~Breakfast on the Go~

All of your favorites with a twist!

We have all heard the saying, “Breakfast is the most important meal of the day.” It is especially important for kids and teens. Eating breakfast helps kids have energy, do better in school, and continue to eat healthier throughout the day.

ONIE is here to help us get our day off to a good start with some yummy breakfast favorites. Even better, they are easy enough for school-aged children to do by themselves! We think you and the kids will love them!!

Breakfast Tortilla Wrap

Ingredients

- 1 small whole wheat flour tortilla
- 1 small banana
- 2 Tbsp peanut butter
- Drizzle of honey

Directions

1) Lay tortilla flat on a plate.
2) Spread 2 Tbsp of peanut butter across tortilla.
3) Drizzle honey over peanut butter to taste.
4) Place banana on edge of tortilla.
5) Wrap up and enjoy!

This material was funded by USDA’s Supplemental Nutrition Assistance Program [SNAP]. To find out more, call your local Department of Human Services (DHS) Office at 1.866.411.1877. This institution is an equal opportunity provider and employer.
**Breakfast Parfait**

**Ingredients**
- 1/2 cup plain nonfat yogurt
- Any kind of fruits and nuts for toppings!

**Directions**
Mix ½ cup plain yogurt with fruits and nuts.

It is that easy!!!  This simple parfait gives you nutrients from 3 food groups: dairy, protein, fruit! Nuts are a great source of protein. 1 ounce of nuts has 2.6 grams of protein.

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**Breakfast Pocket Sandwiches**

**Ingredients**
- Fork
- Toaster
- Two slices of bread
- 1 Tbsp jelly (may also use fresh or frozen fruit or honey)
- 1 Tbsp peanut butter

**Directions**
1) Spread ingredients on bread, leaving 1/2 inch on the outside edges.
2) Tear off the crust.
3) Use fork to press down in order to stick edges of bread together.
4) Place in toaster to heat and toast bread. Serve when toasted.

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In addition to these wonderful breakfast meals, try a glass of 1% low-fat milk. It has all the vitamins and nutrients of whole milk but with less saturated fat! We hope these quick and easy breakfast ideas help you and your family have a great start to your day!

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