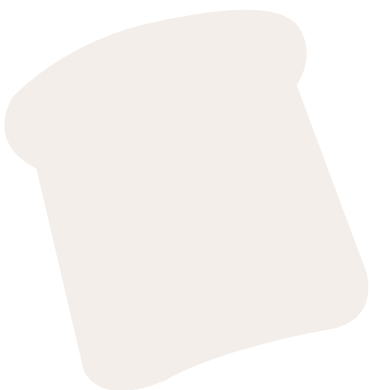
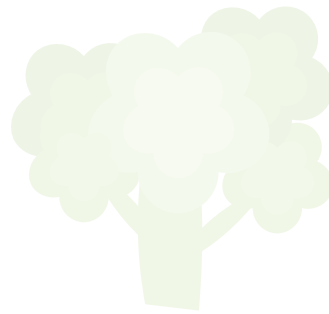




# Grab and Go Breakfast Recipes



Food is more than a meal. It allows us to connect, share and celebrate in simple ways, on a daily basis. Yet in today's face-paced world, we tend to move away from this most meaningful of rituals.

This is especially true for children and youth, for whom cooking can foster a wonderful sense of self-confidence, self-esteem and engagement. You can create opportunities for students to build valuable life skills by involving them in the school breakfast program. Their natural love of cooking makes them great volunteers!

At Nourish we want today's students and families to reap the nutritional and social benefits that preparing and sharing a meal can bring to the table and beyond.

Let's get cooking in the kitchen, together.



Created by Nourish Nova Scotia in collaboration with Halifax Regional Centre for Education and NSHA Public Health Central Zone, for use in Regional Centres for Education and CSAP breakfast programs.

The creation of this resource was inspired by HRCE breakfast program workshop attendees (Spring 2018).

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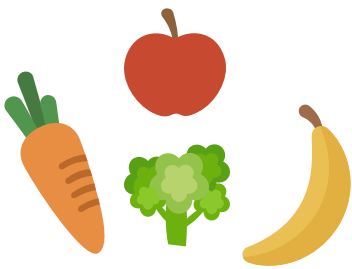
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# Using this Guide

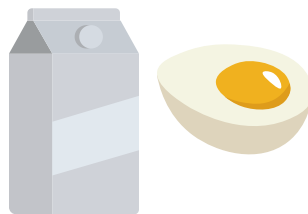
## Grab & Go Breakfast. It's as easy as 1, 2, 3!

A Grab and Go breakfast is a great way to nourish busy students. Even with limited time and equipment we can serve nutritious and delicious breakfast items. Each menu option contains a vegetable or fruit, whole grain and protein source making it a complete meal for students.

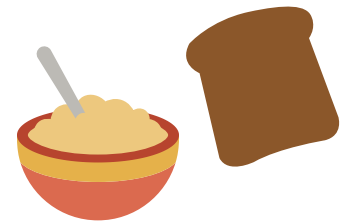
### Breakfast should include:



Vegetables & Fruit



Protein Source



Whole Grains

**Make it a habit to eat a variety of healthy foods each day.**

**Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often.**

- Choose foods with healthy fats instead of saturated fat

**Limit highly processed foods. If you choose these foods, eat them less often and in small amounts.**

- Prepare meals and snacks using ingredients that have little to no added sodium, sugars or saturated fat
- Choose healthier menu options when eating out

**Make water your drink of choice.**

- Replace sugary drinks with water

**Be aware that food marketing can influence your choices.**

**Use food labels.**

# Using this Guide

**Healthy eating is more than the foods you eat.  
It is also about where, when, why and how you eat.**

## **Be mindful of your eating habits**

Take time to eat  
Notice when you are hungry and when you are full

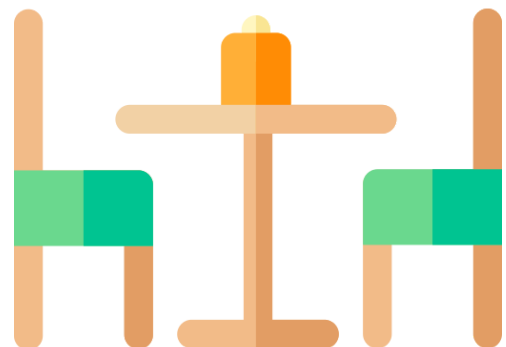
## **Cook more often**

Plan what you eat  
Involve others in planning and preparing meals

## **Enjoy your food**

Culture and food tradition can be a part of healthy eating

## **Eat meals with others**



# Using this Guide

Recipes are divided into three levels based on kitchen equipment needed. Choose the recipes that fits your ability!

