

Get The Morning Off To A Great Start

(NAPSA)—Although breakfast may be the most important meal, it's also the most skipped meal of the day. It has been reported that as many as 40 percent of girls and 32 percent of boys skip breakfast on a regular basis.

The benefits of breakfast and good nutrition are well documented—children's learning is stimulated; therefore, they perform better academically when "fueled for school." And there are benefits beyond increased learning—studies show marked improvements in attendance and behavior and fewer incidences of problems such as depression, anxiety and hyperactivity when breakfast has been part of a child's morning.

So with today's hectic family lifestyles, how do you make sure your morning routine becomes a healthy one? The National Frozen & Refrigerated Foods Association (NFRA) suggests it can be as easy as opening your freezer or refrigerator door. Frozen and refrigerated foods are quick and easy, tasty and nutritious and can help you and your family start the day in a very good way.

Stock up and have these delicious, quick breakfasts at your fingertips:

- Toast whole grain waffles, pancakes and/or French toast; top with frozen berries.

- Top a toasted bagel with peanut butter and serve with fruit.

- Create a peanut butter and jam-filled waffle sandwich and serve with orange juice.

- In a blender, mix together nonfat yogurt, frozen strawberries, skim milk and bananas for a delicious smoothie.

- Make a tasty shredded cheese omelet and serve with precooked sausage.

- Create a yogurt parfait by layering your favorite yogurt flavor with granola and fruits.



A honey of an idea is to encourage your kids to eat breakfast with waffles topped with fruit and honey.

- And when you are really in a rush, try the many breakfast bars, bowls and sandwich selections, ready to heat and serve in minutes.

Treat your family to this twist on the traditional waffle breakfast:

Waffles With Fruit And Honey Sauce

8 frozen waffles

1 cup honey

½ cup butter or margarine

¼ tsp. cinnamon

Dash of ground nutmeg

Fruits of your choice

Prepare waffles according to package directions. In a saucepan, heat honey over low heat, stir in butter, cinnamon and nutmeg. Top waffles with fruit and warm honey sauce. Serves 4.

Visit www.EasyHomeMeals.com for more delicious recipes and important information on frozen and refrigerated foods.