

### Looking for quick, healthy breakfasts and a way to enjoy them?

- Set the alarm 10 - 15 minutes earlier to allow for an unhurried breakfast.
- Give your child healthy breakfast choices the night before.
- Make sure they include a mix of protein and carbohydrates.

#### **Egg in a Basket**

- Spray a frying pan with non-stick spray
- Cut a hole out of a piece of whole wheat bread and place in the frying pan
- Crack an egg into the hole
- Cook for 2 minutes, flip, and cook until the egg is set and lightly brown

#### **Waffle Wonder**

- Toast a whole grain waffle
- Put a variety of sliced fruit around the edge and another variety on the top
- Serve with yogurt on the side