

BREAKFAST

Raising a heart healthy kid starts every morning with a nutritious breakfast to prepare a growing body for the day ahead. With everything else there is to worry about, wouldn't it be nice to know that you've got their morning meal covered with some terrific and delicious ideas!

Healthy breakfast cereals in a box are great with fruit and low fat milk, especially on days when you're particularly rushed yourself. But on other mornings consider conjuring up these delicious dishes that will have everybody clamoring for a repeat performance. Easy quiches that can be made ahead and quickly reheated are great for on the go mornings. So are the tasty breakfast bagels that you can whip up in a flash.

On weekend mornings you can enlist the help of the kids and make some super flavorful apple fritters or blueberry pancakes. Participating in the process will get them interested in what they're eating and provide plenty of pride when everyone compliments them on a job well done.

Whatever you do, and however much time you have to do it in, getting a good breakfast into little stomachs every morning is an important part of their development and future health. And don't be surprised if you also enjoy nibbling at these healthy dishes as well!

CHEESY QUICHE IN A CUP

Protein power on the go is guaranteed in this easy to make classic egg dish that can be baked ahead and reheated in the morning.

Serves: 6 / Serving size: 2 quiche cups

Preparation time: 12 minutes

Cooking time: 20 minutes

One 250 g (9 oz) package frozen chopped spinach

75 g (3/4 cup) shredded reduced-fat cheddar
cheese

3 large eggs, beaten

1/4 medium green bell pepper, diced

1/4 medium onion, finely diced

Salt and pepper to taste

1. Preheat the oven to 180 C (350 F) degrees. Spray a 12 cup muffin tin with cooking spray.

2. Cook the spinach according to package directions and squeeze dry of excess liquid. In a medium bowl combine the spinach with the remaining ingredients and stir well.

3. Divide between the muffin cups and bake for 20 minutes, or until a tester comes out clean.

Nutrition Per Serving

Calories 120

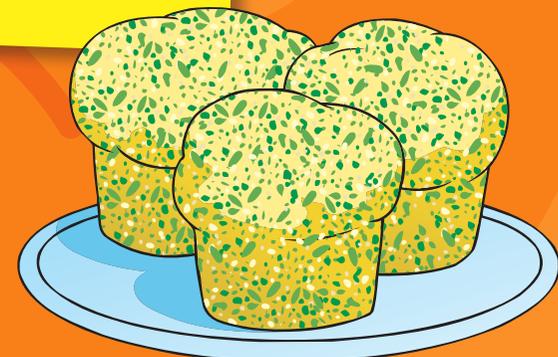
Total Fat 3g

Saturated Fat 2g

Carbohydrate 3g

Fiber 2g

Protein 9g



FEELIN' MY APPLE CINNAMON AND OATS OATMEAL

Great for feelin' energetic and ready to face the school day, this tasty bowl will be spooned up by every kid in no time.

Serves: 4 / Serving size: about 1/2 cup

Preparation time: 3 minutes

Cooking time: 7 minutes

480 ml (16 fl oz) water

Pinch of salt

100 g (1 cup) old-fashioned rolled oats

1 medium apple, cored and diced

1 Tablespoon sugar

1/4 teaspoon ground cinnamon

1. In a medium saucepan over high heat bring water to a boil. Stir in salt and oats. Reduce heat to medium-low, and simmer, stirring occasionally, for 3 minutes.

2. Stir in apple, sugar, and cinnamon, and continue cooking on low for 2 minutes or until thickened.

Nutrition Per Serving

Calories 215

Total Fat 4g

Carbohydrate 42g

Fiber 6g

Protein 6g



BREAKFAST BAGEL TO GO!

A little creativity can turn a bagel into a nutritious breakfast that's ideal for kids on the go.

