

BEARY BEST BREAKFASTS

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Children will learn:

- The importance of eating breakfast
- Quick, simple breakfast ideas
- How to plan ahead for breakfast

Key Messages

Discussion prompt: *Why is eating breakfast important? What are some of the foods you like to have for breakfast? (Remember to not make comments about foods children may give as examples. All foods fit in a healthy eating pattern.)*

When you wake up in the morning, your body has been fasting (going without food) all night. It needs energy to be active and to fuel your brain so you can learn.

Discussion prompt: *What are some of the reasons people don't eat breakfast? What are some ways we can plan ahead to ensure we have breakfast?*

Some people don't eat breakfast because they don't have time or might not be hungry.

Plan ahead to have a few quick breakfast ideas and foods on hand so you can grab something quickly to take with you. This is important if you don't have time to eat breakfast, or if you aren't hungry right away when you wake up.

In your breakfast, try to include foods from the three food groupings from Canada's Food Guide—a vegetable or fruit, a whole grain and a protein food—for a balanced meal that will fill you up.

MESSY SCRAMBLED EGGS

Makes 6 Servings

Ingredients

1	Small onion
1	Small tomato
1/2	Green pepper
10	Eggs
1/3 cup (75 mL)	Milk
¾ cup (175 mL)	Grated cheese
2 tsp (10 mL)	Vegetable oil

Equipment

- Large mixing bowl
- Fork or whisk
- Dry and liquid measuring cups
- Measuring spoons
- Knife
- Cutting board
- Grater
- Large frying pan
- Spatula

Directions

- 1 Peel and mince the onion.
- 2 Wash and dice green pepper and tomato.
- 3 Grate cheese.
- 4 Crack eggs into the large bowl and whisk with the milk until well blended and starting to foam. Gently stir in the cheese and tomatoes and set aside.
- 5 Add oil to frying pan and heat on medium.
- 6 Add the onion and green pepper. When they've been sizzling for a few minutes, pour in the egg mixture.
- 7 Allow the eggs to cook for about 2 minutes, then begin to scramble the mixture by gently running the spatula along the bottom of the pan back and forth. Continue to scramble for about 5 minutes. When all areas of the eggs are cooked, remove from the skillet and serve.



Environment Tip Swap the vegetables for what is in season or what you have in the fridge, like mushrooms, zucchini, broccoli or asparagus.



Culinary Tip Frying the onion and green pepper first gives them more flavour and a better texture than just adding them to the egg mixture raw because they take a bit longer to cook.

BREAKFAST BURRITOS

Makes 6 Servings

Ingredients

6 large whole wheat tortilla wraps

Messy Scrambled Eggs (previous recipe)

Any desired toppings such as spinach, salsa, ketchup, black beans or more cheese

Equipment

- Plates
- Spoons

Directions

- 1 Place a wrap on a plate.
- 2 Put eggs in a line in the middle of the wrap, taking care not to have them too close to the edge.
- 3 Add desired toppings on top of the eggs.
- 4 Fold in the sides of the wrap and roll it up. Cut in half and enjoy!



Nutrition Tip Breakfast burritos are filling and they include all three food groupings

What does a burrito say when it finishes doing something?
That's a wrap.

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**ADVENTURES
IN COOKING**

ROASTED VEGETABLES

Makes 6 Servings

Ingredients

4	medium sized potatoes
3	carrots
3 tbsp (45 mL)	vegetable oil
½ tsp (2.5 mL)	salt

Equipment

- Scrub brush or peeler
- Chef's knife
- Cutting board
- Large mixing bowl
- Large baking sheet
- Large spoon
- Oven mitts

Directions

- 1 Preheat the oven to 400°F.
- 2 Wash the potatoes and carrots. Scrub with brush or peel vegetables.
- 3 Chop into 1 inch (2 cm) pieces until you have about 6 cups. Do your best to get them the same size, so they cook evenly.
- 4 Place the potatoes and carrots in a bowl and add the oil and salt. Mix well.
- 5 Spread onto a baking sheet in a single layer. Bake for 30–45 minutes, or until well roasted, stirring halfway through.



Creativity Tip Other vegetables that work well in this recipe are beets, turnip, parsnips, sweet potatoes, butternut squash, and onion!



Environment Tip Store leftovers in the fridge and reheat as a side dish with many different meals.



Meal Idea Serve with Messy Scrambled Eggs and toast.



Cooking Term *Roast* means to cook food in an uncovered pan or dish in the oven. This way of cooking browns the outside of food and adds flavour.

