



## Family Style

Breakfast is a great meal to sit down and join the kids. Ask them about the fun they had over the weekend or use this time to discuss the upcoming day's schedule.

Breakfast is just as important for adults. Who couldn't benefit from more energy when trying to keep up with active kiddos all day?

# Better Breakfasts

## Breakfast does a body good!

We all know that breakfast is the most important meal of the day. This early morning offering should be high in protein and fiber as well as low in fat and sugar. Try this month's recipe for a healthy take on a traditional breakfast. Or consider preparing dishes the day before, such as a breakfast casserole or whole grain waffles that only need toasting.

Eggs are a powerful protein often associated with breakfast but many kids claim not to be big fans. Try out new ways to cook this versatile protein and you might be surprised! Breakfast quesadillas, french toast, hard-boiled eggs, and the old fashioned egg-in-a-bread hole are just a few to try.

Other wholesome breakfast options include whole-grain bagels, peanut butter, and oatmeal.

Make it a game and have fun. Try a new breakfast idea every day this week!

## Oatmeal in Apple Bowls

- 6 apples
- 2 cups 100% apple juice
- 2 cups water
- 1/2 teaspoon salt (optional)
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 2 cups uncooked, quick cooking rolled oats

Slice the tops off of apples. Using a melon baller, remove the inside of each apple to create six bowls. Be careful not to cut too close to the sides or bottom. Remove the seeds from scooped centers and dice the remaining apple chunks. In a pot, combine the diced apples, juice, water, and seasonings. Bring to boil. Stir in rolled oats and cook for two minutes. Turn heat off, cover, and let stand several minutes before serving the oatmeal in the apple bowls.

CACFP is an indicator of quality child care.