

### Quick And Nutritious Breakfast Tips For Warm-Weather Mornings

(NAPSA)—Summertime tends to conjure up images of lazy days spent relaxing on the beach. In reality, the warmer months can be just as busy and hectic as the school year. Whether it's rushing to get the kids ready for camp or making sure they're not late for swimming lessons, hectic morning schedules have a tendency to take over the household.

"No matter how crazy the mornings become, starting the day off right with a nutritious breakfast is one habit that shouldn't be compromised. It's a must for everyone in the family," said Registered Dietitian Cathy Clark-Reyes. "This is especially important to remember during the warmer months when days are more active and you're using up extra energy."

Keeping tight schedules in mind, Clark-Reyes offers some simple tips to ensure that everyone in the family fits in a healthy breakfast before running out the door.

- **Dress Up an Easy Favorite:** Breakfast can be quick and easy, but it doesn't have to be boring. Fill small bowls with seasonal fruits like berries, sliced peaches and bananas, as well as nuts and brown sugar. Have each family member customize his or her bowl of hot or cold cereal with these delicious toppings for a wholesome and flavorful breakfast.

- **Do Some Summer Homework That's Fun:** If your mornings tend to be hectic, make breakfast the night before. Try a quick muffin recipe or prepare a muesli mix before heading to bed. Once you wake up, these tasty and nutritious options will be easy to grab during a busy morning.

- **Pack it Up:** If sitting down for a healthy bowl of oatmeal or cold cereal is not an option, look for a convenient alternative that delivers



the same nutritional benefits. Quaker Oatmeal to Go bars are a great choice and can be eaten right out of the package while you're in transit. They provide all the nutrition and whole grain goodness of instant oatmeal in a handheld form.

"Breakfast is important for both adults and kids, so experiment with convenient products and time-saving methods to find out what works best for you and your family," said Clark-Reyes.

Here's a delicious, healthy summer breakfast idea that you can prepare the night before:

#### Fruitful Morning Muesli

**2 cups QUAKER® Oats (quick or old-fashioned, uncooked)**

**2 cups apple juice or apricot nectar**

**1½ cups sliced fresh fruit (any combination of bananas, peaches, nectarines or strawberries)**

**1 8-ounce carton vanilla low-fat yogurt**

**2 tablespoons chopped nuts (optional)**

**Combine all ingredients except nuts; mix well. Cover; refrigerate 8 hours or overnight. Serve cold; sprinkle with nuts, if desired. Refrigerate in airtight container for up to 4 days.**

For more great-tasting recipe ideas and nutritious eating tips, visit [www.quakeroatmeal.com](http://www.quakeroatmeal.com).