



Breakfast

Breakfast kick-starts your metabolism each day. It also gives you the energy you need to get things done and helps you focus at work or at school. Those are just a few reasons why it's the most important meal of the day.



No Bake Peanut Butter/Oat Bars

Ingredients

- 1/2 cup creamy peanut butter*
- 1/3 cup honey
- 1/2 teaspoon vanilla extract (optional)
- 1 1/2 cups rolled oats*
- Non-stick spray or oil
- Additional Options: 2 tablespoons mini chocolate chips or sunflower seeds or shredded coconut
*included in meal kit

Equipment Needed:

- 8x8 pan
- Foil or wax paper
- Mixing bowl

Potential Allergens: peanut, oat

Directions:

1. Line an 8x8 pan with foil or wax paper. Spray lightly with non-stick spray or coat lightly with oil.
2. Warm the peanut butter and honey in the microwave just long enough to easily stir them together into a smooth mixture, about 20 seconds. Add the vanilla, and then stir in the oats, and optional mini chips, sunflower seeds, or coconut.
3. Press into prepared pan. Refrigerate for 30-60 minutes to set before cutting into 20 squares.

Meal Kit Contents:

- 2 bowls Toasted Oats
- 2 bowls Crisp Rice
- 2 bowls Corn Flakes
- 1 bag Oatmeal
- 1 box Pancake mix
- 2 jars Peanut Butter
- 2 cups Apple sauce
- 2 cartons milk

Breakfast Tips

- Your best bet is a mix of foods that have carbohydrates, protein, healthy fats, and fiber. Carbs provide energy right away, the protein keeps you going later on and fiber keeps you feeling full.
- Try a whole-grain cereal, low-fat milk and fruit, or a breakfast smoothie made from low-fat yogurt, fruit, and a teaspoon of bran. Nuts or whole-grain granola bars are also easy options.

Did you know?

Many studies have linked eating breakfast to good health, including better memory and concentration, lower levels of "bad" LDL cholesterol, and lower chances of getting diabetes, heart disease, and being overweight.

Kids who don't eat in the morning have a harder time focusing, and they become more tired in school. They may also be cranky or restless. One study showed that kids who ate breakfast had higher test scores than those who didn't.

For more information, please call the Nutrition Department at 443-923-2730 or visit [KennedyKrieger.org/departments-medical-specialties/nutrition-department](https://www.kennedykrieger.org/departments-medical-specialties/nutrition-department)

