

balanced breakfasts

By Alyssa Schottland-Bauman, *Nourished.ca*

Mornings are hectic, no doubt, and you may feel that you don't have time to prepare healthy breakfasts. But consider what studies have shown:

Breakfast eaters are likely to achieve higher grades, pay closer attention, participate more in class discussions, and manage more complex academic problems than breakfast skippers. Breakfast skippers are more likely to be inattentive, sluggish, and tend to eat more junk food throughout the day. Children who eat a breakfast containing both complex carbohydrates and proteins in equivalent amounts of calories tend to show better learning and performance than children who eat primarily a high protein or a high carbohydrate breakfast. Breakfasts high in carbohydrates with little protein seem to sedate children rather than stimulate brains to learn.



An ideal, nutritious breakfast contains a balance of complex carbohydrates and protein. My favorite balanced breakfasts are:

1. Low-sugar granola cereal, plain yogurt and sliced apple or banana.
2. Scrambled eggs, 100% whole grain toast and sliced orange.
3. Veggie omelet, 100% whole grain toast or wrap and orange juice.
4. Mixed-grain waffles topped with berries and/or plain yogurt, milk.
Time Saver for waffles and pancakes: Use Anita's brand, add chia seeds and make a huge batch and freeze. Pull when you need.
5. Mixed-grain banana pancakes topped with fruit, milk.
6. 100% whole-grain French toast topped with fruit, orange juice or milk.
7. Cheese melted on sprouted grain or rye toast with a piece of fruit.
8. 100% whole-grain bagel topped with mashed up avocado, orange juice.
9. Natural peanut butter or nut butter and banana slices, sprinkled with cinnamon on whole grain wrap or sprouted grain toast, milk.
10. Steel cut oats with banana and berries and nuts sprinkled on top.
Time Saver: Make a big batch of steel cut oats (boil with bananas) for the week. Just heat up as needed.
11. Whole-bran muffin, fruit with plain yogurt.



For more amazing recipes to fuel your family's lives, go to www.nourished.ca

Chocolate Superfood Smoothie

A deceptively healthy smoothie that the kids will love as much as you!

- 1/2 avocado
- 1 tbs cacao powder
- 1 tsp maca powder
- 3 dates
- 2 tbs 100% pure agave.
- (Make sure it is %100 Agave. I like PURA Agave.)
- 1 1/2 c organic unsweetened almond milk

Most Perfect Protein Smoothie

Filled with detox-supportive fiber, chia seeds, provide Omega-3s that protect your heart, brain, skin, and aid in weight loss.

- 2 cups unsweetened almond milk or water, or a 50/50 combination
- 1/4 cup hemp seeds
- 2 Tbs. chia seeds
- 1/2 frozen Acai smoothie packet, or 2 Tbs. powder Acai
- 1/2 cup of frozen blueberries
- 1 tsp. cinnamon
- 1 tsp. vanilla extract
- 3-4 ice cubes
- honey for sweetness or liquid stevia (optional)

Directions: Add the almond milk and/or water to the blender first, then the other ingredients. Blend until smooth.