



Naturals

Healthy and Nutritious Advice from The Meal Makeover Moms: Janice Newell Bissex & Liz Weiss

Creative Breakfast Recipe Ideas Help Kids Integrate Natural Cereals into Morning Routine

For many families, back-to-school means getting back into the habit of eating a healthy morning breakfast to start the day off right. Yet research shows that teens (and their parents and siblings) don't always eat breakfast regularly. And skipping breakfast can lead to lower performance when it comes to hitting the books.

Enter the Meal Makeover Moms – Liz Weiss and Janice Bissex – two registered dietitians and moms who understand the challenges of getting busy kids to eat a healthy breakfast. They have developed the following nutritious breakfast recipes with Mom's Best® Naturals ready-to-eat cereals. They chose Mom's Best® Naturals because the cereals don't include any artificial colors, flavors, artificial preservatives, partially hydrogenated oils or high fructose corn syrup. The cereals are also affordable, with suggested retail prices 20-50 percent less per ounce than other natural and organic cereals on the market today. Enjoy!

Mom's Best® Power Breakfast

Makes 1 Serving

Ingredients:

- 1/4 cup Mom's Best® Naturals Quick Oats
- 1 teaspoon ground flaxseed
- 1/2 cup 1% lowfat milk
- 1/4 cup blueberries
- 1 teaspoon pure maple syrup
- 1 to 2 tablespoons chopped nuts, optional

Cooking Instructions:

1. Combine the oats, ground flaxseed, and milk in a large, microwave-safe bowl and stir to combine.
2. Place in the microwave, uncovered, and heat on high for 90 seconds.
3. Remove carefully and stir in the blueberries, maple syrup, and nuts as desired.

Nutrition Information per Serving: 180 calories, 4g fat (1g saturated, 0.5g omega-3), 65mg sodium, 31g carbohydrate, 3g fiber, 8g protein, 15% calcium

See page 2 and 3 of this document for Toasty-O-Granola and Breakfast Bar recipes!





Naturals

Healthy and Nutritious Advice from The Meal Makeover Moms: Janice Newell Bissex & Liz Weiss

Toasty O's® Granola

Makes 12 Servings

Ingredients:

- 3 cups Mom's Best® Naturals Quick Oats
- 2 cups Mom's Best® Naturals Toasty O's®
- 1 cup slivered almonds
- 1/4 cup ground flaxseed
- 1 teaspoon cinnamon
- 1/4 cup maple syrup
- 1/4 cup apple juice
- 1/4 cup canola oil
- 1/4 cup brown sugar
- 1 teaspoon vanilla extract
- 2/3 cup dried currants or raisins

Cooking Instructions:

1. Preheat oven to 350°F. Lightly oil or coat a large baking sheet with nonstick cooking spray and set aside.
2. Combine the oats, Toasty O's®, almonds, flaxseed, and cinnamon in a large bowl.
3. Whisk together the maple syrup, apple juice, canola oil, brown sugar, and vanilla extract in a medium bowl, then stir into the oat mixture until well coated.
4. Spread the mixture evenly on the baking sheet and bake until golden brown, about 20 minutes, stirring halfway through.
5. When done, cool for about 10 minutes before adding the currants. Store in an airtight container for up to two weeks.

Tip: For a fun breakfast or snack sundae, layer Toasty O's® Granola with lowfat yogurt and fresh berries in a parfait glass.

Nutrition Information per Serving (1/2 cup): 260 calories, 12g fat (1g saturated, 0.9g omega-3), 40mg sodium, 35g carbohydrate, 4g fiber, 6g protein, 10% iron





Naturals

Healthy and Nutritious Advice from The Meal Makeover Moms: Janice Newell Bissex & Liz Weiss

Grab-and-Go Breakfast Bars

Makes 16 Bars

Ingredients:

- 1 cup Mom's Best® Naturals Quick Oats
- 1 cup Mom's Best® Naturals Toasted Wheat-fuls™
- 1 cup walnuts
- 1 1/2 cups dried fruit (we use a combination of dried apricots, dried plums, and dried cranberries)
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 2 large omega-3 eggs
- 1/3 cup honey
- 1 teaspoon vanilla extract
- 1/4 cup mini chocolate chips

Cooking Instructions:

1. Preheat the oven to 350°F. Lightly oil or coat an 8 x 8-inch baking pan with nonstick cooking spray and set aside.
2. Place the oats, Wheat-fuls, walnuts, dried fruit, cinnamon, and salt in a food processor and pulse until the mixture is finely chopped (the dried fruit should be the size of a dried pea or lentil).
3. In a large bowl, whisk together the eggs, honey, and vanilla. Add the oatmeal mixture and chocolate chips and stir to combine.
4. Transfer to the baking pan and flatten down gently with the back of a spoon or spatula to spread evenly.
5. Bake about 18 minutes until the edges turn golden brown and the bars are done. Let bars cool completely in pan before slicing and serving.

TIP: These bars freeze really well. So, if you have leftovers, wrap individual portions in plastic baggies or aluminum foil and freeze.

Nutrition Information per Serving: 150 calories, 7g fat (1g saturated, 0.7g omega-3), 85mg sodium, 23g carbohydrate, 2g fiber, 3g protein

All Recipes by Janice Newell Bissex, MS, RD & Liz Weiss, MS, RD
Authors, The Moms' Guide to Meal Makeovers
www.MealMakeoverMoms.com

