

Smart Start Breakfasts and Healthy Snacks Recipes

Gran-Apples

Yields: 6 servings

- 3 medium red apples
- 6 tablespoons creamy peanut butter
- 1 cup low-fat granola

Optional:

- 1 cup raisins
- 1 cup grape nuts or low-fat cereal

1. Wash hands and cooking area.
2. Wash and cut apple into quarters and remove seeds.
3. Insert a toothpick into bottom half of apple.
4. With a spatula, spread peanut butter on each side of each apple quarter, using about 1 teaspoon for each apple piece.
5. Pour granola, other desired low-fat cereal, or raisins on a plate and dip both sides of apple in topping of your choice.
6. Serve immediately.

Per serving (excluding unknown items): 286.3 Calories; 9.1g Fat (% calories from fat); 6.4g Protein; 47.9g Carbohydrate; 0mg Cholesterol; 125.7mg Sodium.

Cinna-Yummy Rice Cereal

Yields: 2 servings

- 1 cup cooked long grain white rice (brown rice optional)
- $\frac{2}{3}$ cup skim milk
- 1 tablespoon brown sugar
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{4}$ cup fresh blueberries, raspberries, or strawberries

1. Combine rice, milk, brown sugar and cinnamon in small saucepan.
2. Place saucepan over medium heat and cook until thick and creamy, about 10 minutes.
3. Spoon rice cereal into small bowl; cool at least 3 minutes.
4. Top with fresh berries.
5. Serve immediately.

Per serving (excluding unknown items): 183.2 Calories; 1.1g Fat (5.6% calories from fat); 5.3g Protein; 37.3g Carbohydrate; 3mg Cholesterol; 46mg Sodium. MyPyramid: $1\frac{1}{2}$ Grain (Starch); $\frac{1}{2}$ Other Carbohydrates.