

Brainy Breakfast Ideas For Kids

Breakfast is one of the most important meals of the day: It breaks the overnight fasting period and provides essential nutrients to maintain a child's energy levels throughout the day. Skipping breakfast reduces a child's ability to think clearly and focus. Having a nutritious breakfast also means kids are less likely to seek out high-energy snack foods later in the day.

A nutritious breakfast can be quick to prepare! Aim to offer a variety of different breakfast options across the week that include fruit or vegetables, a dairy product or other protein rich food such as eggs or baked beans, and wholegrain bread or high fibre breakfast cereal.

Give these nourishing breakfast ideas a try!

- Porridge with sliced banana or berries
- Strawberry parfait - layers of vanilla yoghurt, untoasted muesli and strawberries in a cup
- Wheat biscuits with milk and sliced banana
- Breakfast smoothie – ¼ cup yoghurt, 200mL milk, 1 chopped ripe banana, 2 tbsp rolled oats, and cinnamon – blend together to make a smoothie
- Mashed banana, ricotta cheese and cinnamon on a slice of wholemeal or raisin toast
- Fruit salad with yoghurt and a sprinkle of cereal
- Overnight oats – ½ cup rolled oats, 2 tsp chia seeds, ¼ cup plain yoghurt, 1 cup milk, with berries or stewed apple



- Wholemeal toast with mashed avocado
- Baked beans with grated cheese on toasted English muffins or wholemeal toast
- Scrambled egg and cheese wrap
- Omelette with tomato and cheese served on wholemeal toast
- Grilled tomato and cheese sandwiches
- Baked frittata made with leftover roast vegetables, eggs and grated cheese

