



healthy family breakfasts

recipes to fuel your day

**Mandarin Yogurt
Parfaits**

**Apple Cinnamon
French Toast**

**Savory English
Muffins**

**Protein-Packed
Breakfast Muffins**

**Weekend Breakfast
Grazing Board**



what is national nutrition month?

Each year, the Academy of Nutrition and Dietetics encourages families to learn about making informed food choices and developing healthful eating and physical activity habits through their National Nutrition Month® initiative.



shopping list

Join us on a Mission for Nutrition. It's easy! Use this shopping list to map out your registered dietitian-approved breakfasts this week.

from our partners



**Bee Sweet
Citrus®
Mandarins**



**Nature Fresh
Farms™
Ombré Cherry
Tomatoes™**



**RealSweet®
Sweet Onions from
Shuman Farms**



JAZZ™ Apples

other items needed

PRODUCE

Basil
Cilantro
Guacamole
Mint

MEAT & DAIRY

Eggs
Light cream cheese
Low-fat vanilla Greek Yogurt
Milk
Turkey breakfast sausage

GROCERY

Brown sugar
Cinnamon
English muffins
Low-fat granola
Protein pancake mix
Vanilla
Whole wheat bread



weekend breakfast grazing board

- Hard-boiled eggs
- Cooked sausage links
- Mini frozen waffles, toasted
- Mini frozen pancakes, toasted
- Mini muffins
- Yogurt
- Fresh fruit
- Syrup
- Jelly



Scan for 40+ Grab & Go Healthy Breakfasts for busy weekends or weekdays!





mandarin yogurt parfaits

INGREDIENTS

- 1 **Bee Sweet Citrus®** mandarins, peeled and segmented
- 1 container of vanilla, low-fat, Greek yogurt (5.3 oz.)
- 2 T low-fat granola

DIRECTIONS

1. Scoop yogurt into glass, fill 1/4 - 1/3 of the way.
2. Sprinkle 1 - 2 tablespoons of granola.
3. Top with more yogurt.
4. Finish with Bee Sweet Citrus Mandarin segments.
5. Garnish with fresh mint and mandarin zest if desired.



Did you know? The first parfait recipe was found in a 1890s French cookbook and the word parfait means "perfect" in English.





mandarins

Seasonality

Mandarin oranges can be found in stores most of the year with their peak season being November - April.

Health Benefits

Mandarins are a healthy source of fiber, Vitamin C, thiamin, folate, potassium & antioxidants.

How to Select the Perfect Mandarin

Choose fruit that feels heavy for its size with a firm, finely textured skin.

Skin color is not an indicator of flavor or ripeness. Those with greenish hues can be just as tasty!

How to Store Mandarins

Store at room temperature for 1 - 2 days or in the fridge for up to 2 weeks.



savory english muffins

INGREDIENTS

- **Nature Fresh Farms™**
Ombre Cherry Tomatoes™
- 1 T lite cream cheese
- 1 egg
- 1 T crumbled turkey sausage, sauteed
- 1 T basil, finely chopped
- 1 T cilantro, finely chopped
- 1 T balsamic glaze

DIRECTIONS

Toast English muffin and top with any combination of toppings:

- Guacamole + tomatoes + cilantro
- Cream cheese + tomatoes + turkey sausage
- Egg + tomato + basil + balsamic glaze



English muffins were invented in 1880 in NYC by Samuel Bath Thomas. At the time, they were called "toaster crumpets".



Tomatoes

Seasonality

Tomatoes are available year round.

Health Benefits

Tomatoes are an excellent source of Vitamins A, C, K and also Lycopene. They have potassium which helps control blood pressure, maintain nerve function, and help muscle control.

How to Select the Perfect Tomato

Look for plump, heavy tomatoes with smooth skins. They should be free of bruises, blemishes, or deep cracks, although fine cracks at the stem ends of ripe tomatoes do not affect flavor.

