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BREAKFAST

Meal Planning Series 1

This institution is an equal opportunity provider. Funded by the USDA Supplemental Nutrition Assistance Program (SNAP).

COMMON BREAKFAST INGREDIENTS:

- Eggs
- Toast
- Cereal (Hot and Cold)
- Pancakes
- Waffles
- Yogurt
- Milk
- Juice
- Fruits
- Vegetables
- Meat

Create your own breakfast!

(Choose one from each category for a well rounded meal)

1. Protein (ex: eggs, beans, tofu, ham, peanut butter)

2. Grains (ex: whole wheat bread, waffles, oatmeal, cheerios, whole wheat tortilla)

3. Fruit (ex: strawberries, avocado, banana, blueberries, raspberries, apple)

4. Vegetable (ex: spinach, peppers, mushrooms, kale)

5. Dairy (ex: yogurt, milk, cheese)

Ways to add vegetables into your breakfast:

1. In your eggs (omelet, frittata, scramble)
2. In a smoothie (spinach, kale, beets, pumpkin, carrots)
3. On a breakfast sandwich (spinach, mixed greens or avocado)

Other Breakfast Recipes:

- Oatmeal with sautéed apples and maple syrup
- Banana Pancakes with peanut butter drizzle
- Cheerio, fruit and yogurt parfait
- Spinach, tomato, cheddar cheese omelet
- Fruit smoothie

Egg Cups

Ingredients:

- 6 eggs
- Vegetables (3-4 of your choice)
- Mozzarella and Cheddar Cheese
- Salt and Pepper
- Cooking oil

Directions:

- Preheat the oven to 350 degrees. Then spray a muffin tin with cooking spray while you prep your ingredients.
- Chop all of your veggies into small pieces.
- In a medium bowl, crack your eggs and whisk until incorporated. Add salt and pepper.
- Assemble the cups in the muffin tin with whatever choice of veggies you'd like first. Then pour the whisked eggs over the veggies. Top off with cheese.
- Cook for 25 - 30min.

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Recipe & Picture source: <https://www.superhealthykids.com/recipes/breakfast-egg-cups-recipe/>

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