

Making Breakfast a Breeze

Tips and recipes that pack your mornings with nutrition and flavor

BY KATE PARHAM KORDSMEIER

By now, we all know the virtues of starting the day with a healthy breakfast. But who has the time to slave over a hot stove and get the kids ready for school? Turns out, you do — with the help of two breakfast experts (Megan Gordon, food writer, owner of Seattle-based Marge Granola and author of the cookbook *Whole-Grain Mornings*, and Jennifer Trainer Thompson, author of more than a dozen books, including *The Fresh Egg Cookbook*). It's never been easier to pack your child's mornings with nutrition and flavor. Take a look at some of their favorite tips and recipes:

QUICK, EASY BREAKFAST IDEAS YOUR KIDS WILL LOVE

SMOOTHIES: "If you want to give your kids go-power, and sneak plenty of nutrition in, try smoothies, like a banana-blueberry-pomegranate smoothie," suggests Thompson. Combine one banana, two kale leaves (stems removed), 1 cup blueberries, 2 cups pomegranate juice and a tablespoon of fresh lime juice, and purée until smooth. You can easily play around with different combinations, says Thompson, who recommends vanilla soy milk and flaxseed oil for extra nutrition.

FRUIT PARFAITS: "Quickly layer whole-milk yogurt (don't buy the sugary stuff), organic granola and seasonal fruit for a fast and healthy breakfast," says Gordon. "You can dress it up with jam on top." Get your kids to pitch in. »



DRIED MANGO

& TOASTED COCONUT

MUESLI

RECIPE BY MEGAN GORDON

{ makes about 4 cups }

- 1¼ cups rye flakes
- 1 cup rolled oats
- ½ cup raw pepitas
- ¼ cup wheat bran
- ¼ tsp. kosher salt
- ½ cup unsweetened coconut flakes
- ¼ tsp. ground cinnamon (optional)
- ¼ cup honey, plus more for serving
- 2 tsp. coconut oil or extra-virgin olive oil
- ½ cup chopped dried mango
- Milk or yogurt, for serving

- Preheat the oven to 325°F. Line a rimmed baking sheet with parchment paper or a silicone mat. In a medium bowl, stir together the rye flakes, rolled oats, pepitas, wheat bran, salt, coconut flakes and cinnamon.
- Heat the honey and coconut oil in a small saucepan over low heat until warmed. Pour the mixture into the dry ingredients and stir until combined (you can use your hands to help here). Spread evenly across the prepared baking sheet and bake until golden brown, 20 to 25 minutes, stirring occasionally to ensure it's cooked evenly. Remove from the oven and let cool completely on the baking sheet. Add the dried mango and stir to combine.
- Serve with milk or yogurt and a generous drizzle of honey. While many people soak their muesli, it's not recommended here, as the pleasant toastiness will really get lost. If stored in an airtight container at room temperature, muesli will remain fresh for at least three weeks.

“If they do it themselves, they’re more likely to eat it,” Gordon says.

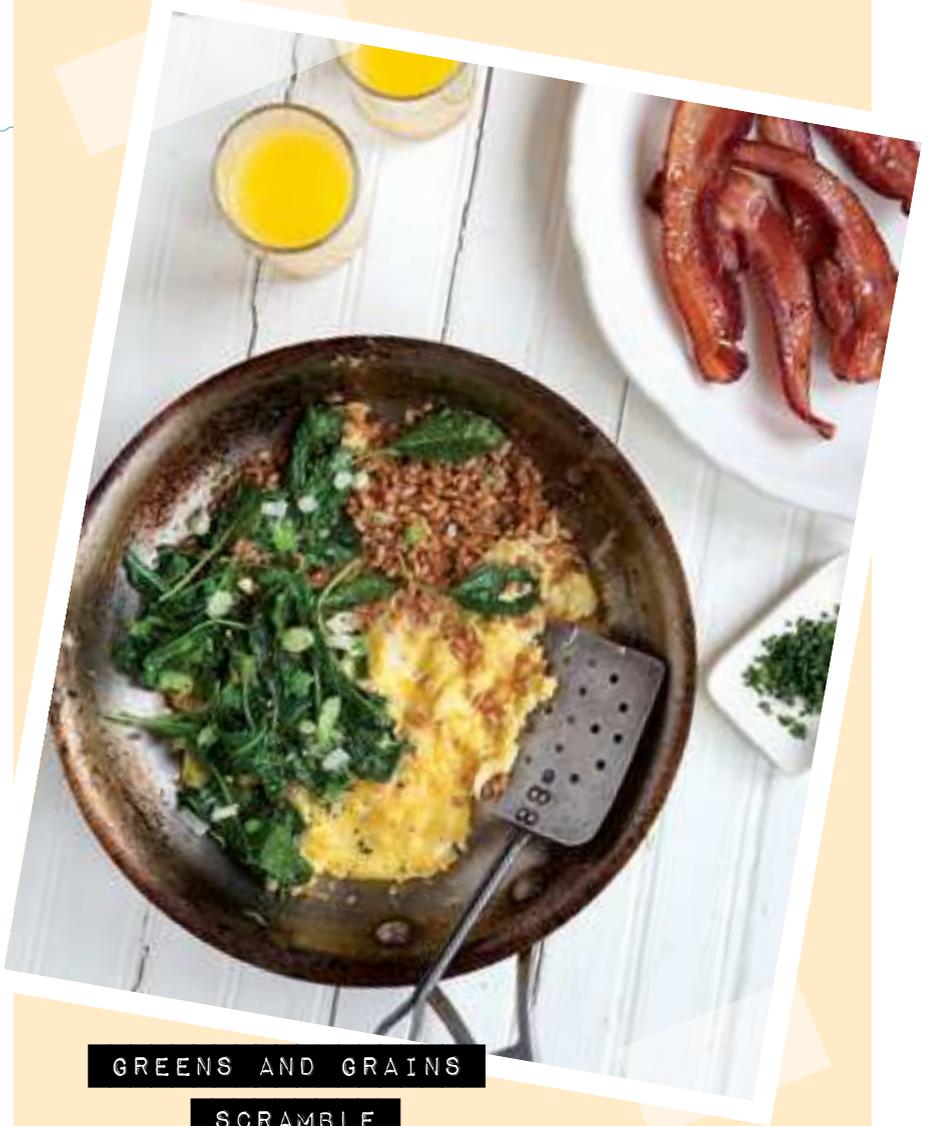
TOAST: “I always keep whole-grain bread on hand for toast — top it with almond butter and honey or smashed avocado with a little flaky salt, red pepper flakes and olive oil,” suggests Gordon.

