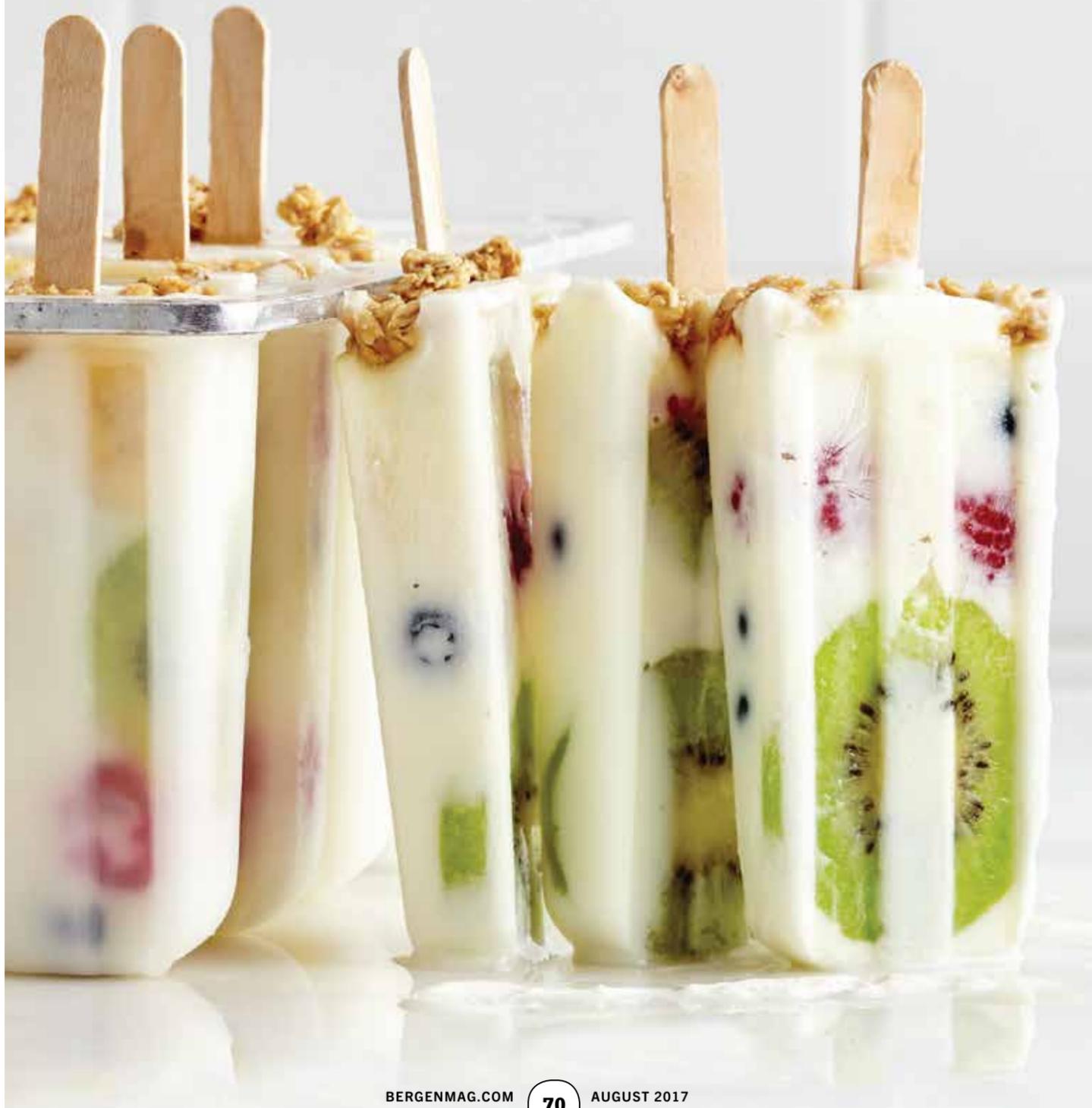


A FRESH START

Why settle for a bowl of cereal when there are endless possibilities for feeding your child — and you — a nutritious breakfast?



