



Make Your Own Breakfast Adventure: Breakfast/Brunch Cups

Another recipe that lends itself to the ingredients you have on hand and your child's flavor preferences. Kids love things in a muffin shape and this recipe is all about muffin cups! It is three recipes in one. If you would like to just make a section multiply all the ingredients by three. Everything together provides a balanced meal.

Ingredients

- 4 slices of whole wheat bread (can also use white bread, gluten free bread or soft tortilla shells)
- 1 banana (can also use 1 cup of fresh berries, mango, pineapple, pears or 1 cup of your favorite frozen fruit thawed and drained)
- 2 tbsp cold butter
- 1 tbsp sugar
- 1 tbsp oats
- ¼ tsp cinnamon
- 1/8 cup chopped walnuts (optional)
- 1 tbsp seeds (flax, chia, hemp) (optional)
- 1/2 small sweet potato shredded (can also use 1 small white potato or 1/2 cup frozen hash brown potatoes)
- 1 small apple shredded (can also use 1 small pear shredded, ½ cup shredded winter squash, ½ cup shredded zucchini)
- ¼ small onion thinly sliced
- 1/8 tsp each salt and pepper
- 2 tbsp olive oil
- 2 whole eggs
- ¼ cup milk or unsweetened milk substitute
- ½ cup combined toppings* of your choice (try any combination of broccoli, spinach, tomatoes, mushrooms, onions, ham, cheese, sausage)

Equipment

Muffin tin
Spoon
3 small bowls
Fork

Measuring cups
Measuring spoons
Rolling pin

Directions

1. Preheat the oven to 375°F degrees.
2. Use a rolling pin to roll out each slice of bread as thinly as possible, use 1 tbsp of the butter and spread evenly over the bread. Place butter side down into the muffin tin. Use your fingers to press into the corners.
3. In a small bowl combine remaining butter, 1 tbsp sugar, 1 tbsp oats and ¼ tsp cinnamon. Use fingers to combine until crumbly
4. Place ¼ of sliced banana into each prepared bread slice. Top with oat, sugar mixture and optional walnuts and/or seeds.
5. Spray remaining muffin sections of the pan with cooking spray
6. In a medium bowl combine shredded potato, apple, onion, 2 tbsp olive oil and salt and pepper. Use hands to combine. Place ¼ mixture into 4 of the prepared muffin tins.
7. Combine 2 eggs and ¼ milk in a bowl, then use a fork to thoroughly combine. Pour ¼ of egg mixture into 4 of the prepared muffin tin sections. Top with 1 tbsp chopped broccoli and 1 tbsp crumbled feta cheese or toppings* of your choice.
8. Place the muffin pan in a 375 degree oven for 20 minutes, until eggs are set.



Wheeler

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😊 Little helpers: Kids can gather ingredients, measure out ingredients and combine them. Allow little ones to choose their own ingredients and add-ins. Let them help add the mixtures to the muffin tins.

🍏 Nutrition: This recipe provides a complete breakfast. The eggs provide protein to help keep little bellies full and an opportunity to add a variety of vegetables. Get a serving of fruit in with the fruit crisps and the sweet potato hash is a good source of vitamin A, potassium, fiber and carbohydrates.