QUICHE MUFFINS

Makes 12 Muffins

Ingredients

1	Medium onion
2½ cups (590 mL)	Frozen broccoli, thawed
½ cup (125 mL)	Grated parmesan cheese
6	Eggs
3 tbsp (45 mL)	Vegetable oil
1 ¼ cups (310 mL)	All-purpose flour
1 tbsp (15 mL)	Baking powder
1 tsp (5 mL)	Dried oregano
1 tsp (5 mL)	Dried thyme
¼ tsp (1 mL)	Garlic powder

Equipment

- Knife
- Cutting board
- Frying pan
- Spatula
- Large bowl
- Medium bowl
- Mixing spoons
- Dry measuring cups
- Measuring spoons
- Fork or whisk
- Muffin tin(s)
- Oven mitts



Culinary Tip Rubbing (or crushing) dried herbs between the palms of your hands brings out their flavour.



Meal Idea These are a great grab and go breakfast to have on hand, or they can be added to a school lunch.



Freezer-Friendly

Directions

- 1 Preheat oven to 375°F.
- 2 Finely dice the onion and broccoli.
- 3 In a medium bowl, beat eggs until foamy. Blend in vegetable oil.
- 4 Then add the onion, broccoli and parmesan cheese. Stir to combine and set aside.
- 5 Add the flour, baking powder, oregano, thyme, and garlic powder to the large bowl. Stir to combine.
- 6 Make a well in the center of the dry ingredients, then pour in the egg mixture. Stir just until ingredients are combined. Don't overmix.
- 7 Pour into greased muffin tins.
- 8 Bake for 20–25 minutes or until lightly browned. Test for doneness with a toothpick. If the toothpick comes out clean, they're done. If it's gooey, the muffins need a few more minutes.
- 9 Serve warm or cold.

FRENCH TOAST

Makes 6 Servings

Ingredients

6	Eggs
¼ cup (60 mL)	Milk or fortified soy beverage
1 tsp (5 mL)	Vanilla
12 slices	Whole grain bread
4 tsp (20 mL)	Vegetable oil
	Cinnamon, maple syrup, yogurt and fruit for serving

Equipment

- Liquid measuring cup
- Measuring spoons
- Large mixing bowl
- Fork or whisk
- Spatula
- Large frying pan



Culinary Tip This recipe is a great way to transform bread that is going stale into a delicious meal.

Directions

- 1 Crack eggs into a large bowl. Add in the milk and vanilla. Mix well with a fork or whisk.
- 2 Place three slices of bread into the egg mixture, ensuring each side of the bread is moistened. Allow to soak for 10–20 seconds.
- 3 While the bread is soaking, heat the frying pan over medium heat. Put 1 tsp oil in the pan.
- 4 Remove the bread from the egg mixture one slice at a time, letting the excess liquid drip off. Place bread slices on the hot frying pan. If three slices don't fit in your frying pan, just do one or two at a time.
- 5 Cook until the bottom is golden brown. Carefully flip and cook the other side until lightly browned.
- 6 Repeat until all the slices of bread are cooked, adding 1 tsp oil to the frying pan with each new batch of bread.
- 7 Serve immediately with toppings such as sprinkled cinnamon, maple syrup, yogurt, and chopped fruit or berries.

Variations

French Toast Sticks: Cut French toast into strips and serve with maple syrup and/or yogurt for dipping for a breakfast finger food.

French Toast Kebobs: Chop the French toast into cubes and place onto wooden skewers, alternating with chopped fruit or berries for a fun breakfast snack.

EASY OVERNIGHT OATMEAL

Makes 1 Serving

Ingredients

½ cup (125 mL) Large flake oats

½ cup (125 mL) Milk or fortified soy beverage

Equipment

- Container or Mason jar
- Spoon
- Dry measuring cups
- Measuring spoons
- Liquid measuring cup
- Knife
- Cutting board



Culinary Tip There are different kinds of oats—instant, quick, large flake and steel cut. They all have different textures and cooking times.



Creativity Tip Flavoured single packages of oatmeal are more expensive than plain oatmeal. Make it homemade and flavour your oatmeal the way you like it!

Directions

- 1 Add oats and milk to a jar or container. Stir to combine.
- 2 Prepare and add toppings of your choice, such as:

Nut Butter and Jam

- 1 tbsp (15 mL) jam
- 2 tbsp (30 mL) peanut butter or other nut/seed butter
- 2 tbsp (30 mL) chopped nuts (optional)

Apple Pie

- 1 tbsp (15 mL) brown sugar
- ¼ cup (60 mL) plain yogurt
- ¼ tsp (2 mL) cinnamon
- ½ cup (125 mL) diced apple

Chocolate Banana

- ½ tbsp (8 mL) cocoa powder
- 1 tbsp (15 mL) brown sugar
- Sliced, ripe banana

- 3 Stir to mix the ingredients. Refrigerate overnight or for at least 5 hours.
- 4 Before eating, stir once more. Serve cold or heated in the microwave, in a microwave safe container.