**Level 1:** No cooking required

**Level 2:** Basic appliances (ex. fridge, blender, toaster and/or griddle)

**Level 3:** Oven required

**Time to prepare** listed in each recipe includes all preparation and cooking time needed if you have 1-2 volunteers.

Many hands make light work! Reduce preparation time by increasing number of volunteers involved.

## Kitchen equipment to have on hand

### Level 1

- Fridge
- Sink
- Serving and mixing spoons
- Cutting knife
- Butter knife
- Spatula
- Measuring cups and spoons
- Cutting board
- Large mixing bowl

### Level 2 (level 1 +)

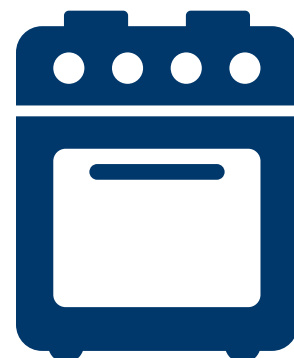
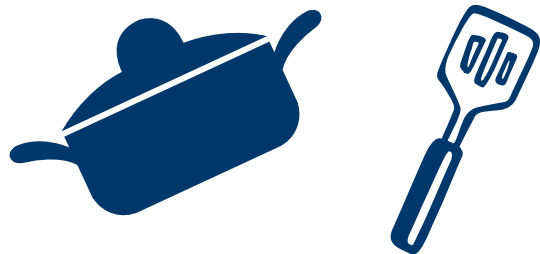
- Toaster
- Slow cooker
- Griddle
- Blender
- Fork or turner
- Immersion blender (optional)
- Muffin liners (optional)

### Level 3 (level 1, 2 +)

- Oven, stove top
- Muffin tins
- Pot & Pan
- 9x13 cooking dish
- Whisk
- Rimmed baking sheet

### For serving and storage

- Tray, plates, containers
- Napkins, plates, bowls and cups
- Plastic sandwich bags



# Dry cereal with milk, 1/2 banana

## Level 1

Time to prepare: less than 5 minutes!

Serving size: 1 bowl of cereal, ½ banana

Servings per recipe: 1

## Supplies

- Serving bowls or plastic sandwich bags
- Spoons
- Cutting board
- Knife

## Ingredients

- ¾ cup Whole grain cereal
- White milk, 1 cup or 250mL carton
- Banana

## Directions

- With peel on, cut bananas in half.
- Place cereal in bowl or plastic sandwich bag.
- When ready to serve, pour milk into bowl or pour bagged cereal into 250 mL carton milk.
- Serve with ½ banana.

## Tips and Modifications

- Cereal can be packed in plastic bags the day before.

# Whole grain toast, milk, mini carrots

## Level 2

Time to prepare: less than 5 minutes!

Serving size: 1 piece of toast, glass of milk and serving of carrots

Servings per recipe: 1

## Supplies

- Toaster
- Knife
- Napkins, plates and cups for serving

## Ingredients

- 1 slice Whole grain bread
- 1-2 tsp Margarine
- 1 cup Mini carrots
- White milk, 1 cup or 250mL carton

## Directions

- Toast bread until browned.
- Spread margarine on one side of toast.
- Serve with milk and mini carrots.

## Tips and Modifications

- Place mini carrots in cups for easy take away.



# Cheese, apple, whole grain crackers

## Level 1

Time to prepare: less than 5 minutes!

