

Power Up with Breakfast

★ STRAWBERRY YOGURT BREAKFAST SPLIT

What do you need?

1 banana
½ cup fresh strawberries, blueberries, or raspberries (If frozen, thaw or warm in microwave.)

½ cup of vanilla yogurt (lowfat or fat-free)

Optional: Chopped nuts (almonds or peanuts), ready-to-eat cereal, or lowfat granola

Three easy steps and you're ready to eat!

1. Peel and split banana in half.
2. Place banana halves in a bowl.
3. Top with yogurt, berries, and optional topping.



★ FRUIT PIZZA

What do you need?

1 English muffin sliced in half
Sliced or grated lowfat cheese (try different flavors!)

Sliced fruit (apples, bananas, strawberries, grapes, oranges, pineapple)

Three easy steps and you're ready to eat!

1. Sprinkle cheese on English muffin and place under broiler or in toaster oven until cheese melts.
2. Wash and slice fruit.
3. Top the muffin with fruit and enjoy!

