



Toddler Breakfast Ideas

TOASTED EGG SMILES

Prepare a Frying Pan with either pats of butter or non-stick spray.
1 Slice of Bread, 1 Egg, 1/4 c Milk, Small slice of cheese

Take the bread slice and cut out 2 circles for eyes and a longer curved hole for a mouth below the "eyes". Butter one side of bread and lay in warmed frying pan, butter side down.
As bread begins to fry, Scramble egg and milk together (OR you may simply crack a whole egg over the bread in the pan without adding milk or scrambling).
Pour scrambled egg over the bread. Flip bread/egg when the egg showing thru the "eyes" and "mouth" becomes firm.
Fry for another 5-10 minutes depending on your cook top temperature.
Prior to taking out of pan, place a strip of cheese over the "eyes" and let melt to give your toasted egg smile some "hair"

FARMER'S BREAKFAST

-(Barbara Pratt) You can eat this meal anytime!

2 1/2 cups grated potatoes (about 3 medium potatoes)
1/4 cup margarine or butter -
2 tablespoons milk
6 eggs -
1 cup chopped ham
Seasoning salt and pepper (amount you desire) -
Some Grated cheese (if desired)

Peel and grate the potatoes. Place margarine or butter in frying pan and let melt. Add grated potatoes. Cook for 8 to 10 minutes. In a small mixing bowl, mix the eggs and milk together. Once potatoes are cooked, add ham and eggs.
Stir until eggs are cooked. Sprinkle with cheese then serve.

APPLE BREAKFAST BARS

1 1/2 cups quick rolled oats
1/4 cup whole wheat flour
2/3 cup dates, chopped
1/2 cup walnuts, chopped
1/2 teaspoon sea salt
1/4 cup orange juice
1 1/2 cups raw apples, shredded

Combine all ingredients. Let stand 10 minutes. Press mixture into 8" x 8" baking dish.
Bake at 375° until lightly browned, about 25 minutes. Loosen with spatula, and cut into bars while warm. Serve hot for breakfast or snack



Toddler Breakfast Ideas – page 2

BREAKFAST SOUP

8 oz vanilla yogurt
1 tsp honey**
1/2 Cup cubed banana
1/2 Cup peaches, peeled
1/4 cup wheat germ

Blend together and top with additional wheat germ. Serve with avocado blended with cream cheese on whole grain toast.

Please note that Honey is appropriate only for those who have reached the age of 1 year old and older! For more information regarding Honey and the Infant under 12 months old, please visit our Honey, What's the Fuss topic at wholesomebabyfood.com

APPLESAUCE PANCAKES

1 cup flour -
1/4 teaspoon salt -
1 1/2 teaspoons baking powder
1 tablespoon melted butter -
1/2 cup milk -
1 beaten egg
1/2 teaspoon vanilla -
1 1/4 cups applesauce

Sift flour, salt and baking powder into a medium mixing bowl. Combine butter, milk and egg. Stir into dry ingredients. Add vanilla and applesauce; beat well. Spoon batter into a hot, well greased griddle, enough batter to applesauce pancakes about 4 inches in diameter.

PUMPKIN PANCAKES

1 C whole wheat pastry flour - 3/4 C unbleached white flour
1 Tbs baking powder - 1/2 tsp salt (I omitted)
2 tsp cinnamon - 1/2 tsp ground ginger - 1/4 tsp allspice - 1/4 tsp
nutmeg
2 eggs
1 C pureed pumpkin or winter squash
1 tsp vanilla
2 C milk
3 Tbs canola oil

Stir (and sift) together all the dry ingredients in a med. size bowl. In another bowl, beat the eggs with the pumpkin & vanilla. Beat in the milk & oil until smooth. Add to flour mixture. Cook as usual! These smelled *wonderful* while cooking...like Christmas! SOURCE: "Beyond the Moon" cookbook by Ginny Callan



Toddler Breakfast Ideas – page 3

FRUIT DUTCH BABY These are quick and easy and well loved by every toddler that has ever been served this!! Apples are the best fruits to use however peaches and bananas do work nicely as well!

1/3 cup butter or margarine
2 medium apples or 1/2 cup peaches or 1 thinly sliced banana
2 teaspoons cinnamon - 3 Tablespoons sugar
4 eggs - 1 cup milk - 1 cup flour

Preheat oven to 425°F. Put butter into a 3 to 4 quart frying pan and place in oven to melt. While butter is melting, prepare fruit, then cut them into thin slices.

Remove the pan from the oven and add cinnamon and sugar to the melted butter.

Stir in the sliced apples. Return pan to oven for about 3 minutes. Put the eggs and milk into a blender and whip at high speed for 1 minute. Set the blender to low speed and slowly add the flour until well blended.

Remove the pan from oven and pour egg batter over the butter and fruit. Bake for 20-25 minutes or until the pancake is raised and golden brown. Cut in wedges and dust with powdered sugar. Serve immediately.

"MAKE AHEAD" OATMEAL PANCAKE MIX

4 cups quick cooking oats
2 cups all-purpose flour -
2 cups whole wheat flour
1 cup non-fat dry milk -
1/4 wheat germ
2 Tb cinnamon
1 1/2 Tb salt
3 Tb baking powder
1/2 tsp cream of tartar

Directions: Combine all ingredients and stir to mix well. Store in refrigerator. Makes about 8 cups.

Mixing Directions: In a medium mixing bowl, beat 2 eggs. Beat in 1/3 cup of vegetable oil gradually. Alternately beat in 2 cups pancake mix and 1 cup of water. Pour in large spoonfuls into a lightly greased skillet over medium-high heat. Cook until the tops show broken bubbles (2 to 3 minutes). Turn and cook about 2 to 3 minutes more, until golden brown. Makes 12 5-inch pancakes.



Toddler Breakfast Ideas – page 4

Beverly's Get Up and Go Breakfast Cookies

- 1/2 c. butter or margarine, room temp.
- 1/2 c. sugar - 1 1/4 c. flour
- 1/2 c. Grape Nuts cereal
- 2 T. thawed frozen orange juice concentrate
- 1 T. grated orange peel - 1 egg
- 1 tsp. baking powder

Directions: Preheat oven to 350 F (175-180 C).

In medium bowl, beat together butter, sugar, egg, orange juice concentrate and orange peel, until light and fluffy. Add flour and baking powder, beating until blended. Stir in cereal. Drop by teaspoonfuls 2 inches apart on ungreased cookie sheet. Bake 10-12 minutes or until golden. Remove from cookie sheet for cooling. Freezes Well!