Weight Loss ☒ Gluten Free

A protein and fiber-rich drink to go.

- 1 cup frozen mixed berries**
- ½ banana**
- ½ cup apple juice**
- ¼ cup silken tofu**

Combine berries, banana, apple juice and tofu in a blender; blend until smooth.

Per serving: 288 calories; 3 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 62 g carbohydrate; 0 g added sugars; 6 g protein; 7 g fiber; 33 mg sodium; 539 mg potassium.



Breakfast Parfait

Makes: 1 serving

Active time: 10 minutes | **Total:** 10 minutes

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A little low fat dairy and some vitamin-rich fruit and you've just started your day right, nutritionally speaking.

¾ cup low-fat cottage cheese or low-fat plain yogurt

1 cup pineapple chunks, papaya chunks or cling peaches

2 teaspoons toasted wheat germ

Place cottage cheese (or yogurt) in a small bowl. Top with fruit and sprinkle with wheat germ.

Per serving (with cottage cheese, pineapple): 247 calories; 3 g fat (2 g sat, 0 g mono); 15 mg cholesterol; 40 g carbohydrate; 0 g added sugars; 20 g protein; 3 g fiber; 632 mg sodium; 479 mg potassium.

Nutrition bonus: Calcium (33% daily value), Vitamin C (28% dv).

Per serving (with yogurt, papaya): 196 calories; 4 g fat (2 g sat, 1 g mono); 11 mg cholesterol; 31 g carbohydrate; 0 g added sugars; 12 g protein; 3 g fiber; 140 mg sodium; 738 mg potassium.

Nutrition bonus: Vitamin C (150% daily value), Calcium (37% dv), Vitamin A (30% dv), Folate (23% dv).



Quick Breakfast Taco

Makes: 1 serving

Active time: 15 minutes | **Total:** 15 minutes

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A smaller cousin of the breakfast burrito, the breakfast taco made with reduced-fat Cheddar and egg substitute is a satisfying and healthy breakfast option.

- 2** corn tortillas
- 1** tablespoon salsa
- 2** tablespoons shredded reduced-fat Cheddar cheese
- ½** cup liquid egg substitute, such as Egg Beaters

1. Top tortillas with salsa and cheese. Heat in the microwave until the cheese is melted, about 30 seconds.

2. Meanwhile coat a small nonstick skillet with cooking spray. Heat over medium heat, add

egg substitute and cook, stirring, until the eggs are cooked through, about 90 seconds. Divide the scrambled egg between the tacos.

Per serving: 239 calories; 7 g fat (2 g sat, 2 g mono); 4 mg cholesterol; 24 g carbohydrate; 0 g added sugars; 21 g protein; 3 g fiber; 426 mg sodium; 560 mg potassium.

Nutrition bonus: Iron (19% daily value); Calcium & Zinc (17% dv), Potassium (16% dv).

Carbohydrate servings: 1

Exchanges: 1 starch, 2 lean meat



Tip: Whole-wheat pastry flour, lower in protein than regular whole-wheat flour, has less gluten-forming potential, making it a better choice for tender baked goods. You can find it in the natural-foods section of large supermarkets and natural-foods stores. Store in the freezer.

Banana-Blueberry Muffins

Makes: 12 muffins

Active time: 20 minutes | **Total:** 1 hour

To make ahead: Wrap and store at room temperature for up to 2 days or freeze for up to 1 month. To defrost and heat frozen muffins, remove plastic wrap, wrap in a paper towel and microwave on High for 30-45 seconds. | **Equipment:** Muffin tin with 12 (½-cup) cups.

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The slight acidity of buttermilk tenderizes and moistens baked goods while allowing you to cut way back on butter or oils. Here, it also lends a slight tanginess to the winning combination of bananas and blueberries.

- ¾ cup nonfat or low-fat buttermilk**
- ¾ cup packed light brown sugar**
- ¼ cup canola oil**
- 2 large eggs**
- 1 cup mashed ripe bananas (about 3 medium)**
- 1¼ cups whole-wheat pastry flour (see Tip)**
- 1 cup all-purpose flour**
- 1½ teaspoons baking powder**
- ¾ teaspoon ground cinnamon**
- ½ teaspoon baking soda**
- ½ teaspoon salt**
- ¼ teaspoon ground nutmeg**
- 1¼ cups blueberries, fresh or frozen**

1. Preheat oven to 400°F. Coat 12 (½-cup) muffin cups with cooking spray or line with paper liners.
2. Whisk buttermilk, brown sugar, oil and eggs

in a large bowl. Stir in mashed bananas.

3. Whisk whole-wheat pastry flour, all-purpose flour, baking powder, cinnamon, baking soda, salt and nutmeg in a medium bowl.

4. Fold the dry ingredients into the wet ingredients and stir until just combined. Fold in blueberries. Divide the batter among the prepared muffin cups (they will be full).

5. Bake until the tops are golden brown and a wooden skewer inserted in the center of a muffin comes out clean, 20 to 25 minutes. Cool in the pan for 10 minutes, then remove and let cool on a wire rack for at least 5 minutes more before serving.

