



ONE-MINUTE BREAKFAST IDEAS FOR BACK TO SCHOOL

Research shows that kids who eat breakfast are more likely to have higher test scores in school, concentrate better with problem-solving skills used in reading, writing and math and have healthier body weights. Get the school year off to a great start by making breakfast a part of it and give kids (and grown-ups) the get-up-and-go they need to start the day.

Smart breakfast choices should include two or three food groups. Protein and fiber are excellent choices for breakfast as they are digested slowly and will help your kids feel full longer and stay satisfied. In fact, one study has shown that teens who ate a protein-rich breakfast were less hungry and ate fewer calories at lunch.

- Good protein breakfast choices: peanut butter or other nut butters, walnuts, almonds, sunflower seeds, eggs, hard-boiled eggs, string cheese, low-fat yogurt, low-fat milk (including chocolate or strawberry milk), drinkable yogurt, lean ham and sliced deli meat.
- Good fiber breakfast choices: choose a whole grain cereal with at least three to five grams of fiber, Fiber One chewy granola bar, Kashi bars, whole grain bread or English muffins, Western bagel, banana, orange, apple, strawberries.

TRADE-UP FOR HEALTH... BACK-TO-SCHOOL BREAKFAST

Use the NuVal score to trade up for health and help you make healthy choices for back-to-school breakfasts. The higher the score, the higher the nutrition value.



DID YOU KNOW...

Coconut water, known as nature's beverage for thousands of years, is the clear liquid inside young coconuts. Fans of coconut water praise it for being relatively low-calorie and packed with nutrition. It is naturally loaded with key electrolytes, and at just 60 calories, a single serving of coconut water also provides as much potassium as a banana.



WHAT'S NEW & EXCITING



YOGI GRANOLA CRISPS

Just in time for back-to-school snacking! Whole-grain goodness of granola in a crunchy, snackable flake. Combines 5 nutritious ancient whole grains including oats, barley, spelt, quinoa and amaranth. One-half cup serving has only 110 calories. Flavors include strawberry, blueberry-flax and cinnamon raisin. www.yogiproductions.com



PEANUT BUTTER & CO.

Flavored peanut butter in dark chocolate and cinnamon raisin swirl. All natural with no trans fat. Great on snack crackers or spread on a tortilla. www.ilovepeanutbutter.com



ALEXIA SWEET POTATO WAFFLE FRIES

Just bake and serve. Eat for a snack or as a side with an entrée. Excellent source of vitamin A. www.alexiafoods.com

BREAKFAST-TO-GO IN ONE MINUTE

Don't have enough time in the morning to eat breakfast? Here are three quick grab-and-go breakfast ideas that take less than one minute to prepare.

SWEET BANANA-ALMOND BREAKFAST

- 2 tbsp almond butter
- 1 Earthgrains Multi-Grain Sandwich Thin, halved, toasted
- 1 banana, sliced
- 1 tsp agave nectar

Spread almond butter over each half of toasted sandwich thin.

Top with sliced banana and drizzle with agave nectar.

STRAWBERRIES AND CREAM BREAKFAST

- 2 tbsp light plain cream cheese
- 1 Earthgrains Multi-Grain Sandwich Thin, halved, toasted
- 2 tbsp strawberry preserves
- 2 large strawberries, sliced

Spread cream cheese evenly over each toasted sandwich thin half.

Spread strawberry preserves over cream cheese layer.

Top with sliced strawberry.

PROTEIN-PACKED PARFAIT

- 1 tsp chia seed
- Honey vanilla Greek yogurt
- ¼ cup fresh blueberries
- 2 tbsp Erin Baker granola

Stir chia seeds into yogurt.

Top yogurt with blueberries and granola.

WATERMELON SIPPER

Serves 3 (1 cup each)

All you need

- 4 cups cubed watermelon
- ½ cup coconut water
- 2 tbsp Hy-Vee granulated sugar
- 1-½ cups ice, divided
- 3 slices lime

All you do

1. Place watermelon, coconut water and sugar in blender or food processor.
2. Blend or process until smooth.
3. Pour each serving over ½ cup ice and garnish with lime slice. If you prefer a smoother texture, strain before serving.

Nutrition Facts per serving: 90 calories, 0 g fat, 0 g saturated fat, 0 mg cholesterol, 50 mg sodium, 23 g carbohydrates, 1 g fiber, 20 g sugar, 2 g protein.

Daily Values: 25% vitamin A, 30% vitamin C, 2% calcium, 4% iron.

The information is not intended as medical advice. Please consult a medical professional for individual advice.