



feedinglittles

Breakfasts *August 2018*

Whole grain toast cut into a fun shape topped with avocado/hard boiled egg or almond butter/sliced strawberries/chia seeds.

Oatmeal made with cow's milk or alternative milk (or water) - stir in peanut butter, sliced banana, shredded coconut and dash maple syrup if desired.

Smoothie (fresh or frozen fruit + Greek yogurt or non-dairy yogurt + coconut oil + sweetener if needed) + scrambled eggs + avocado slices.

French toast made with whole grain bread cut into strips; dip into Greek yogurt dip (yogurt + sun butter or PB) + fresh berries.

Egg cups: 9 eggs + cut veggies + shredded cheese (optional), mix together and pour into well-greased muffin tin and bake at 350 for 15 minutes or until set. Serve with fruit and whole grain English muffin with butter.

Make sure the first ingredient of your bread is whole grain (not enriched flour).

Get creative with oatmeal! serve it differently each time so your tot gets used to variety.

Make sure your smoothie has fat! Nut butters, coconut products, and yogurt are good options.

Choose whole milk yogurt instead of nonfat/low fat.

Serve your tot 1/2 - 1 egg cup and let them choose how much to eat (they may want more!) These freeze/refrigerate well.

Modify the suggestions above to account for allergies, intolerances and eating skills.

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