

Pointers For Parents

8-Minute Breakfast For Kids

(NAPSA)—You don't have to let busy schedules stop your family from eating the most important meal of the day. Breakfast can still be an option with 8-Minute Breakfast Ideas for Kids.

There may only be 24 hours in a day, but with Egglands Best (EB), timing no longer has to be the enemy when it comes to a healthier breakfast for your children.

Breakfast meals using eggs are easy to prepare and help provide the much-needed nutritional benefits your family needs. Eggs are already a popular breakfast ingredient with kids, and using better-tasting, more nutritious Eggland's Best eggs can make even the quickest meal enjoyable. Try this fun and tasty recipe with your family:

Eggland's Best Cracked Humpty Dumpty *Prep Time: 8 Minutes*

Ingredients:

- 2 Eggland's Best eggs**
- 2 teaspoons skim milk**
- Nonstick spray**
- ¼ cup low-fat cheese**
- ¼ cup diced veggies of choice**

For each egg add 1 tsp. skim milk. Beat eggs and milk lightly with a wire whisk or fork.

Spray a 7-9-inch skillet with a nonstick spray. When heated, add eggs. Let them heat through, and as they do, increase the heat slightly. Using a wooden spatula or spoon, push the eggs from the bottom of the pan in long strokes to form long curds.



A fast, healthy breakfast can be the foundation of every day.

Continue this with increasing speed as the pan grows hotter. Add cheese and veggies. The eggs should be loose, creamy and not overcooked.

To save even more time, whip eggs and skim milk in a microwave bowl. Heat covered for 45 seconds. Open and stir eggs. Add cheese and veggies and heat for an additional 15-25 seconds. (Time may vary based on microwave).

Robin Foroutan, R.D., states, "Putting the focus on whole and natural foods provides a strong nutritional advantage for children and enables meals to be more nutrient enriched and not calorically dense."

Having trouble getting your kids to eat healthy? Try these quick tips from Foroutan:

- Customization is a great way to get kids to eat better. Using different vegetable combinations in your egg dishes provides a variety of ethnic flavors your kids will enjoy. For example, use peppers, onion and low-fat Jack cheese for a Mexican twist, or try spinach,

tomato and light feta for a Greek taste.

- Asking your children to participate in the fun not only builds a stronger bond between parent and child, but also encourages them to eat what they've made.

- Use spare minutes at night or over the weekend to slice/dice veggies. Cut-up peppers are a quick fix for your morning egg breakfast and great for an after-school or lunchbox snack.

Compared to an ordinary egg, EB eggs contain 25 percent less saturated fat, 200 mcg of lutein for eye health, provide 10 times more vitamin E, 175 mg of cholesterol (compared to 215 mg in ordinary eggs), plus 40 percent of a person's daily requirement of iodine, and are an excellent way to include omega-3 in one's diet.

Stamped with a distinctive "EB" mark, the award-winning eggs have received the Best Tasting Egg Award from the American Culinary ChefsBest, the Men's Health Top Pick as the Best Eggs, the Crystal Egg Award from the International Egg Commission and the National Health & Wellness Club Stamp of Approval for flavor, quality and nutrition.

EB eggs are also available in cage-free and organic, and all are kosher certified. The hens that lay these eggs are fed a strictly controlled, high-quality, all-natural, all-vegetarian diet without added hormones, antibiotics or steroids of any kind.

For more delicious and nutritious recipes, visit www.egglandsbest.com.