Serves: 4 / **Serving size:** 1 bagel

Preparation time: 10 minutes

100 g (3 oz) low fat cream cheese

2.5 ml (½ teaspoon) ground cinnamon

5 ml (1 teaspoon) lemon juice

4 small whole-wheat bagels, split

1 small banana, peeled and sliced

½ medium-size apple, cored and thinly sliced

In a small bowl, stir together the cream cheese, cinnamon and lemon juice. Divide and spread the mixture on four of the bagel halves. Add the fruit slices and top with the remaining halves. Serve immediately.

Nutrition Per Serving

Calories 210

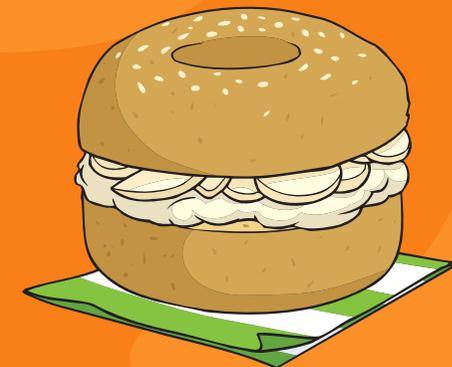
Total Fat 4g

Saturated Fat 1g

Carbohydrate 42g

Fiber 7g

Protein 11g



LIGHT AS A FEATHER APPLE FRITTERS

You won't fritter your time away in the morning making these bundles filled with crunchy apples. Healthy and delicious is the name of the game here.

Serves: 8 / Serving size: 3 fritters

Preparation time: 30 minutes

Cooking time: 6 minutes

4 apples, peeled, cored and cut into small dice

230 g (8 oz) all-purpose flour

½ teaspoon baking powder

1 1/2 tablespoons sugar

2 large eggs, separated

120 ml (4 fl oz) low fat milk

Cooking spray

Icing sugar or maple syrup (optional)

1. In a medium-size mixing bowl, whisk together the flour, baking powder, and sugar. In a small mixing bowl, beat together the egg yolks and milk. Stir the egg mixture into the dry ingredients, then fold in the apples.

2. In a medium-size mixing bowl using a hand-held electric mixer, beat the egg whites on high until they form stiff peaks. Carefully fold into the fritter mixture.

3. Coat a large nonstick skillet or griddle with cooking spray and heat over medium-high until a drop of fritter batter sizzles immediately. Drop tablespoonfuls of the batter 2 inches apart and cook until golden brown, 2 to 3 minutes per side. Transfer the fritters to a warm platter and continue with the remaining batter.

4. Serve warm with a dusting of icing sugar or a drizzle of maple syrup, if desired.

Nutrition Per Serving

Calories 117

Total Fat 2.5g

Saturated Fat 1g

Carbohydrate 23g

Fiber 1g

Protein 4g



WHOLE WHEAT BLUEBERRY PANCAKES

Plump, delicious blueberries burst with flavor in these amazingly healthy and yummy pancakes. Serve with blueberry syrup or just a dusting of icing sugar.

Serves: 8 / Serving size: 2 pancakes

Preparation time: 20 minutes

Cooking time: 20 minutes

190 g (1 1/4 cups) whole wheat flour

75 g (3/4 cup) all-purpose flour

3 tablespoons granulated sugar

1 tablespoon baking powder

1/2 teaspoon salt

480 ml (16 fl oz) low fat milk

2 large eggs

55 g (1/4 cup) unsalted butter, melted

150 g (1 1/2 cups) fresh blueberries

Vegetable oil to coat griddle

1. In a medium bowl whisk together whole wheat flour, all-purpose flour, sugar, baking powder and salt.

2. In a small mixing bowl whisk together milk, eggs and melted butter. Add to flour mixture and stir with a fork until well combined. Stir in blueberries and let rest for 10 minutes.

3. Heat a large nonstick griddle or pan over medium heat. Coat lightly with oil. Drop small cupfuls of batter onto griddle and cook pancakes until lightly golden, about 2 minutes per side.

4. Serve immediately or keep warm on a heated platter.

Nutrition Per Serving

Calories 195

Total Fat 4.5g

Saturated Fat 2g

Carbohydrate 23g

Fiber 3g

Protein 5g

