

FREE PRINTABLE

FAMILY-FRIENDLY

Breakfast



IDEAS

with allergy-friendly options



Breakfasts January 2019

Frozen waffle (toasted) topped with sun butter or peanut butter and smashed blackberries

Egg in a hole - cut a hole in the center of bread using a drinking glass, place in a buttered pan (can use oil) and cook for a few minutes. Crack an egg in the middle and gently scramble with a fork. Flip to cook both sides; season with s/p. Serve with fruit.

Breakfast banana "sushi": roll a banana in full-fat Greek yogurt (use dairy-free if necessary) and then roll in crushed low-sugar cereal like Trader Joe's O's. Top with chopped strawberries and chia seeds. Cut into "sushi" rounds for kids >4 or semi-circles for kids <4.

Whole grain tortilla with cream cheese and smashed raspberries rolled up and cut in half.

Inspiralized Beet and Oat Banana Muffins: preheat oven to 350F. combine 1 oz roasted beet, 1 banana, 2 eggs, 3 T rolled oats and 1 T. ground flaxseed in a blender; process til smooth. Grease a mini muffin tin (6 cavities) and pour in mixture. Bake for 20-22 minutes.

Egg free? Vans, 365 (Whole Foods), Trader Joe's and Kashi have options!

Omit/limit salt for babies under 6 months. This is a great way to serve eggs to kids who haven't been interested in them!

Check out our Yogurt Buying Guide for yogurt recs; try unsweetened yogurt or lightly sweeten by adding blended dates, maple syrup, coconut sugar or fruit

Dairy-free? Try Kite Hill or Daiya cream cheese spreads

These muffins are a "complete" breakfast, but you can serve them with fruit for more antioxidants and fiber!

Modify the suggestions above to account for allergies, intolerances and eating skills.
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fill up before a big day with
balanced, tasty options