

# Breakfast Brain Boosts

Rise and dine! People who eat breakfast...

- ➔ are more alert and energetic,
- ➔ have better concentration, and
- ➔ start their day in a better mood.

Breakfast-eaters also have an easier time maintaining a healthy weight! Give yourself a boost by trying these quick, low-cost morning meals.

## Brain Boost #1: The Power Bowl

- ½ cup old fashioned oats
- 2 tablespoons raisins or dried cranberries
- 1 cup water
- ½ teaspoon cinnamon
- 1 teaspoon brown sugar
- Pinch of salt
- 1 egg, beaten well



Combine all ingredients in a microwave-safe bowl. Mix well. Microwave on high for 2½- 3 minutes.

*Serves 1. High in fiber, protein, and iron.*

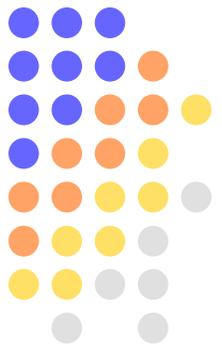
## Brain Boost #2: PB Banana Bites

- 4-6 whole grain crackers
- 1 tablespoon peanut butter
- ½ banana, cut into slices



Spread a thin layer of peanut butter on each cracker. Place 1 slice of banana on top of each one. Serve with a glass of low fat milk.

*Serves 1. High in protein and fiber.*



Questions about nutrition?  
CALL 1-877-FOOD-URI

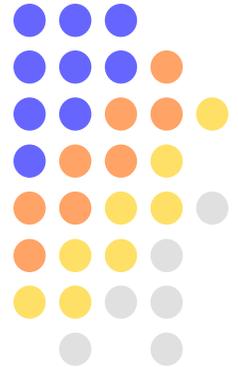
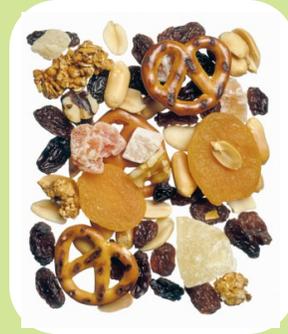
# Breakfast Brain Boosts

## Brain Boost #3: Wake-up Mix

- 1 cup whole grain cereal
- 2 tablespoons raisins or other dried fruit
- 2 tablespoons sunflower seeds, peanuts, other nuts

Mix all ingredients together and put in small plastic bag. How easy is that?!

*Serves 1. High in vitamin C, iron, fiber, and protein .*



## Brain Boost #4: Pancake Dippers

- $\frac{3}{4}$  cup whole wheat flour
- 1 tablespoon sugar
- 1 teaspoon baking powder
- $\frac{1}{4}$  teaspoon salt
- 1 egg
- 1 cup low fat milk
- 1 6-ounce container low fat yogurt (any flavor)
- 1 cup unsweetened applesauce or crushed pineapple



In a large bowl, mix together flour, sugar, baking powder, and salt. Set aside.

Crack egg into a medium-size bowl, then add the milk. Whisk egg mixture until well blended. Add the flour mixture to the egg mixture. Whisk again.

Preheat a non-stick skillet over medium heat. Use a tablespoon to drop the batter into the pan. Cook pancakes until small bubbles appear on top, then flip and cook one more minute.

Mix together yogurt and applesauce or pineapple, and use as dip for pancakes.

*Serves 3. High in protein, fiber, and calcium.*