Serving size: cheese, apple, handful of whole grain crackers

Servings per recipe: 1

## Supplies

- Cups and napkins for serving

## Ingredients

- 1 Packaged cheese string or equivalent in bulk cheese, sliced
- 1 Apple, whole
- ½ cup Whole grain crackers

## Directions

- Wash fruit.
- Place whole grain crackers in cups or on napkins for serving.
- Serve crackers with whole fruit and cheese.

## Tips and Modifications

- Don't have apples on hand? Use any whole fruit as a substitute.

# Nut free trail mix, yogurt, clementine

## Level 1

Time to prepare: 10 minutes

Serving size: ¼ cup granola, yogurt, clementine

Servings per recipe: 48 servings of trail mix

## Supplies

- Mixing bowl
- Measuring cups and spoons
- Cups or plastic sandwich bags for serving

## Ingredients

### Trail Mix

- 6 cups Grains: Choose from homemade granola, puffed wheat, puffed millet, cereal (e.g. toasted Os or wheat squares)
- 3 cups Dried unsweetened fruit: Choose from dried apple slices, banana chips, dried cranberries, raisins, dried mango slices, dried pineapple slices
- 3 cups Seeds - Choose from unsalted hulled sunflower seeds, unsalted hulled pumpkin seeds, flax seeds, chia seeds

### Serve with

- ¾ cup Plain yogurt
- 1 -2 Clementines (or other whole fruit of your choice)

## Directions

- Follow the trail mix ingredient proportions and choose ingredients from each category.
- Combine grains, dried fruit and seeds in bowl.
- Place servings of trail mix in bags or cups for serving.
- Serve trail mix with yogurt and clementine.

## Tips and Modifications

- Look for seeds made in a nut free facility.
- Store leftover trail mix in a cool, dry place.

# Bagel with cream cheese, milk, orange

## Level 1

Time to prepare: less than 5 minutes!

Serving size: ½ bagel, 1 orange, 1 cup milk

Servings per recipe: 1

## Supplies

- Bagel cutter or knife
- Cutting board
- Napkins for serving

## Ingredients

- Whole grain bagel, halved
- 1 tbsp Cream cheese
- 1 Orange (or fruit of your choice)
- White milk, 1 cup or 250 mL carton

## Directions

- Cut bagel in half.
- Spread cream cheese onto bagels.
- Serve with oranges and milk.

## Tips and Modifications

- Have extra time? Toast bagels before serving!

# Gourmet grilled cheese

## Level 2

Time to prepare: 10 minutes

Serving size: 1 sandwich

Servings per recipe: 1

## Supplies

- Cutting board
- Knife
- Griddle
- Fork, turner or spatula for flipping
- Napkins or plates for serving

## Ingredients

- 2 slices Whole grain bread
- 1 slice Real sliced cheese (cheddar or whatever you like)
- 1 tsp Margarine
- ½ cup Add ins: spinach leaves, tomato slices, avocado slices, thin apple slices or thin pear slices

## Directions

- Preheat your griddle at a medium level heat.
- Spread a thin layer of margarine on one side of each of the slices of bread.
- Place 1 slice of bread, margarine side down, on griddle. Layer with the cheese and "add ins". Place the remaining slice of bread, margarine side up and cook until golden and cheese begins to melt - about 4 minutes.
- Carefully flip the sandwich and cook for a few more minutes until the cheese has melted and bread is golden brown.

## Tips and Modifications

- Try preparing sandwiches the night before and store in fridge then in the morning, all you need to do is heat them on the griddle.
- Add spinach to your sandwiches immediately before grilling to prevent wilting.

# Energy bites, apple slices

## Level 1

Time to prepare: 15 minutes

Serving size: 1-2 energy balls, apple slices

Servings per recipe: 30 energy balls

## Supplies

- Large mixing bowl
- Measuring cups & spoons
- Spatula
- Tray or plate for storage
- Napkins for serving
- Cutting board
- Knife or apple slicer

## Ingredients

### Energy Balls

- 2 cups Quick oats
- 1 cup Raisins
- 1 tsp Cinnamon
- ½ cup Soy butter or sunbutter
- ½ cup Honey
- 1 tsp Vanilla
- 1 Tbsp Ground flaxseed
- 1 Tbsp Chia seeds

### Serve with

- Apples

## Directions

- Mix all energy ball ingredients together in a mixing bowl. Roll into 30 balls.
- Refrigerate energy balls until ready to serve.
- Wash all apples.
- Core and cut into wedges.
- Serve apples immediately to prevent browning.

