



EAT TOGETHER:

QUICK, WHOLESOME BREAKFASTS KIDS WILL LOVE

AVOCADO EGGS-IN-A-BASKET

TOTAL TIME

🕒 25 M

LEVEL

🍯 EASY

INGREDIENTS

WHOLE GRAIN BREAD
VEGETABLE OIL
LARGE EGG
RIPE AVOCADO
SALT & PEPPER

DIRECTIONS:

STEP 1 - Cut out the center of a slice of bread, using the bottom of a glass or a cookie cutter. Coat a large skillet with oil and heat over medium heat.

STEP 2 - Toast the slice and cut-out over medium heat until golden, about 5 minutes.

STEP 3 - Flip the bread over.

STEP 4 - Crack a large egg into the hole. Cover pan and cook until egg white is set and the yolk is cooked, about 5-6 minutes. Flip and cook more if you like the yolk a little firmer. Season with salt and pepper. Serve with slices of avocado on the side.

STEP 5 - ENJOY!

MIX & MATCH LIST

Choose foods from each column to create a well-balanced breakfast.

PROTEIN (PICK ONE)

- Eggs
- Lean meat
- Nuts
- Nut butter
- Seeds
- Seed butter
- String cheese
- Greek yogurt

GRAINS (PICK ONE)

- Whole grain bread
- Whole grain waffles
- Whole grain cereal
- Whole grain pancakes
- Popcorn
- Oatmeal
- Whole grain tortillas
- English muffin

FRUITS & VEGETABLES** (PICK TWO)

- Berries
- Bananas
- Melon
- Avocado
- Mushrooms
- Peppers
- Tomatoes

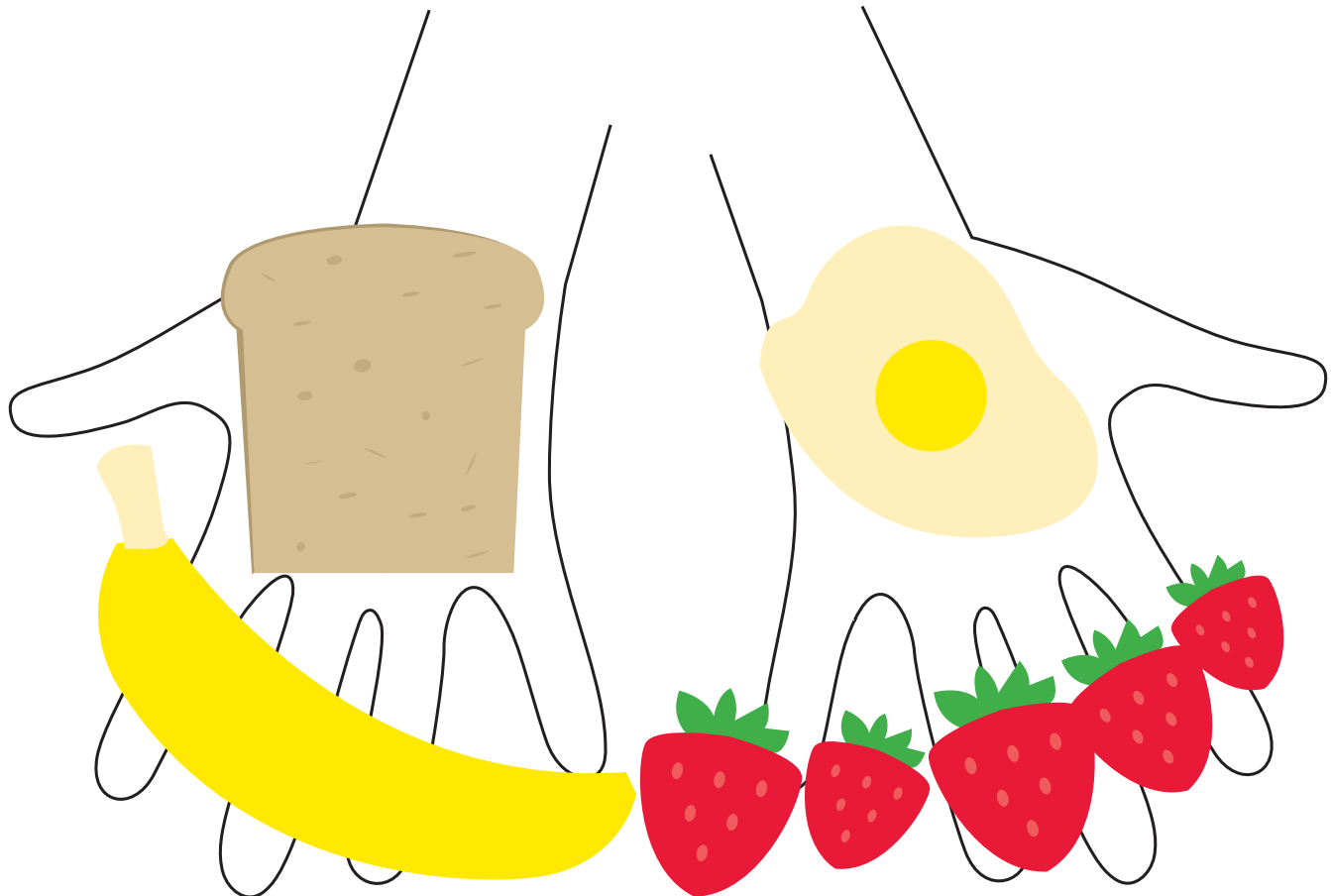
**Fresh, dried, frozen or canned and rinsed.

THESE ARE JUST A FEW SUGGESTIONS. FAMILIES CAN CREATE THEIR OWN LIST!

LEARN TOGETHER:

SMILEY FACE TEACHING METHOD

How to teach families about portion sizes and meal planning



USE YOUR HANDS TO HELP MEASURE PROPER PORTIONS

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PALM ONE: GRAINS | **PALM TWO:** PROTEIN | **FINGERS:** FRUITS AND VEGETABLES

Regular breakfast consumption is associated with increased intakes of certain nutrients in children, adolescents and adults. Children, particularly teens, who do not eat breakfast have a higher risk of becoming overweight or obese. For more information, visit the USDA Nutrition Evidence Library.