BEST EVER BANANA BLUEBERRY MUFFINS

Makes 12 Muffins

Ingredients

3	Ripe bananas
1	Egg
1/3 cup (80 mL)	Margarine, butter or oil
1/2 cup (125 mL)	Sugar
1 tsp (5 mL)	Vanilla
1 tsp (5 mL)	Baking powder
1 tsp (5 mL)	Baking soda
3/4 cup (175 mL)	Whole wheat flour
3/4 cup (175 mL)	All-purpose flour
1/4 tsp (1 mL)	Salt
1/2 cup (125 mL)	Fresh or frozen blueberries

Equipment

- Muffin tin
- Muffin liners (optional)
- 2 mixing bowls
- Potato masher or fork
- Mixing spoon
- Dry measuring cups
- Measuring spoons
- Spoon
- Oven mitts
- Toothpicks
- Cooling rack (optional)

Directions

- 1 Preheat the oven to 375°F.
- 2 Line a muffin pan with liners or grease the pan with some cooking oil.
- 3 Mash bananas in a large bowl. Mix in egg, margarine, sugar and vanilla and stir until well combined.
- 4 In another bowl, mix the baking powder, baking soda, whole wheat flour, all-purpose flour, and salt until well blended.
- 5 Add the flour mixture to the banana mixture, mixing until just blended. Gently fold in the blueberries, taking care not to overmix which can make the muffins tough.
- 6 Scoop the batter into the muffin pan. Try to get an even amount of batter in each muffin spot so they cook evenly.
- 7 Bake for about 15–20 minutes or until golden brown on top. Remove the muffins from the oven and test for doneness by poking a few of the muffins with a toothpick. If the toothpick comes out clean, they're done. If it's gooey, the muffins need a few more minutes in the oven.
- 8 Allow the muffins to cool for a few minutes in the pan and then remove to a cooling rack or a plate to cool completely. Store in an airtight container.



Freezer-Friendly These muffins freeze well! Put some in the freezer to grab for a quick addition to your school lunch.

Why did the banana go to the doctor?
Because it wasn't peeling well.



SMOOTHIE TIME!

Makes 2 Servings

Ingredients

Green Monster Smoothie

1 cup (250 mL) Milk or fortified soy beverage

1 cup (250 mL) Vanilla yogurt

2 Ripe bananas

A big handful of fresh spinach

Sunset Smoothie

1 cup (250 mL) Milk or fortified soy beverage

1 cup (250 mL) Vanilla yogurt

2 cups (500 mL) Frozen fruit such as strawberries, mango or mixed berries

Equipment

- Blender
- Spoons
- Glasses
- Liquid and dry measuring cups

! Kitchen Safety Tip The blade on the blender is very sharp. Don't touch the blade and make sure the blender is not plugged in when putting ingredients in and when cleaning it.

📖 Cooking Term *Blend* means to mix two or more ingredients together, until they are combined into one mixture.

Directions

- 1 Combine all ingredients in a blender, adding the milk and yogurt first.
- 2 Blend on high speed for one minute or until smooth. If it seems too thick, add ½ cup of milk.
- 3 Pour into glasses and serve.

Why aren't bananas lonely?
They hang out in bunches.

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HARD-BOILED EGGS

Makes 6 Servings

Ingredients

6 Eggs

Equipment

- Medium sized pot
- Timer
- Colander

Directions

- 1 Place the eggs in the pot.
- 2 Fill the pot with water so it covers the eggs by about 1 inch (2.5 cm).
- 3 Put the pot on the stove and bring the water to a boil on high heat.
- 4 As soon as the water is boiling, turn off the burner and remove the pot from the heat. Set the timer for 12 minutes.
- 5 When 12 minutes is up, gently pour the eggs into the colander in the sink and rinse with cold water. Allow to cool slightly before peeling.
- 6 Crack the eggshell gently by tapping it on the counter and peeling it off. Rinse with water if needed.
- 7 If the eggs aren't going to be eaten right away, don't peel them and place them in the fridge.



Meal Idea Try hard-boiled eggs mashed on toast, sliced on salad or a cracker, or whole with a meal or snack. Or use them in 'Eggcellent' Pasta Salad or Egg Salad Sandwiches, both in the Lunch section.



Cooking Term *Boil* means to heat liquid (usually water) until many bubbles appear on the surface.

