



Breakfast

LIVE WELL ALABAMA

#EatBetter

extension

Follow Us



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. USDA is an equal opportunity provider and employer. www.LiveWellAlabama.com

The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome! Please let us know if you have accessibility needs. www.aces.edu

New April 2019, FCS-2352

©2019 by the Alabama Cooperative Extension System. All rights reserved.

Sunrise English Muffins

Helpful Hints

Try new fruits to add more of your own flavor.

Cut up extra fruit for a healthy snack later.

Enjoy foods from more than one food group for a breakfast that gives you longer lasting energy.

Sunrise English Muffins

Serves 4

Ingredients

2 whole wheat English
muffins, split
4 tablespoons plain yogurt
Sprinkle of cinnamon
 $\frac{3}{4}$ cup fresh strawberries,
sliced
1 can diced pineapple,
8 ounces, drained

Directions

1. Toast each English muffin half in toaster.
2. Spread each half with plain yogurt.
3. Sprinkle tops with cinnamon.
4. Top each half with strawberries and pineapple.