YOGURT PARFAIT POPSICLES

Makes: 10 popsicles

INGREDIENTS

- 2½ cups plain Greek-style yogurt
- 1 cup milk
- 3 Tbs. honey, plus more for drizzle
- 1 tsp. flax oil
- 2 Tbs. granola

FOR THE FRUIT FILLING— USE ANY COMBO OF THE FOLLOWING:

- ½ banana, sliced
- handful of blueberries
- handful of raspberries
- handful of kiwi, sliced

DIRECTIONS

In a medium bowl, stir together yogurt, milk, honey and flax oil.

Arrange half of the fruit pieces in the bottom of the popsicle molds. Pour in enough yogurt mixture to fill each mold halfway. Tap mold on the counter to remove any air bubbles.

Drop in the remaining fruit pieces. Tap mold again to settle everything.

Fill each mold almost to the top with the remaining yogurt mix, leaving just enough space for the granola. Tap mold again. Drizzle honey onto the yogurt to act as “glue,” then sprinkle with granola. Gently insert popsicle sticks, then give it a final tap. Freeze for at least three hours.



Children who eat breakfast are generally in better overall health. Plus they do better in school, have better concentration and more energy. And it provides a great opportunity to fortify children with important nutrients such as fiber, calcium and vitamin D.”

—Sherry Sakowitz-Sukkar, M.D., medical director of Healthy LifeWays: Valley’s Center for Pediatric Wellness and Weight Management, Valley Hospital, Ridgewood

GET THE MOST OUT OF TOAST

Stop buttering your bread and top it with something hearty. This staple has a seemingly infinite number of varieties, but these six combine interesting flavors and textures.

1 Wholegrain toast with mascarpone cheese, blackberries and mint



2 Sourdough toast with sliced green apple, crumbled blue cheese and a drizzle of honey



3 Pumpernickel toast with cream cheese, cucumber ribbons, thinly sliced red onion, fresh dill, salt and pepper



4 Multigrain toast with mashed avocado, lemon juice, sliced hard-boiled egg, fresh basil, salt and pepper



5 Cinnamon raisin toast with peanut butter, banana slices, coconut and a sprinkle of nutmeg



6 Whole wheat toast with whipped cream cheese, sliced peaches and a sprinkle of crushed almonds and honey





BLUEBERRY PIE FRENCH TOAST MUFFINS

Makes: 8 muffins

INGREDIENTS

- 8 eggs
- ¾ cup milk
- 1 tsp. vanilla extract
- ¼ tsp. lemon zest
- ½ tsp. lemon juice
- ¼ tsp. ground allspice
- ¼ tsp. salt
- 8 thick slices of whole grain bread, cut into cubes
- ¼ cup blueberries

DIRECTIONS

Preheat the oven to 350°F. Grease 8 cups of a 12-cup muffin tin.

In a large bowl, whisk together the eggs, milk, vanilla, lemon zest, lemon juice, allspice and salt. Add the bread cubes and stir, making sure all the cubes are covered in eggy mixture. Let soak for five minutes.

Fold in the blueberries. Spoon the bread mixture into muffin cups. Bake for 12 to 14 minutes, until the egg is cooked and the muffins are golden brown. Turn out onto a rack to cool completely. Store in an airtight container in the refrigerator for up to one week.

TIP: This recipe lends itself to any seasonal fruit. To reheat these babies, pop them into the toaster oven with the rack on the lowest level and heat them for four to six minutes. Serve with a drizzle of maple syrup or honey. If you're eating on the go, use a healthy smear of jam to avoid a sticky mess.



What you eat for breakfast sets the tone for the day of eating. A balanced breakfast of protein, fiber and healthy fats can help maintain blood sugar and energy levels throughout the morning, keeping your child full until lunch and helping prevent food cravings.”

—Sherry Sakowitz-Sukkar, M.D., Valley Hospital, Ridgewood

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