AVOCADO TOAST

INGREDIENTS
- 2 slices whole grain bread, toasted*
- 2-4 leaves of a leafy green such as spinach, arugula, or swiss chard
- ½ avocado, mashed
- 1 tomato, sliced
- 1 fried or hard boiled egg (optional)
- Dash of salt and pepper

DIRECTIONS
Slice a ripe avocado along the center and remove the pit (seed). Scoop out each half of the avocado into a bowl. Use a fork to mash the avocado and set aside. Slice one tomato into 4-5 slices. Toast the bread and place on plates. If using eggs, either peel and slice or fry eggs in a pan. Layer the ingredients on the toast and finish with a pinch of salt and pepper.

*For this recipe we used Arnold Organic/Brownberry Organic/Oroweat Organic 22 Grains & Seeds bread.

TIC TAC TOE TOAST

INGREDIENTS
- 2 slices of whole grain bread, toasted*
- 2-3 TBSP of nut butter (peanut butter and almond butter are great choices)
- 1 banana
- 1 cup of berries (strawberries, blueberries, and raspberries are all great options)
*Optional - serve with string cheese for added protein.

DIRECTIONS
Toast the bread and place on two plates. Spread 1-1 ½ TBSP of nut butter on each slice. Slice the banana. Arrange the banana and berries in a tic tac toe pattern (or other pattern you like). Serve remaining fruit in a bowl with string cheese as a side dish.

For this recipe we used Arnold Organic/Brownberry Organic/Oroweat Organic Kids White Made with Whole Wheat bread.

GO TO/TO GO OATS

INGREDIENTS
- 2 cups of old-fashioned rolled or steel cut oats (prepared ahead of time and use extra throughout the week)
- ½ cup of fresh or frozen berries
- 1 TBSP of nut butter
- 1 TBSP of nuts or seeds (almonds, walnuts, chia seeds, or pumpkin seeds)

DIRECTIONS
The day before, prepare 2 cups of oats as directed on the package. Steel cut and old-fashioned rolled oats will take a little longer to cook, but will provide more health benefits than quick or instant oats. Cool and store cooked oats in an airtight container in the refrigerator.

At breakfast time, warm 1.5 to 2 cups of cooked oats in a pan or microwave. Add berries to two small mason or jelly jars or other containers. (You can use frozen berries as well. The warm oatmeal will thaw them in just a few minutes!). Then, add the ¾-1 cup of warm oats to each container. Top with nut butter and your choice of nuts or seeds. Place the lid on the containers. Pack the oatmeal and a spoon for the kids to enjoy on the bus or once they arrive at school. This is an easy recipe for kids to make on their own once the oats are cooked.