## Tips and Modifications

- Energy balls can be refrigerated for 3-4 days or frozen for 1 month.

# Fruit and yogurt parfait

## Level 1

Time to prepare: less than 5 minutes!

Serving size: 1 parfait

Serving per recipe: 1

## Supplies

- Measuring cups
- Cups and spoons for serving

## Ingredients

- $\frac{3}{4}$  cup Plain yogurt
- $\frac{1}{2}$  cup Fresh or frozen fruit of your choice (ex. apples, blueberries, strawberries, pineapple)
- $\frac{1}{2}$  cup Nut-free granola; store-bought or homemade

## Directions

- Add yogurt to the parfait cup.
- Top with fruit and granola.

## Tips and Modifications

- Using plain yogurt, the fruit and granola will add sweetness!
- Prepare the night before using frozen fruit. The fruit will thaw overnight and add sweetness to the parfait.

# Hummus with veggies and whole grain pita

## Level 1

Time to prepare: less than 5 minutes!

Serving size: 1 cup

Servings per recipe: 1 cup

## Supplies

- Cutting board
- Knife
- Spoon
- Cups for serving

## Ingredients

- 2-3 tbsp Hummus, store-bought or homemade
- ½ cup Vegetables of your choice (ex. carrots, celery)
- ½ cup Whole grain pitas

## Directions

- Wash vegetables.
- Cut vegetables into long bite-size slices, about the length of a serving cup.
- Cut whole grain pita into wedges.
- Place hummus in bottom of serving cup.
- Add vegetables and pita to cup.

## Tips and Modifications

- Try different types of vegetables like zucchini or cucumber, cut in fingers.

# Green Monster smoothie

## Level 2

Time to prepare: 10 minutes

Serving size: 1 cup

Servings per recipe: 3-4 servings (6 or 8 oz)

## Supplies

- Blender
- Measuring cups
- Cups for serving

## Ingredients

- 2 cups Spinach, washed
- ½ cup Plain greek yogurt
- 1 Banana or avocado half
- ½ cup Pasteurized egg whites (optional)
- 1 cup Frozen fruit

## Directions

- Place all ingredients in a blender and blend on high speed for 1-2 minutes.
- If your smoothie is too thick, thin it with a little water or milk.
- Pour into glasses.

## Tips and Modifications

- Pineapple and mango go really well in this smoothie, but any frozen fruit will work. Fruit adds natural sweetness, so there is no need to add any other sweetener.
- Pasteurized egg whites are sold in 500 mL or 1 litre cartons, and can be found in the egg aisle of your local grocery store.
- Frozen avocado works well in this recipe and saves prep time as the avocado is already peeled and chopped.



# Baked egg breakfast sandwich and apple sauce (1 of 2)

## Baked egg breakfast sandwich

### Level 3

Time to prepare: 30 minutes

Serving size: 1 sandwich

Servings per recipe: 12 egg squares

### Supplies

- Oven
- 12x17 rimmed baking sheet
- Cutting board
- Knife
- Large mixing bowl
- Whisk
- Napkins for serving

### Ingredients

#### Baked Egg

- 12 Eggs
- 2 cups Vegetables of your choice (ex. bell peppers, broccoli or zucchini)
- Cooking Spray

#### Serve with

- 2 slices Whole grain bread
- Applesauce (recipe on next page)

### Directions

- Wash and chop vegetables.
- Preheat the oven to 350F. Grease a 12x17-inch rimmed baking sheet with cooking spray
- In a large bowl, whisk until frothy. Add the mixed vegetables.
- Pour the mixture into the prepared sheet pan, and bake for 12-15 minutes or until firm.
- Remove from the oven and let cool slightly. Cut into squares.
- Place one egg square between two slices of bread to make a sandwich.
- Serve with a side of apple sauce.

