



Lesson 1

Breakfast Recipes



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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND HUMAN ECOLOGY

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The Ohio State University is a partner in the Center for Disease Control's Million Hearts program, a national initiative to prevent heart attacks and strokes.

Breakfast Smoothie

Recipe courtesy of 3-A-Day of Dairy (3aday.org) and provided by Jennifer Meyer, RD, LMNT, Director of Nutrition Education, American Dairy Association and Dairy Council of Nebraska from Alice Henneman, University of Nebraska Extension

Servings 2 -10 oz.
Prep time 5 minutes

Ingredients

- 8 oz (1 cup) nonfat plain yogurt
- 1 cup 1% low fat or nonfat milk
- 1-¾ cup whole fresh or frozen strawberries, hulled
- 1 fresh peach, peeled and sliced, or ¾ cup frozen peach slices (see note)
- 2 teaspoons vanilla extract
- 2 Tablespoons chopped walnuts
- 2 whole strawberries (optional)

Variations:

Frozen strawberries, blueberries, mixed berries, mango, or peaches.

Different yogurt flavor.

Directions

Place first 5 ingredients in a blender. Purée mixture for 15 to 20 seconds.

Pour into two tall glasses and top each with 1 tablespoon chopped nuts.

Garnish glass with strawberry, if desired.

Note: if you prefer a thicker smoothie, replace the peach with 1 small sliced banana. Pineapple juice, orange-tangerine juice, and other 100 percent juice blends

Nutrition Facts			
Serving Size 10 ounces			
Servings Per Container 2			
Amount Per Serving			
Calories 210	Calories from Fat 6		
% Daily Values*			
Total Fat 6g			9%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 10mg			3%
Sodium 135mg			6%
Total Carbohydrate 29g			10%
Dietary Fiber 3g			12%
Sugars 28g			
Protein 12g			24%
Vitamin A 18%	•	Vitamin C 100%	
Calcium 30%	•	Iron 3%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Peach-Raspberry Smoothie

Recipe courtesy of Centers for Disease Control and Prevention ([cdc.gov](https://www.cdc.gov))

Servings 1

Prep time: 5 minutes

Ingredients

1 cup unsweetened frozen raspberries

¾ cup 100% orange juice (if you use frozen juice, don't forget to dilute it first)

½ cup fruit-flavored, low-fat yogurt (try peach)

Blend all ingredients well in a blender, and drink!

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 339 Calories from Fat 3

	% Daily Values*
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 73g	24%
Dietary Fiber 16g	64%
Sugars 50g	
Protein 10g	20%

Vitamin A 11% • Vitamin C 170%

Calcium 27% • Iron 12%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Baked French Toast Fritters with Apples and Bananas

Recipe courtesy of National Heart, Lung, and Blood Institute, National Institute of Health, (healthyeating.nhlbi.nih.gov/)

Servings 2

Ingredients

- 4 slices whole-wheat/whole-grain bread
- 2 Tablespoons peanut butter (or nut butter of choice)
- ½ apple, rinsed, peeled, cored, and sliced into 8 rings
- 1 bananas, peeled and cut into about 12 thin slices
- 1 ½ Tbs. egg substitute, or 1 egg white
- ⅛ tsp ground cinnamon
- ½ Tbs brown sugar
- 2 Tbs fat-free evaporated milk
- Nonstick cooking spray

Directions

Preheat oven to 400 degrees. Place large baking sheet in oven to heat (about 10 minutes).

Assemble fritter as a sandwich. Use ½ Tbs. nut butter on each slice of bread, with 2 apple slices and 6 banana slices sandwiched between 2 slices.

Combine the rest of the ingredients (besides spray) into a batter.

Spray preheated baking sheet.

Dip both sides of fritter in batter, and place on sheet. Bake for 10 minutes on each side, or until both sides are browned.

Serve immediately.

Nutrition Facts			
Serving Size 2 slices			
Servings Per Container 2			
Amount Per Serving			
Calories 332	Calories from Fat 10		
% Daily Values*			
Total Fat 10g			15%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 0.8mg			0%
Sodium 374mg			16%
Total Carbohydrate 50g			17%
Dietary Fiber 7g			28%
Sugars 21g			
Protein 14g			28%
Vitamin A 7%	•	Vitamin C 9%	
Calcium 13%	•	Iron 12%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Oatmeal Pecan Waffles or Pancakes

Recipe courtesy of National Heart, Lung, and Blood Institute, National Institute of Health, (healthyeating.nhlbi.nih.gov/)

Servings 2

Ingredients

Waffle/Pancake Mix

½ cup whole wheat flour

¼ cup quick-cooking oats

1 teaspoon baking powder

½ teaspoon sugar

2 Tablespoons unsalted pecans, chopped

1 large eggs, separated

(Tip: For pancakes, do not separate eggs. Mix whole eggs with milk and oil, and eliminate steps 5 and 6 in directions. Cook pancakes in skillet, serve on a plate add fruit and powdered sugar).

¾ cup fat-free milk

1/2 tablespoon vegetable oil

Fruit Topping

1 cups fresh strawberries, rinsed, stems removed, and cut in half

½ cup fresh blackberries', rinsed

½ cup fresh blueberries

½ teaspoon powdered sugar

Directions

1. Preheat waffle iron.
2. Combine flour, oats, baking powder, sugar and pecans in a large bowl.
3. Combine egg yolks, milk, and vegetable oil in a separate bowl, and mix well.
4. Add liquid mixture to the dry ingredients, and stir together. Do not over mix; mixture should be a bit lumpy.
5. Whip egg whites to medium peaks. Gently fold egg whites into.
6. Pour batter into preheated waffle iron, and cook until the waffle iron flight signals it's done or steam stops coming out of the iron.
7. Add fresh fruit and light dusting of powdered sugar to each waffle, and serve.

