

HEALTHY RECIPES

from Bridget Wood, RD, LD, CDCES



KID FRIENDLY BREAKFAST PROTEIN BOX

INGREDIENTS

- Mini Pancakes (located in the freezer aisle)
- Berries of your choice (Strawberries, Blueberries, Raspberries, etc.)
- Boiled Egg (Halved)
- School-Approved Nut Butter of your choice (for dipping)
- Yogurt of your choice (for dipping; can be Danimals, Stonyfield, Yoplait, etc.)

STEPS

1. Obtain a container with multiple compartments or several small containers
2. Prepare mini pancakes per the package instructions
3. Place in container
4. Place serving of nuts, cereal, egg, and berries in their respective containers
5. Encourage your child to eat these separately or like a breakfast themed lunchable