



# Healthy Breakfast and Snack Ideas



## Make breakfast and snacks in just a few minutes!

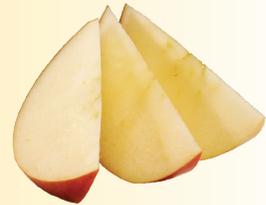
- Corn tortilla
- Beans
- Queso fresco



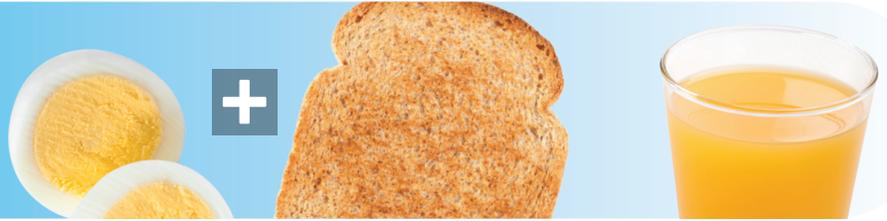
- Whole wheat toast and peanut butter
- Sliced bananas
- Lowfat (1%) or fat-free milk



- Whole wheat tortilla
- Lowfat string cheese
- Sliced apples



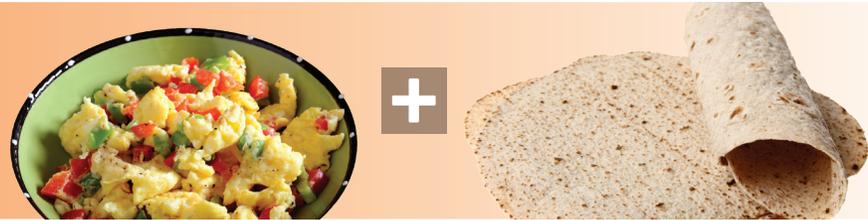
- Hard-boiled egg
- Whole wheat toast
- Small cup 100% fruit juice



- Raisins
- Lowfat cream cheese
- Graham crackers



- Left-over vegetables and scrambled eggs
- Whole wheat tortilla



- Whole grain cereal
- Lowfat or fat-free yogurt
- Fruit





## Time-saving Tips!

- Tear out these recipes and put them on your fridge!
- Wash and put whole fruit on the table the night before.
- use a microwave to cook eggs or quick oats in the morning.

# Zucchini Muffins

*Make these muffins when you have extra time and freeze them. Pull them out later for a healthy breakfast to take on-the-go.*

**MAKES 12 SERVINGS.** 1 muffin per serving. **PREP TIME:** 15 minutes **COOK TIME:** 25 minutes

- **Calories:** 142
- **Fat:** 5 g
- **Sodium:** 168 mg
- **Added Sugar:** 4 g per serving

## INGREDIENTS

- nonstick cooking spray
- 2 eggs
- ½ cup unsweetened applesauce
- ¼ cup granulated sugar
- 1 teaspoon vanilla extract
- 1¼ cups whole wheat flour
- ¼ teaspoon salt
- 1 teaspoon baking soda
- 1½ teaspoons ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves
- 2 cups grated zucchini (about 2 small zucchinis)
- ½ cup raisins
- ⅔ cup toasted and chopped pecans or walnuts

## PREPARATION

1. Preheat oven to 350°F.
2. Spray muffin pan (12 muffin cups total) w nonstick cooking spray and set aside.
3. In a large bowl, stir together eggs, applesauce, granulated sugar, and vanilla extract.
4. In a separate bowl, stir together flour, sal baking soda, cinnamon, ginger, and clov
5. Stir flour mixture into egg mixture until jus barely blended (there may be a few small lumps).
6. Gently stir in zucchinis, raisins, and nuts.
7. Divide batter evenly among muffin cups.
8. Bake 20 minutes or until a wooden tooth pick inserted in the center of a muffin comes out clean.

*Adapted from recipe courtesy of Cut 'n Clean Greens.*

**Nutrition information per serving:** Calories 142, Carbohydrate 21 g, Dietary Fiber 3 g, Protein 4 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 35 mg, Sodium 168 mg, Added Sugar 4 g



# Vegetable sticks with chili and lime

## INGREDIENTS

Jicama  
Cucumbers  
Zucchini  
Carrots  
Lime juice

## PREPARATION

1. Combine jicama, cucumbers, zucchini, and carrots in a medium bowl.
2. Add lime juice and stir.
3. In a small bowl, combine salt, chili powder, and cayenne pepper (optional). Sprinkle over cut vegetable sticks.
4. Put vegetable sticks onto a plate or in cups and enjoy with friends.



# Banana Berry Smoothie

*Make a smoothie for a quick on-the-go breakfast or refreshing summertime treat.*

**MAKES 2 SERVINGS.** 1 $\frac{1}{3}$  cups per serving. **PREP TIME:** 5 minutes

- **Calories:** 112
- **Fat:** 0 g
- **Sodium:** 29 mg
- **Added Sugar:** 0 g per serving

## INGREDIENTS

- ½ banana, peeled and sliced
- 1 cup unsweetened frozen berries (strawberries, blueberries, and/or blackberries)
- ½ cup 1% lowfat or fat-free milk or soft tofu
- ½ cup 100% orange juice

## PREPARATION

1. Place all ingredients in a blender container. Put lid on tightly.
2. Blend until smooth. If mixture is too thick, add ½ cup cold water and blend again.
3. Pour into 2 glasses and serve.



**Nutrition information per serving:** Calories 112, Carbohydrate 26 g, Dietary Fiber 3 g, Protein 3 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 29 mg

Your family's health is in your hands. For more healthy recipes visit [calfreshhealthyliving.org](http://calfreshhealthyliving.org)



The California Department of Public Health, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org).