

## BRIEF BREAKFASTS

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### EASY IDEAS

#### Never have time for breakfast?

Try some of these easy ideas!

- ❑ to get started—try the blender recipes on the back or create your own—use equal parts of fruit (fresh, frozen, canned, or juice) and a milk product of your choice (yogurt, milk, buttermilk)
  - ❑ try your favourite yogurt and fruit without blending it
  - ❑ leftover dinners (stir-fry, casserole...) make great breakfasts—just heat and eat!
  - ❑ leftover pizza makes another great breakfast
  - ❑ for variety, mix a couple of cereals together
  - ❑ add milk or yogurt and some fruit to your cereal
  - ❑ warm up congee
  - ❑ for something really fast—grab a piece of cheese, bread and fruit—you're on your way!
  - ❑ keep frozen waffles (homemade or purchased) for quick pop-in-the-toaster breakfasts
- ❑ make a batch of muffins on the weekend—freeze extras for a quick bite to eat during the week
  - ❑ start your day off with a good source of fibre—add bran or dried fruit to your cereal, pancakes or muffins
  - ❑ make your coffee a caffè latte—then add a muffin or scone and fruit
  - ❑ try cinnamon toast—just sprinkle cinnamon and sugar on your toast—raisin bread makes a great choice!
  - ❑ have a quick and satisfying start with a whole grain bagel, peanut butter and sliced banana—wash it down with a glass of milk or latte
  - ❑ make a quick hot breakfast—put 75 mL oatmeal and 150 mL water in a bowl and microwave 2–3 minutes—add chopped apple and cinnamon for a change
  - ❑ make a quick wrap for anytime of the day—scrambled egg (microwaved) in a soft tortilla with salsa and shredded cheese—enjoy with some juice





# BRIEF BREAKFASTS

## BLENDER DRINKS

### Quick blender drinks to get you going in the morning.

Combine ingredients. Blend until smooth and frothy.

#### **Mocha Milk Cooler**

*Makes 1–2 portions*

250 mL chocolate milk  
1 large scoop vanilla yogurt  
15 mL chocolate syrup  
5 mL instant coffee

Try this with toast and a piece of fruit.

#### **Strawberry Sunrise**

*Makes 1–2 portions*

250 mL milk  
25 mL honey  
25 mL skim milk powder  
10 fresh or frozen strawberries

Grab a bagel to make this a 3 food group breakfast.

#### **Raspberry Refresher**

*Makes 1–2 portions*

250 mL milk  
250 mL raspberries, fresh or frozen  
5 mL sugar

For a balanced meal, add toast and peanut butter.

#### **Apricot Lassi**

*Makes 1–2 portions*

125 mL buttermilk or yogurt  
125 mL apricot nectar  
1 banana  
1 or 2 ice cubes  
1 mL nutmeg

Try your lassi with waffles or pancakes.

#### **Peanut Butter Banana Smoothie**

*Makes 1–2 portions*

250 mL milk  
30 mL peanut butter  
1 banana

Have with some whole grain toast to round out all 4 food groups.

## BREAKFAST

### Get a head start

Get a head start with breakfast by having foods from at least 3 of the 4 food groups in Canada's Food Guide:

- Vegetables & Fruit
- Grain Products
- Milk & Alternatives
- Meat & Alternatives

### Eating well

Check out 'Eating Well with Canada's Food Guide' to see how many Food Guide Portions from each food group are recommended for you.

[www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)



For more information,  
call a nutrition educator at:  
604-294-3775 or  
1-800-242-6455

[www.bcdairyfoundation.ca](http://www.bcdairyfoundation.ca)

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