Nutrition Facts			
Serving Size 3 small (2 inch)			
Servings Per Container 2			
Amount Per Serving			
Calories	340	Calories from Fat 99	
% Daily Values*			
Total Fat	11g		17%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	107mg		36%
Sodium	331mg		14%
Total Carbohydrate	50g		17%
Dietary Fiber	2g		8%
Sugars	16g		
Protein	1g		2%
Vitamin A	19%	●	Vitamin C 89%
Calcium	31%	●	Iron 18%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Triple Play Walnut Crunch

Courtesy of Alice Henneman, MS< RD, UNL Lancaster County Extension of Univ. of Nebraska

Servings 4

Prep time 5 minutes

Ingredients

1 cups old-fashioned oats

1/2 cup California walnut pieces

5 teaspoons brown sugar

1 Tablespoon canola oil

1 Tablespoons honey

½ teaspoon cinnamon

Directions:

1. Preheat oven to 350 degrees.
2. Spread oats and walnuts on a baking sheet that has a low rim, or use a roasting pan. Bake 8-10 minutes, stirring after 5 minutes, until the walnuts and oats smell toasted and start to brown.
3. While oats and walnuts are toasting, combine brown sugar, oil, honey and cinnamon in a large bowl.
4. Pour hot oats and walnuts from the pan into the sugar mixture. Add coconut. Stir all the ingredients together until evenly coated with the sugar. Mixture will look dry.
5. Line the baking pan with a piece of aluminum foil so it extends over the ends of the pan. Spray foil with cooking spray. Spread oat-walnut mixture onto foil. Bake 5 minutes. Remove from oven and stir. Bake additional 5 minutes until toasted and golden brown. Remove from oven and stir again. Cool completely on pan. Break crunch into chunks. Lift edges of foil and pour crunch into an airtight container or plastic bag.

Check crunch halfway during the last 5 minutes to assure don't over-bake it.

TRIPLE PLAY Serving Suggestions

Grand Slam Berry Crisp:

Put fresh or frozen berries in a small bowl and top with Triple Play Walnut Crunch. Microwave 1 minute or just until warm. Serve with vanilla yogurt or ice cream.

Home Run Breakfast Cereal: Add fresh or dried fruit to a bowlful of All-Star Walnut Crunch. Top with yogurt or milk.

It's-A-Steal Energy Mix: Combine Triple Play Walnut Crunch with raisins, cranberries and dried apricots (or favorite dried fruits) and pack in a bag for a take-along energy snack.

Nutrition Facts			
Serving Size (6g)			
Servings Per Container 4			
Amount Per Serving			
Calories 250	Calories from Fat 144		
% Daily Values*			
Total Fat 16g			25%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 3mg			0%
Total Carbohydrate 24g			8%
Dietary Fiber 3.5g			14%
Sugars 10g			
Protein 5g			10%
Calcium 3%	•		Iron 9%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Overnight Oatmeal Breakfast

Mix together thoroughly

6 ounces plain, nonfat yogurt

½ cup rolled oats

Cover and set in the refrigerator overnight. In the morning add ¼ teaspoon cinnamon and desired fruit.

Note: Vanilla, nonfat yogurt can be substituted for plain yogurt.

Fruit suggestion for toppings:

Berries-fresh or frozen (thawed), strawberries, blueberries, raspberries, cranberries

Chopped apple

Grapes

Peaches

Orange slices

Nuts-walnuts, almonds, pecans

Nutrition Facts

Serving Size 1
Servings Per Container 1

Amount Per Serving	
Calories 279	Calories from Fat 27
% Daily Values*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 3mg	1%
Sodium 144mg	6%
Total Carbohydrate 47g	16%
Dietary Fiber 5g	20%
Sugars 18g	
Protein 16g	32%
Vitamin C 73%	• Calcium 40%
Iron 12%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Italian Vegetable Frittata

Servings 1

Ingredients

½ cup halved lengthwise, sliced zucchini

2 tablespoons chopped red bell pepper

2 tablespoons chopped onion

1/8 teaspoon Italian seasoning

½ cup egg substitute

Directions

Spray 8-inch nonstick sauté pan with cooking spray, if desired. Heat over medium heat. Add zucchini, pepper, onion and Italian seasoning. Cook 2 minutes or until vegetables are tender, stirring frequently.

Reduce heat to medium low. Pour egg substitute into pan; cook until edges start to set. Using a rubber spatula, gently lift edges while tilting pan to allow uncooked egg substitute to run beneath. Cook just until set. Cover pan and cook 2 minutes. You can flip the frittata if you want to top lightly brown.

Nutrition Facts

Serving Size 1
Servings Per Container 1

Amount Per Serving			
Calories 128	Calories from Fat 36		
% Daily Values*			
Total Fat 4g	6%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Cholesterol 1mg	0%		
Sodium 228mg	10%		
Total Carbohydrate 5g	2%		
Dietary Fiber 1g	4%		
Sugars 4g			
Protein 16g	32%		
Vitamin A 63%	• Vitamin C 59%		
Calcium 8%	• Iron 16%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g