How to Store Tomatoes

Store tomatoes at room temperature. Never in the refrigerator. Always store them stem-side-up to avoid bruising.



apple cinnamon french toast

INGREDIENTS

- 2 **JAZZ™** apples, peeled, cored & sliced
- 2 T light brown sugar
- 1 tsp ground cinnamon
- 4 - 6 slices of whole wheat bread
- 2 eggs, lightly beaten
- 1/2 c. milk
- 1/4 tsp. vanilla extract

DIRECTIONS

1. Spray a large sauté pan with olive oil spray.
2. Add in apples, brown sugar and cinnamon and cooked until soft.
3. Pour apples into a bowl while preparing the French toast, wipe pan clean.
4. Spray pan again.
5. In a large, wide bowl whisk together eggs, vanilla, milk, and cinnamon.
6. Completely submerge one slice of bread in the mixture, careful to coat both sides. Lift the bread out of the liquid and allow to drip off excess.
7. Cook bread in a large pan over medium heat 1-2 minutes until lightly browned, then flip and cook other side 1-2 minutes.
8. Repeat with remaining bread slices.
9. Generously top toasts with apple-cinnamon mixture.
10. Sprinkle with powdered sugar if desired.

A close-up photograph of three ripe red apples with some yellow-orange streaks, resting in a silver-colored wire mesh basket. The basket has a circular base and vertical supports that curve outwards at the top. The background is a plain, light blue-grey color.

apples

Health Benefits

Apples are extremely rich in important antioxidants, flavanoids, and dietary fiber. The phytonutrients and antioxidants in apples may help reduce the risk of developing certain diseases.

Selection Tips

Pick up the apple and gently press a small area of the fruit's skin. It should be firm to the touch. Avoid apples that are noticeably soft, discolored, or indent easily after you press the skin

How to Store

If storing apples in the fridge, place them inside a crisper drawer and lay a slightly dampened paper towel on top of the apples.

Before You Eat

Carefully wash apples even if you do not plan on eating the skin. Use lemon juice on apple slices to keep them from browning.

sweet onions

Health Benefits

Sweet onions are an excellent source of cancer-fighting antioxidants, vitamin C, folate, and fiber.

How to Store

Because sweet onions have a higher water and sugar content than most yellow or white onions, they can bruise easily. The best way to prevent this from happening is to store them in a cool, dry place & separated from each other.

Caramelize Without the Sugar! There's no need to add sugar to your sweet onions - they are sweet enough on their own! Just cook them low & slow for about 20 minutes with a little bit of olive oil or butter.





protein packed sausage breakfast muffins

INGREDIENTS

- RealSweet® onion , diced
- 1 lb. turkey sausage
- 4 eggs
- 1/2 c. shredded cheddar cheese
- 1 c. protein pancake mix

DIRECTIONS

1. Preheat the oven to 350F degrees. Spray a 12-cup muffin pan with non-stick cooking spray. Set aside.
2. Add sweet onion to a skillet and cook until translucent. Add turkey sausage and cook until no longer pink. Remove from heat.
3. In a large mixing bowl, lightly beat the eggs. Add the shredded cheese, pancake mix, and the fully cooked sausage; mix well.
4. Fill the prepared muffin cups about $\frac{3}{4}$ full with the mixture.
5. Bake for 18-20 minutes, or until golden brown on top.





5 TIPS TO SAVE MONEY ON PRODUCE

(without clipping coupons)

- ✓ **Make a list & stick to it.** When buying fresh produce, remember that some items have a short shelf life. Limiting your purchases to items on your list will help with your grocery bill & food waste.
- ✓ **Buy local when you can.** Transportation cost is one of the biggest factors in the price of produce. Choose local when it is available.
- ✓ **Know your produce department.** The front or feature table of your produce department (often the one you see as soon as you walk in) usually has the best deals. Don't forget to also check out the end caps on each produce aisle, as they usually will have seasonal items displayed.
- ✓ **Become friends with your produce manager.** Throughout the week, a "hot buy" may come into the store that didn't make it in time to be included in the weekly ad. This happens with items are at the end of their season or if the crop is doing well. Chat with your produce manager and he may tell you what just came in at a great deal.
- ✓ **Stock up on seasonal produce.** Although we can generally buy any produce item at any time of year, it is not always affordable to do so. Knowing a little about when your favorite item is in-season will save you money & you'll be eating it when it tastes the best.