Per muffin: 232 calories; 6 g fat (1 g sat, 3 g mono); 36 mg cholesterol; 41 g carbohydrate; 13 g added sugars; 4 g protein; 3 g fiber; 248 mg sodium; 163 mg potassium.



Bagel Gone Bananas

Makes: 2 servings, ½ bagel each

Active time: 5 minutes | **Total:** 5 minutes

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Talk about a grab-and-go breakfast: this bagel topped with nut butter and banana slices is ready in just 5 minutes and easy to eat on the run.

- 2** tablespoons natural nut butter,
such as almond, cashew or peanut
- 1** teaspoon honey
- Pinch** of salt
- 1** whole-wheat bagel, split and toasted
- 1** small banana, sliced

Stir together nut butter, honey and salt in a small bowl. Divide the mixture between bagel halves and top with banana slices.

Per serving: 284 calories; 10 g fat (1 g sat, 6 g mono); 0 mg cholesterol; 44 g carbohydrate; 6 g added sugars; 8 g protein; 6 g fiber; 369 mg sodium; 301 mg potassium.

Nutrition bonus: Magnesium (15% daily value).

Carbohydrate servings: 2½

Exchanges: 1½ starch, 1 fruit, 2 fat



Breakfast Mini Pizzas

Makes: 1 serving

Active time: 10 minutes | **Total:** 10 minutes

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Pizza's not just for dinner! Here we combine two kid favorites—mini pizzas and scrambled eggs—for a breakfast treat adults and kids will both love.

- 1 large egg, beaten
- 2 tablespoons prepared marinara sauce
- 1 whole-wheat English muffin, split and toasted
- 2 tablespoons shredded Italian cheese blend
- 2 slices pepperoni (optional)

1. Preheat oven or toaster oven broiler.
2. Coat a small nonstick skillet with cooking spray and heat over medium-high heat. Add egg and cook, stirring often, until set into soft curds, 1 to 2 minutes. Spread marinara sauce

on English muffin halves. Top with the scrambled egg, cheese and pepperoni (if using). Broil until the cheese is melted, 1 to 3 minutes.

Per serving: 265 calories; 10 g fat (4 g sat, 3 g mono); 223 mg cholesterol; 30 g carbohydrate; 4 g added sugars; 16 g protein; 5 g fiber; 598 mg sodium; 308 mg potassium.

Nutrition bonus: Calcium (28% daily value), Iron (16% dv), Magnesium (15% dv).

Carbohydrate servings: 1½

Exchanges: 1½ starch, 1 high-fat meat



Mexi-Melt

Makes: 1 serving

Active time: 10 minutes | **Total:** 10 minutes

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Spread leftover refried beans on whole-wheat toast and top with salsa and cheese for an easy breakfast that has plenty of staying power.

- 2 tablespoons canned nonfat refried beans**
- 1 slice whole-wheat bread, toasted**
- 1 tablespoon prepared salsa**
- 1 tablespoon shredded cheese, such as Mexican blend or Jack**

Spread beans on toast. Top with salsa, then cheese. Microwave on High until the cheese is melted and the beans are hot, about 45 seconds.

Per serving: 123 calories; 3 g fat (2 g sat, 1 g mono); 6 mg cholesterol; 17 g carbohydrate; 1 g added sugars; 7 g protein; 4 g fiber; 392 mg sodium; 222 mg potassium.

Carbohydrate servings: 1

Exchanges: 1 starch, ½ lean meat



Apple & Veggie Sausage Breakfast Sandwich

Makes: 1 serving

Active time: 5 minutes | **Total:** 5 minutes

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This healthy vegetarian breakfast-sandwich recipe comes together in 5 minutes, but has plenty of protein from a vegetarian sausage patty and fiber from the whole-wheat bread and apple to keep you satisfied all morning long.

- 2 slices cinnamon-raisin bread,**
preferably whole-wheat
- 1 frozen vegetarian sausage patty**
- 1 teaspoon raspberry jam**
- 4 thin slices apple**
- 2 tablespoons shredded Cheddar cheese**

slices, cheese and the remaining slice of toast. Cut in half and serve.

Per serving: 320 calories; 8 g fat (3 g sat, 2 g mono); 16 mg cholesterol; 46 g carbohydrate; 12 g added sugars; 19 g protein; 6 g fiber; 458 mg sodium; 151 mg potassium.

Nutrition bonus: Iron (18% daily value).

Carbohydrate servings: 3

Exchanges: 2½ starch, ½ other carbohydrate, 1½ lean meat, ½ medium-fat meat

Toast bread. Microwave sausage patty until hot, about 30 seconds, or according to package directions. Crumble. Spread jam on 1 piece of toast. Top with the sausage, apple

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About EatingWell health tags

A recipe checked...

-  **Heart Health** has limited saturated fat.
-  **Diabetes** is low in calories and meets limits for Carbohydrate Servings.
-  **Weight Loss** has reduced calories (and limited saturated fat).
-  **Gluten Free** does not contain wheat, rye, barley or oats.
(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)

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