GRAB N' GO GRANOLA

Makes 5 Cups

Ingredients

4 cups (1 L)	Quick cooking oats
½ cup (125 mL)	Mixed sesame seeds, sunflower seeds or pumpkin seeds
1 tsp (5 mL)	Cinnamon
1 tbsp (15 mL)	Warm water
1 tbsp (15 mL)	Maple syrup
1 tsp (5 mL)	Vanilla
½ cup (125 mL)	Raisins or dried cranberries

Equipment

- Large mixing bowl
- Small bowl
- Mixing spoon
- Dry measuring cups
- Measuring spoons
- Large baking sheets
- Oven mitts



Culinary Tip If you only have one baking sheet, you can cook the granola in batches.



Meal Idea Serve with milk, yogurt or as a part of a Buried Treasure Parfait!

Directions

- 1 Preheat the oven to 300°F. Lightly grease 2 baking sheets.
- 2 In a large bowl, stir oats with cinnamon and seeds.
- 3 In a small bowl, stir warm water with maple syrup and vanilla.
- 4 Pour the liquid mixture onto the oat mixture and stir to moisten the oats.
- 5 Spread out the mixture on the pans. Bake in the oven, carefully stirring every 10 minutes to ensure even cooking.
- 6 Cook until the granola is golden brown, about 30–40 minutes.
- 7 Remove granola from the oven. Carefully scoop into a bowl and mix in the dried fruit. Allow it to cool.
- 8 Store in airtight containers for up to three weeks or freeze for up to 3 months.

BURIED TREASURE PARFAITS

Makes 6 Parfaits

Ingredients

1 cup (250 mL)	Grapes or other seasonal fruit
1 cup (250 mL)	Berries (fresh or frozen)
3	Bananas
3 cups (750 mL)	Vanilla or fruit yogurt
2 cups (500 mL)	Grab n' Go Granola or granola cereal

Equipment

- Colander
- Paring knife
- Cutting board
- Mixing bowls
- Mixing spoon
- Dry measuring cups
- Spoons
- Clear glasses or bowls

Directions

- 1 Place the grapes and berries into the colander and wash under running water.
- 2 Cut the grapes in half.
- 3 Peel and cut up the banana into bite sized pieces.
- 4 Put all the fruit into a large mixing bowl and mix.
- 5 Place yogurt and granola into separate mixing bowls.
- 6 Assemble the parfaits with $\frac{1}{2}$ cup fruit on the bottom, then $\frac{1}{2}$ cup yogurt, and $\frac{1}{3}$ cup granola on top. Enjoy!



Creativity Tip Use seasonal fruit like chopped peaches, melon or pears. Be creative!



Nutrition Tip Parfaits make a nice, balanced breakfast with the three food groupings. Pack one in a container for a quick, nutritious breakfast to go!

Why are the Knights of the Round Table so cheap?
They are always cutting corners!

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**ADVENTURES
IN COOKING**

BERRYLICIOUS PANCAKES

Makes 6 Servings

Ingredients

1 cup (250 mL)	Whole wheat flour
1 cup (250 mL)	All-purpose flour
2 tbsp (30 mL)	Sugar
2 tsp (10 mL)	Baking powder
½ tsp (2.5 mL)	Salt
3 tbsp (45 mL)	Vegetable oil
2	Eggs
2 cups (500 mL)	Milk
1½ cups (375 mL)	Blueberries or other berries
1 tbsp (15 mL)	Canola oil for each time you add batter to the frying pan

Maple syrup, yogurt, sunflower seed butter, or other toppings of choice

Equipment

- Liquid and dry measuring cups
- Measuring spoons
- Large mixing bowl
- Medium mixing bowl
- Mixing spoon
- Whisk or fork
- Large frying pan or griddle
- Ladle or ¼-cup measuring cup
- Spatula

Directions

- 1 In a large bowl, combine flours, sugar, baking powder and salt. Set the bowl aside.
- 2 Crack eggs into a medium sized bowl, then add the milk and oil. Whisk together until well mixed.
- 3 Add the egg mixture to the flour mixture. Whisk together until just blended, taking care not to overmix. Gently fold in the berries.
- 4 Heat frying pan on medium heat. Add oil. Repeat this step each time you add new batter.
- 5 Ladle about ¼ cup of batter into the pan for each pancake.
- 6 Cook pancakes until small bubbles appear on top and the edges are dry. Use a spatula to see if the pancakes are light brown on the bottom. When they are, flip them over with the spatula and cook for 1–2 minutes more.
- 7 Remove pancakes when they are golden brown on both sides and put on a plate to enjoy.



