

## Wake-Up Breakfast Smoothies

Makes 3 8-ounce smoothies

### Ingredients:

- 1 ¼ cups orange juice
- 1 banana
- 1 ¼ cups frozen berries (strawberries, blueberries, and/or raspberries)
- ½ cup low-fat vanilla yogurt OR silken tofu
- 1 tablespoon honey



### Directions:

1. Combine orange juice, banana, frozen berries, yogurt or tofu and honey in a blender. Blend until well combined. Enjoy!

*From EatingWell.com*

## Breakfast Parfait

Makes 1 serving

### Ingredients:

- Fresh or frozen fruit (apples, apricots, bananas, cherries, grapes, melons, oranges, peaches, pears, strawberries, etc.)
- 1 (8 ounce) container of your favorite low fat vanilla or fruit yogurt
- ¼ cup of your favorite whole grain cereal or low-fat granola

### Extra toppings:

- 1 tablespoon chopped nuts (almonds, pecan, walnuts, etc.)
- 1 tablespoon dried fruit (dried cranberries, cherries, raisins)



### Directions:

1. Wash the fruits you have chosen with running cold water and pat dry.
2. With a paring knife, dice enough fruit to measure ½ cup.
3. Using a spoon, put half the yogurt into glasses.
4. Spoon half the fruit on top of the yogurt.
5. Spoon half the cereal on top of the fruit.
6. Repeat above steps with remaining yogurt, fruit, and cereal.
7. Sprinkle the nuts and raisins on top.

*From The Good Housekeeping Illustrated Children's Cookbook*

# Blueberry Banana Muffins

Makes 12 muffins

## Ingredients

¾ cup non-fat or low-fat buttermilk  
¾ cup packed light brown sugar  
¼ cup canola oil  
2 eggs  
1 cup mashed ripe bananas (about 3 medium)  
1¼ cup whole-wheat pastry flour  
1 cup all-purpose flour  
1 ½ teaspoons baking powder  
¾ teaspoon ground cinnamon  
½ teaspoon baking soda  
½ teaspoon salt  
¼ teaspoon ground nutmeg  
1 ¼ cups blueberries, fresh or frozen



## Directions:

1. Preheat oven to 400°F. Coat 12 (1/2-cup) muffin cups with cooking spray or line with paper liners. 2. Whisk buttermilk, brown sugar, oil and eggs in a large bowl. Stir in mashed bananas.
2. Whisk whole-wheat pastry flour, all-purpose flour, baking powder, cinnamon, baking soda, salt and nutmeg in a medium bowl.
3. Fold the dry ingredients into the wet ingredients and stir until just combined. Fold in blueberries. Divide the batter among the prepared muffin cups (they will be full).
4. Bake until the tops are golden brown and a wooden skewer inserted in the center of a muffin comes out clean, 20 to 25 minutes. Cool in the pan for 10 minutes, then remove and let cool for at least 5 minutes more before serving.

**Make Ahead Tip:** Wrap and store at room temperature for up to 2 days or freeze for up to 1 month. To defrost and heat frozen muffins, remove plastic wrap, wrap in a paper towel and microwave on High for 30-45 seconds.

*From Eatingwell.com*