What’s for Breakfast?

Did you and your family eat breakfast today? If not, what held you back, and how did you feel on an empty stomach? Some people say they don’t have time for breakfast or they don’t enjoy eating traditional breakfast foods but get headaches, feel sleepy, are less focused or overeat later in the day when they skip breakfast.

The purpose of breakfast is to break your overnight fast and replenish nutrients you need to start your day. If you skip breakfast you could be going 12 or more hours without eating. Think of your body as a car; it needs to be refueled!

Make your first meal of the day a versatile and flexible grab and go meal to fit your likes and dislikes along with your schedule!

Benefits of eating breakfast

- Helps you perform at a higher level in school and in sports
- Improves physical and mental performance
- Increases concentration, focus and attention span
- Decreases irritability
- Helps meet daily nutritional needs

Try these creative quick meals

- Build a burrito (eggs, whole wheat tortilla, black beans, peppers, onions, veggies)
- Mix up a fruit smoothie
- Pair string cheese with whole wheat crackers
- Build a peanut butter and banana wrap or sandwich

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Breakfast time savers

- Prepare overnight oats in the evening for a quick grab and go snack—don’t forget a spoon!
- Prepare portioned snacks of dried fruit bits with whole grain cereal to eat as a snack. Wash down with a glass of skim milk.
- Prepare your supplies the night before and set the cereal box, bowls, whole fruit, spoons, and glasses on the table.
- Prepare scrambled egg muffins for the week and reheat in the morning (recipe below).

Scrambled Egg Muffins  Makes 6 muffins

**Ingredients:**
- 2 cups washed vegetables, diced (broccoli, red or green bell peppers, onion)
- 6 eggs
- 1/4 teaspoon salt (optional)
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1/2 cup low fat cheddar cheese, shredded

**Instructions:**
1. **Wash hands with soap and water for 20 seconds.**
2. Preheat oven to 350°F. Spray muffin tin with nonstick spray.
3. Add chopped veggies to the muffin tin.
4. Beat eggs in a bowl. Stir in salt, pepper, and garlic powder.
5. Pour eggs into the muffin tin and bake 20-25 minutes. To add cheese, remove the tin from the oven during the last 3 minutes of baking. Sprinkle the cheese on top of the muffins and return the tin to the oven.
6. Bake until the temperature reaches 160°F.

*Recipe source: Iowa State University Spend Smart, Eat Smart*

**Nutrition Facts:** Serving Size: 1 muffin, Calories: 100, Calories from fat: 50, Total fat: 6 g, Saturated fat: 2 g, Sodium: 230 mg, Dietary Fiber: 1 g, Sugar: 1 g, Protein: 9 g