Creativity Tip You can experiment with making different sized pancakes. Try making some small ones and some BIG ones! Which do you like best?

VEGGIE FRITTATA

Makes 6 Servings

Ingredients

1		Small onion
6		Mushrooms
½		Head of broccoli
2 tbsp	(30 mL)	Cooking oil
10		Eggs
½ cup	(125 mL)	Milk
¾ cup	(175 mL)	Grated cheese
½ tsp	(2.5 mL)	Salt

Equipment

- Grater
- Knife
- Cutting board
- Measuring spoons
- Liquid and dry measuring cups
- Frying pan
- Spatula
- Large bowl
- Whisk or fork
- 9x13-inch baking pan
- Oven mitts



Culinary Tip *How to grease a pan:*

Place a few drops of oil or a small amount of margarine or butter onto a paper towel and rub it all around the pan. This prevents food from sticking to the pan.



Environment Tip To reduce food waste, use the broccoli florets and stalk in this recipe. To prepare the stalk, peel the outside layer and cut away the tough parts.

Directions

- 1 Preheat the oven to 350°F.
- 2 Grate the cheese. Set aside.
- 3 Grease the baking pan. Set aside.
- 4 Wash mushrooms and broccoli. Peel onion. Dice the onion, mushrooms, and broccoli.
- 5 Heat the frying pan over medium high heat and add the oil. Add the onion, mushrooms and broccoli, and sauté until soft and just starting to brown. Remove from the heat.
- 6 Spread the sautéed vegetables around the bottom of the baking pan.
- 7 Mix the eggs, milk, cheese and salt in a large bowl until well combined. Pour over the vegetables into the baking pan.
- 8 Bake for about 25 minutes. Keep an eye on it and take it out of the oven when the middle is set. Take care not to overbake.
- 9 Allow to cool for 5 minutes and then serve.

FRUIT SALAD

Makes 6 Servings

Ingredients

2	apples
2	pears
2	plums
½	honeydew melon or cantaloupe
¼ cup (60 mL)	orange juice (optional)

Equipment

- Knife
- Cutting board
- Liquid measuring cup
- Large bowl
- Large spoon

Directions

- 1 Wash all fruit.
- 2 Quarter and core the apples and pears. Coarsely chop and put into a large bowl.
- 3 Cut the plums in half, remove the pits and slice. Add to the bowl.
- 4 Scoop out the seeds from the melon and cut off the skin. Coarsely chop. Add to the bowl.
- 5 If using, pour orange juice over the chopped fruit and stir to combine. Fruit salad will keep in the fridge for 2 days.



Meal Idea Serve fruit salad on the side with your breakfast or as a dessert.



Creativity Tip Fruit salad can be made with any fresh fruit. Use what you have on hand or pick your favourites from the grocery store to combine into a sweet, tasty salad.

What food
always travels
in twos?
Pears.

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MORNING GLORY MUFFINS

Makes 18 Muffins

Ingredients

1 cup	(250 mL)	Raisins
2 cups	(500 mL)	Warm water
1 cup	(250 mL)	Whole wheat flour
1 cup	(250 mL)	All-purpose flour
1 tbsp	(15 mL)	Baking powder
2 tsp	(10 mL)	Baking soda
1 tsp	(5 mL)	Salt
1 tsp	5 mL)	Cinnamon
4		Eggs
½ cup	(125 mL)	Vegetable oil
½ cup	(125 mL)	Applesauce
¾ cup	(175 mL)	Brown sugar
4 or 5		Carrots, grated to equal 3 cups (750 mL)

Equipment

- Muffin pan
- Muffin liners (optional)
- Liquid and dry measuring cups
- Measuring spoons
- Small bowl
- Colander
- Grater
- 2 large bowls
- Mixing spoon
- Oven mitts
- Toothpicks
- Scrub brush or peeler

Directions

- 1 Preheat oven to 350° F. Grease the muffin pan or line it with muffin liners.
- 2 Combine raisins and water in a small bowl. Let soak for 10 minutes. Drain raisins and set them aside.
- 3 Wash the carrots. Scrub with brush or peel.
- 4 Grate the carrots until you have 3 cups (750 mL). Set aside.
- 5 In a large bowl, mix flours, baking powder, baking soda, salt and cinnamon.
- 6 In a separate bowl, combine eggs, oil, applesauce and brown sugar. Beat well.
- 7 Combine egg mixture and flour mixture. Mix just until moistened.
- 8 Fold in carrots and (drained) raisins. Spoon into the muffin pan.
- 9 Bake for 20–30 minutes or until a toothpick inserted in the centre comes out clean.



Cooking Term *Fold* means to mix ingredients together very gently.