

QUICK, HEALTHY, & INEXPENSIVE BREAKFAST ON THE GO

With Kadon Cook, Morgan Davis, & Bethany Balling

OVERVIEW

Quick, Healthy, and Inexpensive Breakfast Foods on the Go is a free cooking demonstration to all students at USU. During this event, we will learn how to prepare 3 different kinds of breakfast meals that are quick, inexpensive, and healthy and great for students who are on the go each morning, but want to fuel their bodies for the day! We are excited to show students that breakfast does not need to be skipped, even with a busy schedule!

SKIPPING BREAKFAST?

Around 57% of students report skipping breakfast regularly due to lack of time.¹

More females than males report skipping breakfast regularly.¹

BENEFITS OF BREAKFAST

Eating breakfast daily has many benefits including:

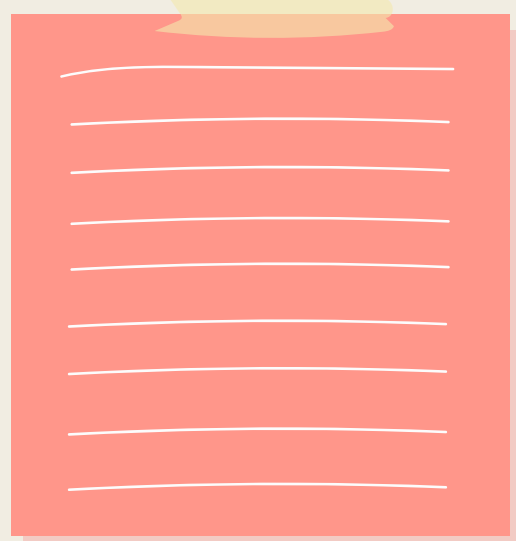
- Better Digestion
- Stronger Bones
- Improved Metabolism
- Promote Healthy Diet
- Increased Concentration²

TIPS TO GO

Here are some breakfast tips from the Academy of Nutrition and Dietetics:

- Get things ready the night before³
- Set an alarm 10 minutes earlier³
- Pack your breakfast to go³

WHY DO YOU WANT TO EAT BREAKFAST?



References:

1. Sweeney NM, Horishita N. The breakfast-eating habits of inner city high school students. The Journal of School Nursing. 2005;21(2):100-105. doi:10.1177/10598405050210020701

2. Johns Hopkins Children's center: Baltimore, Md.. Johns Hopkins Medicine, based in Baltimore, Maryland. <https://www.hopkinsmedicine.org/johns-hopkins-childrens-center/>. Published June 14, 2022. Accessed September 14, 2022.

3. <https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/power-up-with-breakfast>

Breakfast Sandwiches by Lauren Allen

PREP TIME: 15 MINUTES COOK TIME: 25 MINUTES YIELD: 12
SANDWICHES SERVING SIZE: 1 SANDWICH

INGREDIENTS:

12 EGGS
2 TBS MILK
1 TSP SALT
1/2 TSP PEPPER
12 SLICES COOKED BACON, SAUSAGE PATTIES, OR HAM
12 ENGLISH MUFFINS (OR BREAD OF CHOICE)
12 SLICES OF PREFERRED CHEESE

INSTRUCTIONS:

PREHEAT OVEN TO 325 F
GREASE A 9X13 PAN
WHISK THE EGGS, MILK, SALT AND PEPPER
POUR THE EGG MIXTURE INTO THE GREASED PAN AND BAKE FOR 18-
22 MINUTES
REMOVE FROM OVEN AND ALLOW TO COOL BEFORE CUTTING INTO
12 SQUARES
TOP EACH ENGLISH MUFFIN WITH EGG, CHEESE, AND MEAT

To Freeze

Wrap each sandwich
individually in tinfoil/wax
paper/parchment paper
and place them in a freezer
safe resealable bag. Freeze
for up to 1 month

To Reheat

Thaw in fridge overnight
Microwave for 40 seconds – 1
minute on defrost. Flip the
sandwich over and
microwave for 10-30
seconds on high power

3 Ingredient Waffles by Kim

PREP TIME: 5 MINUTES COOK TIME: 5 MINUTES YIELD: 1
WAFFLE SERVING SIZE: 1 WAFFLE

INGREDIENTS:

1/3 CUP COTTAGE CHEESE
1/3 CUP OATS
1/3 CUP EGG WHITES (2 EGG WHITES)

INSTRUCTIONS

BLEND TOGETHER ALL INGREDIENTS
SERVE

Peach Overnight Oats by Mamale

PREP TIME: 5 MINUTES YIELD: 1 SERVING SERVING SIZE: 1 JAR

INGREDIENTS:

1/2 CUP OLD FASHIONED ROLLED OATS
1 CUPS FRESH PEACHES
1/2 – SINGLE SERVING OF VANILLA GREEK YOGURT OF CHOICE
1/4 CUP ALMOND MILK
1/4 TSP CINNAMON

*OPTIONAL: DICED PEACHES TO TOP

INSTRUCTIONS:

COMBINE INGREDIENTS IN TUPPERWARE CONTAINER
STIR TO COMBINE AND SEAL THE CONTAINER TIGHTLY
REFRIGERATE FOR 10 HOURS
*LASTS FOR 5 DAYS IN THE FRIDGE

References:

<https://tastesbetterfromscratch.com/freezer-breakfast-sandwiches/#recipe>

<https://www.kimscravings.com/healthy-protein-waffle-recipe/>

<https://mamele.com/>