

# November

## Recipe and Nutrition Box

### 3 INGREDIENT MUFFINS



### Healthy 3 Ingredient Muffins

- 2 bananas, mashed
- 4 eggs
- Approximately 1 cup of any berry of your choice!

#### Directions

- Preheat oven to 375°F (190°C).
- Mash both bananas.
- Whisk in the eggs until combined.
- Spray a mini muffin tin with cooking spray.
- Add a few berries to each compartment and pour the banana egg mixture until each compartment is filled.
- Bake for approximately 12 minutes or until mixture appears set.

Picture and Recipe sourced from: <http://winkgo.com/flourless-berry-egg-muffin-recipe/>

### Breakfast Bark

- Yogurt
- Variety of Fruit

#### Directions

- Line a large baking sheet with parchment paper. Pour the yogurt onto the baking sheet and spread
- Sprinkle on the chopped fruit and freeze for 3-4 hours until frozen solid.
- Slice up and enjoy!



Picture and recipe sourced from : <http://www.courtneysweets.com/2016/04/frozen-yogurt-fruit-bark-recipe.html>



### Bagel Fruit Pizzas

- Whole wheat bagels
- Variety of fruit
- Yogurt or cream cheese

#### Directions

- Toast bagels and spread yogurt on top
- Top with variety of fruit

Picture and Recipe sourced from: <http://www.number-2-pencil.com/2015/06/04/bagel-fruit-pizzas/>



## Breakfast Banana Split

- Bananas
- Assorted Fruit
- Yogurt (any flavour)
- Granola

### Directions

- Slice bananas in half length-wise
- Fill space in between with yogurt
- Top with fruit and granola

Picture and Recipe sourced from : <http://www.simplehealthykitchen.com/healthy-breakfast-banana-split/>

## Fruit Pancake Stackers

- Mini skewers
- Variety of fruit (your choice)
- Whole wheat pancake mix

### Directions

- Prepare mini pancakes ahead of time to allow them to cool. Do this the same way you would normally prepare pancakes, only in a smaller bite-size fashion.
- After pancakes have had a chance to cool down, begin to stack layers of pancakes and fruit on a skewer in an alternating style.

*Optional*: dip pancake stackers in yogurt

Picture and Recipe sourced from : <http://www.eatsamazing.co.uk/family-friendly-recipes/dessert-sweet-treat-recipes/fruity-mini-pancake-stackers>



## **Nutrition Note – November 2016**

### Importance of Breakfast

We've all heard that breakfast is the most important meal of the day; the foods we eat fuel our minds and bodies and without breakfast our day just would not start off right. It's not only important to eat breakfast each morning, but it's also important to consider the foods you and your family eats for breakfast. Starting your day off with a healthy well balanced breakfast can make all the difference to how you feel, the way you think, your energy and attentiveness throughout the day.

Your breakfast should be well balanced and include at least 3 out the 4 food groups. When choosing grains, choose whole grains such as whole wheat. When choosing fruits, choose fresh, frozen or canned; if canned or packaged make sure they are packed in water or 100% juice. When choosing milk products, consider milk, hard cheese instead of sliced/processed cheese and yogurts low in sugar (plain yogurts are also a great choice and can be sweetened naturally). Breakfast proteins often tend to be high in sodium and fat. Choose healthier options like eggs and peanut butter. If you and your family choose to eat breakfast meats make it occasional and in moderation, be mindful of your portion size as well aim to purchase low fat and low sodium choices.