

# WAKE UP TO BREAKFAST!



## Quick-and-Tasty Ways for Families to Enjoy the Most Important Meal of the Day

Providing dairy when, where and how your family likes it is key to helping them meet daily nutrient recommendations. At home, at school or on-the-go, here are great ways to make a quick and easy breakfast part of your family's daily routine!

### Make your favorite breakfast better!

- Make instant oatmeal with low-fat milk instead of water and top with raisins.
- Pour flavored milk on your favorite cereal and top with almonds or walnuts.
- Top a whole wheat waffle with low-fat yogurt, granola and berries.
- Skewer a banana and dip it in low-fat yogurt and then your favorite cereal or granola.
- Prepare scrambled eggs with shredded reduced-fat Cheddar cheese and fresh sautéed vegetables.
- Top a whole grain waffle with peanut butter and banana slices. Serve with a glass of low-fat milk.

### Wrap It or Stack It!

- Layer a slice of low-fat ham, a slice of reduced-fat Swiss cheese and a poached egg on half a toasted whole grain bagel.
- Spread a warmed pancake with low-fat flavored yogurt, sprinkle with a handful of berries. Roll and go!
- Place scrambled egg whites, a slice of low-fat ham and a slice of reduced-fat Cheddar cheese between slices of toasted whole grain bread.
- Wrap scrambled eggs and a slice of reduced-fat Jalapeño cheese in a whole wheat tortilla and top with salsa.
- Top a toasted English muffin with a slice of reduced-fat Cheddar cheese and apple slices.
- Stuff a pita with a slice of reduced-fat Mozzarella cheese and fresh vegetable slices.

### Drinkable ways to start your day!

- Microwave a cup of low-fat chocolate milk with low-fat chocolate yogurt and serve with whole grain toast and a piece of fruit.
- Blend a cup of mixed berries with a cup of strawberry milk and some ice.
- Warm a cup of low-fat vanilla milk in a mug and sprinkle in cinnamon.
- Blend one-half cup of orange slices, low-fat vanilla yogurt, a quarter cup of pineapple juice and a cup of ice.
- Blend one-half cup of frozen strawberries and mango slices with low-fat vanilla yogurt.
- Blend a banana, a tablespoon of peanut butter and low-fat vanilla yogurt.

### Breakfast made easy and on-the-go!

- Whisk low-fat strawberry milk and your favorite berries with low-fat vanilla yogurt. Pour into small paper cups, place wooden popsicle sticks in the center, cover and freeze overnight.
- Dip animal crackers into your favorite fruit flavored low-fat yogurt.
- Dip apple and banana slices into low-fat vanilla yogurt mixed with a dab of honey and a sprinkle of cinnamon.
- Melt a slice of reduced-fat Swiss cheese and slices of turkey inside a toasted whole grain pita pocket.
- Create a breakfast parfait by layering whole grain cereal, fresh berries and low-fat strawberry or blueberry yogurt.

For more breakfast tips to help your family eat 3-A-Day of Dairy at home and on-the-go, visit [www.3aday.org](http://www.3aday.org).