# Baked egg breakfast sandwich and apple sauce (2 of 2)

## Applesauce

### Level 2

Time to prepare: 3 hours (10 minutes prep then set & forget)

Serving size: ½ cup

Servings per recipe: 12 servings

### Supplies

- Cutting board
- Knife
- Slow cooker
- Blender or immersion blender
- Cups or bowls for serving

### Ingredients

- 6 large apples
- ½ cup water
- 1 tsp ground cinnamon

### Directions

- Core and quarter apples. There is no need to peel the apples as the peels will be pureed before serving.
- Put all ingredients in a slow cooker (on high) for approximately 3 hours, stirring occasionally.
- Using a blender (immersion or regular), puree the apples.
- Serve in small bowls or cups.

### Tips and Modifications

- Enjoy immediately or store in fridge for 2-3 days in airtight container.
- This recipe goes great with finger pancakes (page 20) or on hot oatmeal (page 17).

# Baked oatmeal muffin, milk

## Level 3

Time to prepare: 30 minutes

Serving size: 1 muffin

Servings per recipe: 12 muffins

## Supplies

- Oven
- Muffin tins
- Large mixing bowl
- Spatula
- Measuring cups and spoons
- Cups and napkins for serving
- Muffin liners (optional)

## Ingredients

### Muffins

- 4 cups Old fashioned oats
- 2 tsp Ground cinnamon
- 1 tsp Baking powder
- 2 ⅓ cup Milk
- ⅓ cup Maple syrup
- 2 tsp Vanilla extract
- 1 cup Add ins of your choice: diced fruit, dried fruit, mashed banana, wow butter, chia seeds, hemp hearts, ground flax
- Cooking spray

### Serve with

- White milk, 1 cup or 250 mL carton

## Directions

- Preheat oven to 375F.
- Spray muffin tins with cooking spray (or use muffin liners).
- Add all muffin ingredients to a large bowl and mix well until combined.
- Scoop oatmeal mixture into tin using ¼ cup.
- Bake oatmeal cups for 20 minutes.
- Serve with white milk.

## Tips and Modifications

- Store oatmeal cups in airtight container in refrigerator for 5 days or freezer for 3 months.

# Slow cooker oatmeal

## Level 2

Time to prepare: 20 minutes

Serving size: 1 cup oatmeal

Servings per recipe: according to package

## Supplies

- Slow cooker
- Stove
- Pot
- Mixing spoon
- Cups or bowls for serving

## Ingredients

- Oatmeal
- $\frac{3}{4}$  cup Plain yogurt
- $\frac{1}{2}$  cup Fresh or frozen fruit or applesauce

## Directions

- Set slow cooker to low heat.
- Set out fruit to thaw.
- Cook oatmeal according to directions of package.
- Place cooked oatmeal in slow cooker until ready to serve. Add small amount of water if oatmeal begins to dry out.
- To serve, scoop oatmeal into cup or bowl.
- Top with yogurt and fresh or thawed fruit.

## Tips and Modifications

- Choose plain oatmeal to let the sweetness of the fruit shine!

# Overnight oats

## Level 1

Time to prepare: 5 minutes

Serving size: 1 cup of oatmeal

Servings per recipe: 1

## Supplies

- Large mixing bowl
- Measuring cups and spoons
- Cups for serving

## Ingredients

- ½ cup Old fashioned oats
- ¾ cup Plain yogurt
- ¼ cup Milk or dairy alternative
- ¼ tsp Cinnamon
- ½ cup Blueberries, fresh or frozen

## Directions

- Mix all the ingredients together until they are blended.
- Place mixture into serving cup
- Refrigerate overnight.

## Tips and Modifications

- Substitute other seasonal or frozen fruit like raspberries or apples instead of blueberries.

