



Better for you Back to School Breakfast Ideas!

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Raspberry Applesauce Muffins



Prep Time: 10 minutes

Bake Time: 22-24 minutes

Amount: 12 muffins

ingredients

1 cup **wild harvest™ organic raspberry applesauce**

½ cup low-fat buttermilk

⅓ cup **wild harvest™ organic cane sugar**

¼ cup 100% liquid egg whites

2 tablespoons extra light olive oil

1½ cups **wild harvest™ organic whole wheat flour**

1 teaspoon baking soda

½ teaspoon freshly ground **wild harvest™ natural sea salt**

1 cup muesli cereal

1 cup **wild harvest™ organic frozen raspberries**, broken

directions

1. In large mixing bowl, combine applesauce, buttermilk, sugar, eggs and oil. Mix with electric mixer until well combined.

2. Add flour, baking soda and salt; continue mixing until well combined.

3. Stir in cereal and raspberries. Transfer to 12 greased or lined muffin cups.

4. Bake in a preheated 375°F oven 22-24 minutes or until a knife inserted in the center comes out clean. Remove from pan to cool.

USE ORGANIC PRODUCTS WHENEVER POSSIBLE.

nutritional info

Serving Size:

1 muffin

Amount Per Serving:

Calories: 150

Total Fat: 4g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 200mg

Carbohydrates: 28g

Dietary Fiber: 4g

Pomegranate Blueberry Smoothie



Prep Time: 5 minutes

Cook Time: n/a

Amount: 2 servings

ingredients

1 cup ice cubes

1 cup **Jewel® frozen blueberries**

2/3 cup pomegranate blueberry juice

1 (6 ounce) container fat free vanilla yogurt (about 1/2 cup)

directions

1. Combine all ingredients in a blender. Blend to desired consistency.
2. Divide among 2 glasses; serve.

nutritional info

Serving Size:

1/2 of recipe

Amount Per Serving:

Calories: 145

Total Fat: 0g

Saturated Fat: 0g

Cholesterol: 2mg

Sodium: 60mg

Carbohydrates: 30g

Dietary Fiber: 3g

Banana Orange Swirly Goodness

Submitted by: Jasperbell

Courtesy www.allrecipes.com

Prep Time: 10 Minutes

Ready In: 10 Minutes

Servings: 4

Overview:

"Throw together a bit of banana, orange, and raspberry yogurt with a pinch of nutmeg and honey and you have a yum-a-licious breakfast treat or snack!"

Ingredients:

- 2 frozen bananas, peeled and cut into
- 1 (8 ounce) container raspberry

- chunks
- 1 orange - peeled, segmented, and seeded
- yogurt
- 1 1/2 tablespoons honey
- 1/2 teaspoon ground nutmeg

Directions:

1. In a blender, blend the bananas, orange, raspberry yogurt, honey, and nutmeg until smooth.

Nutrition note: skip the honey to save calories or if making this for kids younger than 12 months.

Apple Ladybug Treats

Submitted by: VEROS01

Courtesy www.allrecipes.com

Prep Time: 10 Minutes

Ready In: 10 Minutes

Servings: 4

Overview:

"Red apples are decorated to look like lady bugs. This is a quick and fun snack that kids will enjoy making and eating. For once kids can play with their food."

Ingredients:

- 2 red apples
- 1/4 cup raisins
- 1 tablespoon peanut butter
- 8 thin pretzel sticks

Directions:

1. Slice apples in half from top to bottom and scoop out the cores using a knife or melon baller. If you have an apple corer, core them first, then slice. Place each apple half flat side down on a small plate.
2. Dab peanut butter on to the back of the 'lady bug', then stick raisins onto the dabs for spots. Use this method to make eyes too. Stick one end of each pretzel stick into a raisin, then press the other end into the apples to make antennae.

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