EGGS: “We love fresh eggs, and egg yolks in particular are good for you, especially your eyes,” says Thompson. To incorporate fresh eggs into your routine, try some of these quick and easy recipes:

- Making the Italian egg dish frittata sounds fancy, but it’s actually really easy and no different than scrambled eggs, assures Gordon, who recommends slicing pieces off the frittata throughout the week to take on the go.
- Up the ante on scrambled eggs by adding fresh salsa, veggies and tortilla strips to make Spanish-style *migas*, says Thompson, who suggests topping them with goat or feta cheese.
- Likewise, you can scramble eggs with scallions, fresh herbs and green salsa and serve with broiled ham for a kid-approved take on green eggs and ham, says Thompson.

OATMEAL: “The easiest way to make oatmeal (which packs lots of fiber and complex carbs) is to make a big pot on Sundays and reheat the oats throughout the week,” says Gordon, who recommends rolled oats, which cook faster than the steel cut variety. “You can make it seasonal with toppings, like fresh fruit, chopped dates, toasted nuts and maple syrup, and sometimes I make it more decadent with whole milk or coconut milk.”

Gordon also recommends baked oatmeal (the base recipe is just oats, liquid, fresh or frozen fruit, a little baking soda to puff it up and warm spices), which gets warm and toothsome. You can slice the oatmeal into squares for a to-go breakfast. “It’s a great recipe for kids because they think it’s a cookie, but really it’s packed with healthy ingredients like coconut oil, millet and flaxseeds and fruit.” ●



GREENS AND GRAINS

SCRAMBLE

RECIPE BY MEGAN GORDON
{ serves 2, heartily }

- 4 large eggs, beaten
- 1 tsp. milk
- ¼ tsp. kosher salt
- 2 T. extra-virgin olive oil
- 1 green onion, white and light green parts, finely chopped (approx. 1 T.)
- 2 cloves garlic, minced
- 1 heaping cup well-packed chopped leafy greens (such as kale, Swiss chard leaves without ribs or spinach)
- ½ cup cooked whole grains (wheat berries, farro, barley or millet)
- 1 tsp. chopped fresh chives
- Freshly ground black pepper
- Flaky salt
- Crusty bread, toasted
- English muffins or warm corn tortillas

- In a large bowl, whisk together the eggs, milk and kosher salt; set aside. Heat 1 tablespoon of the olive oil in a sauté pan over medium heat. Add the green onion and garlic and sauté until soft, 1 to 2 minutes. Add the greens, grains and remaining 1 tablespoon olive oil and sauté until the greens are wilted and the grains are warmed through, 3 to 5 minutes.

- Decrease the heat to low and pour in the egg mixture, gently stirring to come together with the greens and grains. Continue stirring until they’re softly scrambled, 2 to 3 minutes.

- Remove from the heat, stir in the chives and season with pepper.

- Serve hot with a sprinkling of flaky salt on top, and crusty bread, toasted English muffins or warm corn tortillas alongside.