



## Oatmeal Breakfast Muffins

### INGREDIENTS:

- 3 cups old fashioned oats
- 2 tsp baking powder
- 1 tsp cinnamon
- ½ tsp salt
- 2 large ripe bananas (~1 cup), smashed thin
- 2 eggs
- 1 c milk of choice
- ⅓ c maple syrup
- ¼ c melted butter or coconut oil
- 3 tsp vanilla extract

### Directions:

- Set oven to 350 degrees, grease mini muffin tin
- Blend 1c of oats in a food processor until it turns to a powder (don't over blend)
- In a large bowl add all the oats (1 c blended and 2 c whole oats), baking powder, cinnamon and salt
- In a medium bowl add smashed banana, eggs, milk, syrup, butter/oil and vanilla
- Pour wet ingredients into dry ingredients, mix until combined
- Add to muffin tin & bake for ~ 15 min (mini muffins)
- Muffins should be just golden on top

## POWER UP WITH BREAKFAST

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Children are officially back to school which means the morning routine is extra important. Often in the rush of the morning breakfast can get kicked to the curb, but for children, a solid breakfast is key to a successful day.

People who eat breakfast regularly tend to have an overall healthier diet. Children need breakfast to be able to focus at school and to support their nutritional needs for growth & development.

An easy breakfast formula you can follow: 1 whole grain + 1 fruit or veggie + 1 protein=powerhouse breakfast. Pair each breakfast with a glass of milk or a good milk alternative for an extra protein boost.

### 10 quick & nutritious breakfast ideas for children:

1. Whole grain "mini" bagel with nut/seed butter + sliced apples
2. Whole grain toast + scrambled egg + clementine
3. Unsweetened instant oatmeal + creamy nut/seed butter & raisins
4. Whole grain English muffin with nut or seed butter & strawberries
5. Breakfast Parfait (plain/low sugar yogurt + berries + whole grain cereal or low sugar granola)
6. Whole grain toaster waffle with nut/seed butter + sliced berries
7. Homemade muffin + fruit + yogurt or milk of choice
8. Blended fruit & vegetable smoothie (¼ c plain yogurt + ½ c fresh or frozen berries + ½ c chopped fresh spinach + ½ c ice chips + ¼ c water)
9. Cottage cheese + fresh fruit + whole grain crackers
10. Whole grain cereal + milk of choice + berries