

Pointers for Parents

Morning Fuel For School



Your youngsters are less likely to waffle about eating breakfast when you serve these waffles with strawberries and vanilla-honey yogurt sauce.

(NAPSA)—The benefits of breakfast and good nutrition are well documented—children’s learning is stimulated and they perform better academically when they are “fueled for school.” Unfortunately, this most important meal is the most skipped meal of the day. It is estimated that as many as 40 percent of girls and 32 percent of boys skip breakfast on a regular basis.

So with busy school day schedules, how can you make sure your morning routine is healthy? The National Frozen & Refrigerated Foods Association recommends stocking your freezer and refrigerator with convenient, tasty, healthy options from the cool aisles of your grocery store. There are many quick, tasty, nutritious options that will please both parents and kids.

You can have these delicious breakfast options ready in minutes:

- Fill toasted waffles with peanut butter and jam for a unique breakfast sandwich; serve with orange juice.
- Create a yogurt parfait with layered granola and fruits.
- Mix yogurt, frozen strawberries, skim milk and bananas in a blender for a tasty smoothie.

- Heat frozen pancakes and top with fruits and syrup or honey.

- Make breakfast sandwiches with bagels, cheese, egg substitute and precooked sausage.

And for a special morning treat, try this scrumptious waffle breakfast—sure to make everyone in your family smile.

Waffles with Strawberries and Vanilla-Honey Yogurt Sauce

8 frozen waffles

1 cup low-fat vanilla yogurt

2 Tbsp. low-fat sour cream

1 Tbsp. honey

½ tsp. vanilla extract

1 cup strawberries (fresh or frozen)

Prepare waffles according to package directions. Combine yogurt, sour cream, honey and vanilla in a bowl and stir well to make sauce (can be made night before—cover and chill). Top waffles with sauce and fruit. Serves 4.

For more tasty recipes and information on frozen and refrigerated foods, visit www.EasyHomeMeals.com and www.facebook.com/EasyHomeMeals.