



Breakfast

Breakfast is brain food, especially for young minds heading back to school. But it can also be one of the most difficult meals to fit in during the busy school year. The Meijer Healthy Living Team has some fun, healthful options for the most important meal of the day.

Something on the Go: Blueberry Flax Smoothie

- Makes 4-6 servings
- Ingredients:
- 1 (16 oz.) package frozen Meijer blueberries or 3 cups fresh
- 1 ripe banana
- 1 to 2 Tbsp. ground flaxseed
- 1 ½ cups low-fat milk or soymilk
- 1 (6 oz.) container Meijer Vanilla Greek yogurt
- 1 Tbsp. honey or other sweetener
- ½ cup water or 1 cup ice if using fresh berries

Directions:

Blend all ingredients in blender until smooth.

Make Ahead: Breakfast Apple Cobbler

- Makes 4 servings
- Ingredients:
- 4 medium-sized Michigan apples, peeled and sliced
- ¼ cup honey
- 1 tsp. ground cinnamon
- 1 Tbsp. trans fat free margarine, melted (use a Unilever brand)
- 2 cups Meijer brand granola

Directions:

Place apples in a crock pot and stir in remaining ingredients. Cover and cook on low 7-9 hours or on high 2-3 hours. Serve hot with nonfat milk or yogurt.

Quick:

Quick and easy are often on the breakfast menu. If you keep nutrient-rich items on hand like string cheese, whole grain granola/cereal bars, BelVita, bananas, and 100 percent juice boxes (vegetable-juice blends), you can always order up a perfect breakfast.