# Homemade granola bar, yogurt, apple (1 of 2)

## Level 3

Time to prepare: 30 minutes

Serving size: 1 bar, yogurt, apple

Servings per recipe: 20 granola bars

## Supplies

- Stove top
- Mixing Bowl
- Pot
- Spoon
- 9x13 pan
- Spatula
- Napkins for serving

## Ingredients

### Granola

- 4 cup Old fashioned rolled oats
- 1 cup Crispy cereal such as a crispy rice cereal
- 1 ½ cup Dried unsweetened cranberries
- ½ cup Margarine or butter
- ¼ cup Brown sugar
- ¼ cup Honey
- 2 tsp Vanilla
- 2 tsp Cinnamon
- Cooking spray

### Serve with

- ¾ cup Plain yogurt
- Apple or other whole fruit

# Homemade granola bar, yogurt, apple (2 of 2)

## Directions

- Lightly grease a 9x13 pan with cooking spray and set aside.
- In a bowl, stir together the oats, crispy cereal and cranberries and set aside.
- In a small pot combine the margarine (or butter), brown sugar and honey.
- Heat the mixture up and stir well to completely dissolve the brown sugar. Bring to a boil. Cook over medium heat for 2 minutes. Remove from the heat and stir in the vanilla and cinnamon.
- Pour the wet ingredients over the dry ingredients and stir well to combine.
- Once completely combined, pour the mixture into the prepared pan and press down very well with a spatula (lightly oiled if the mixture is sticking).
- Cool completely before cutting into 20 bars.

## Tips and Modifications

- Bars will cut up easier when they are cold from the fridge.
- Make bars ahead and freeze until needed.
- Swap out the cranberries for raisins or currants or another chopped dried fruit.
- To make a larger batch, double the recipe and use rimmed baking sheet with wax paper. This will make about 40 bars!

# Finger pancakes with fruit sauce, milk

## Level 3

Time to prepare: 15 minutes

Serving size: 1 - 2 pancakes, 1/2 cup fruit sauce, milk

Servings per recipe: 4 pancakes

## Supplies

- Blender
- Stove top or griddle
- Pan
- Measuring cups and spoons
- Cups for serving

## Ingredients

### Pancakes

- ¼ cup Quinoa, dry
- ¼ cup Oats, dry
- 1 Banana
- 1 Egg
- 1 tbsp Milk

### Serve with

- ½ Frozen fruit (thawed) or apple sauce
- Milk, 1 cup or 250 mL carton

## Directions

- Place quinoa and oats in a blender and pulse to a fine powder.
- Add banana, egg and milk and continue blending until smooth.
- Heat a small amount of oil in a pan over medium heat.
- Pour batter into pan to form 4 pancakes.
- Flip the pancake when you see bubbles in the centre.
- Cut pancakes into long slices.
- Place fruit in bottom of cup. Add in pancakes slices and serve with milk.

## Tips and Modifications

- These pancakes are great fresh, or you can make a batch ahead of time and heat them in the toaster for breakfast.
- Use the applesauce recipe on page 15.



# Notes

# Notes

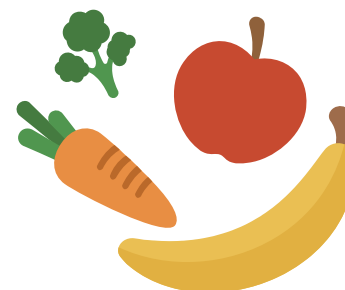
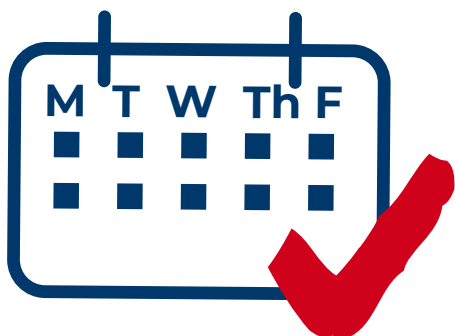
# Notes

# Let's continue to build up breakfast!

5 days/week

Universal

Vegetables & Fruits



Nourish is committed to supporting schools to strengthen and grow their school healthy eating programs.

Find resources, recipes & more at

[nourishns.ca](http://nourishns.ca)

