



Breakfast Basket

Description

A fun way to have a nutritious meal, either at home or on-the-go.

Use a container with 1 – 4 compartments, and choose items from the chart below to design your box: one dairy ingredient, one whole grain ingredient, and two fruit ingredients (1/2 cup each).

Any container with 1 – 4 compartments may be used. You can use plastic cups, muffin liners, wax paper or parchment paper to create separation where needed. Taking a little extra time to create an attractive arrangement, with a mixture of colors, shapes and garnishes, will help your family enjoy eating healthy.

Prep Time: 15 min
Cook Time: 0 min

Item	Serving	Ingredient Choices	Serving Ideas
Dairy	1 oz. natural cheese or 4 oz. (1/2 cup) Greek or regular yogurt	Natural cheese, reduced-fat or low-fat, such as: String cheese Cheddar, cubes or slices Colby Jack, cubes or slices Mozzarella, cubes or slices Monterey Jack, cubes or slices Yogurt, low-fat or fat-free, Greek or regular	Top yogurt with a sprinkle of granola, cereal or dried fruit, or a drizzle of honey. Use 1/2 oz. of two different cheeses for a variety of colors, or slice block cheese into triangles.
Whole Grain	1 oz.	Whole grain bread Whole grain muffin Whole grain cereal Whole gain flatbread Whole grain graham crackers Whole grain bagel Whole gain sandwich thin	Use mini muffins or bagels, graham cracker sticks or sandwich thins cut into wedges.
Fruit	1 cup total fresh or canned (two 1/2 cup servings of different fruits) NOTE: Dried fruit can be used too —just use half the amount.	Canned fruit cocktail Canned mandarin oranges, peaches, pears, pineapple Dried cranberries (1/4 cup) Fresh apples—red or green, sliced Fresh banana, sliced Fresh cantaloupe, sliced Fresh grapes—red or green Fresh kiwi, sliced Fresh orange, segmented Fresh pears, sliced Fresh strawberries, sliced Fresh tangerines, whole Raisins (1/4 cup)	Go for a mix of colors—for example, mixed red and green grapes, or red and green apple slices.